

| S.C.ROMANIAN CATERING S.R.L.                  |                                                                                                                                                | SAMBATA                                                                                                                                        |                                                                                                                                                | SPITALUL SFANTUL STEFAN                                                                                |
|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 |                                                                                                                                                |                                                                                                                                                |                                                                                                                                                | PERIOADA 14 - 20 Septembrie 2026                                                                       |
|                                               | REGIM COMUN                                                                                                                                    | REGIM FARA SARE (CARDIAC)                                                                                                                      | ULCER                                                                                                                                          | HIDRIC                                                                                                 |
| MIC DEJUN                                     | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla(KCal: 312.9;Gr:3.78;Gluc:63.06;Prot: 8.44)                                          | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal:312.9; Gr:3.78;Gluc:63.06;Prot:8.44)                                          | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr: 3.78;Gluc: 63.06;Prot:8.44)                                        | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal:312.9;Gr: 3.78;Gluc:63.06;Prot:8.44)  |
|                                               | Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g<br>Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45                             | Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                  | Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                  | Iaurt 125g, branza de vaci 150g<br>Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25                           |
| PRANZ                                         | Supa de rosii cu orez 300ml                                                                                                                    | Supa de rosii cu orez 300ml                                                                                                                    | Supa de legume cu fidea 300ml                                                                                                                  | Supa strecurata 300ml                                                                                  |
|                                               | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                      | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                      | Ingrediente: morcovi, telina, ceapa, ardei gras, fidea, ou<br>Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23                                     | Ingrediente: morcov 70, ardei gras 60g, telina 60g<br>Kcal: 200.64; Gr:14.33;Gluc:16.89;Prot:2.37g     |
|                                               | Nuggets cu orez sarbesc 300g                                                                                                                   | Nuggets cu orez sarbesc 300g                                                                                                                   | Ciocanele de pui cu cartofi natur 300g                                                                                                         | Crema de legume 300ml                                                                                  |
|                                               | Ingrediente: orez 120g nuggets de pui 70g, ceapa, morcov, ardei gras, telina<br>Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26                     | Ingrediente: orez 120g nuggets de pui 70g, ceapa, morcov, ardei gras, telina<br>Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26                     | Ingrediente: cartofi 150g, ciocanele de pui 70g, morcov 50g, verdeata, ulei<br>Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84                      | Ingrediente: cartofi, morcov, telina, fasole verde, mazare<br>Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 |
|                                               | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         |                                                                                                        |
|                                               | Penne gratinate cu sunca 300g                                                                                                                  | Penne gratinate cu sunca 300g                                                                                                                  | Penne gratinate cu sunca 300g                                                                                                                  | Compot de mere 300g                                                                                    |
| CINA                                          | Ingrediente: penne 160g, sunca 60g, branza de vaci, oua, mozzarella, lapte, crema vegetala, ulei<br>Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96 | Ingrediente: penne 160g, sunca 60g, branza de vaci, oua, mozzarella, lapte, crema vegetala, ulei<br>Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96 | Ingrediente: penne 160g, sunca 60g, branza de vaci, oua, mozzarella, lapte, crema vegetala, ulei<br>Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96 | Ingrediente: mere 200g, apa 100ml.<br>Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9                          |
|                                               | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                         | Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                                                     |
|                                               | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                        | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                        | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                        | Poate contine: lactoza,peste, susan, arahide, gluten, mustar si derivate                               |
|                                               |                                                                                                                                                |                                                                                                                                                |                                                                                                                                                |                                                                                                        |

# SAMBATA

|              | PASAT                                                                                                                                           | DIABET + TBC                                                                                                                             | INTOLERANTA LACTOZA                                                                                                                | RENAL                                                                                                                     |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Lapte cu biscuiti                                                                                                                               | Ceai f. zahar (KCal: 0; Gr: 0; Gluc: 0; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                               | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                         | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                |
|              | Lapte 200ml, biscuiti 100g(faina, zahar)<br>Kcal: 615; Gr: 28.4; Gluc: 75.4; Prot: 13                                                           | Sunca de curcan 30g, mozzarella 30, creminos cu unt 30g, branza de vaci 30g, masline 30g<br>Kcal: 377.7;Gr: 32.91;Gluc:3.81; Prot: 15.61 | Jambon de porc 40, biscuiti 40(faina, zahar), gem 30g, masline 30g<br>Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24                  | Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04             |
| PRANZ        | Crema de legume 300ml                                                                                                                           | Supa de rosii cu orez 300ml                                                                                                              | Supa de rosii cu orez 300ml                                                                                                        | Supa de rosii cu orez 300ml                                                                                               |
|              | Ingrediente: cartofi 70g, morcov 30g, telina 20g, ceapa, fasole verde, conopida, crema vegetala<br>Kcal: 220.86; Gr:7.26; Gluc:34.47; Prot:3.68 | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92          | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 |
|              | Rasol de pui cu orez 250g                                                                                                                       | Ciocanele la cuptor cu varza calita 300g                                                                                                 | Ciocanele la cuptor cu varza calita 300g                                                                                           | Varza calita 250g                                                                                                         |
|              | Ingrediente: orez 150g, piept de pui 70g, morcovi, telina<br>Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97                                     | Ingrediente: varza 150g, ciocanele la cuptor 70g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82       | Ingrediente: varza 150g, ciocanele la cuptor 70g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82 | Ingrediente: varza 150g, ardei gras, ceapa, rosii cuburi<br>Kcal:71.9;Gr:0.32;Gluc:14.38;Prot:2.94                        |
|              |                                                                                                                                                 | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>Mar ( Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)                              | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                             | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                    |
| CINA         | Biscuiti cu lapte                                                                                                                               | Ciocanele la cuptor cu fasole mixta si smantana 300g                                                                                     | Ciocanele de pui cu cartofi natur 300g                                                                                             | Cartofi natur 250g                                                                                                        |
|              | Ingrediente: lapte 200ml, biscuiti 100(faina, zahar)<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6                                             | Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, smantana, ulei<br>Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56     | Ingrediente: cartofi 150g, ciocanele de pui 70g, morcov 50g, verdeata, ulei<br>Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84          | Ingrediente: cartofi 200g, morcov 40g, ulei<br>Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32                                  |
|              | Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                                                                                              | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                             | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                             | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                    |
|              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                         | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                  | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                            | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                   |
|              |                                                                                                                                                 |                                                                                                                                          |                                                                                                                                    |                                                                                                                           |

## SAMBATA

|              | HEPATIC + NEOPLAZIC                                                                                                                                    | ENTEROCOLITA                                                                                                              | FARA GLUTEN                                                                                                                                            | HIPERPROTEIC                                                                                                                                           |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                                             | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                                             | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                                             |
|              | Mozzarella 30g, urda 30g, creminos cu unt 30g, branza de vaci 30g, gem 30g<br>Kcal:388.05;Gr:27.21;Gluc:18.45;Prot:17.28                               | Biscuiti 30g(faina, zahar), branza de vaci 130g<br>Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97                              | Mozzarella 40g, cas 40(lapte,cheag), branza de vaci 30g, urda 30g<br>Kcal:311.04;Gr:18.28;Gluc:4.68;Prot:30.95                                         | Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g<br>Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45                                     |
| PRANZ        | Supa de legume cu fidea 300ml                                                                                                                          | Supa de legume cu fidea 300ml                                                                                             | Supa de rosii cu orez 300ml                                                                                                                            | Supa de rosii cu orez 300ml                                                                                                                            |
|              | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, <b>fidea, ou</b><br>Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23                              | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, <b>fidea, ou</b><br>Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23 | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                      | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                      |
|              | Ciocanele de pui cu cartofi natur 300g                                                                                                                 | Rasol de pui cu orez 250g                                                                                                 | Ciocanele la cuptor cu varza calita 300g                                                                                                               | Nuggets cu orez sarbesc 300g                                                                                                                           |
|              | Ingrediente: cartofi 150g, ciocanele de pui 70g, morcov 50g, verdeata, ulei<br>Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84                              | Ingrediente: orez 150g, piept de pui 70g, morcovi, <b>telina</b><br>Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97        | Ingrediente: varza 150g, ciocanele la cuptor 70g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82                     | Ingrediente: orez 120g nuggets de pui 70g, ceapa, morcov, ardei gras, <b>telina</b><br>Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26                      |
|              | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>Mar ( Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)                                            | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                    | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                                                 | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                                 |
|              | Penne gratinate cu sunca 300g                                                                                                                          | Pui cu branza de vaci 220g                                                                                                | Ciocanele de pui cu legume sote 250g                                                                                                                   | Penne gratinate cu sunca 300g                                                                                                                          |
| CINA         | Ingrediente: penne 160g, sunca 60g, <b>branza de vaci, oua, mozzarella, lapte</b> , crema vegetala, ulei<br>Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96 | Ingrediente: piept de pui 60g, <b>branza de vaci</b> 160g<br>Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84                    | Ingrediente: ciocanele de pui 70g, morcov 60g, <b>telina</b> , fasole verde, conopida, broccoli, dovlecel<br>Kcal:149.35;Gr:5.68;Gluc:11.75;Prot:13.71 | Ingrediente: penne 160g, sunca 60g, <b>branza de vaci, oua, mozzarella, lapte</b> , crema vegetala, ulei<br>Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96 |
|              | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                                           | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                    | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                                                 | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                                 |
|              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                                | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                   | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate                                                                                | Poate contine: lactoza,peste, susan, arahide, gluten, mustar si derivate                                                                               |
|              |                                                                                                                                                        |                                                                                                                           |                                                                                                                                                        |                                                                                                                                                        |

|              | HIPOCALORIC                                                                                                                             | MUSULMAN                                                                                                                                | VEGETARIAN                                                                                                                           | MEDICI                                                                                                                               |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                              | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                              | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                          | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)                           |
|              | Mozzarella 40g, urda 40g, creminos cu unt<br>30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                        | Urda 40g, mozzarella 40g, creminos cu unt<br>30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                        | Zacusca 120g, masline 20g<br>Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77                                                                 | Jambon de porc 40g, cascaval 40g, creminos cu<br>unt 30g, rosie<br>Kcal:487.9;Gr:44.62;Gluc:0.84;Prot:19.82                          |
| PRANZ        | Supa de rosii cu orez 300ml                                                                                                             | Supa de rosii cu orez 300ml                                                                                                             | Supa de rosii cu orez 300ml                                                                                                          | Supa de rosii cu orez 300ml                                                                                                          |
|              | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in<br>bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92    | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in<br>bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92    | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in<br>bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in<br>bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 |
|              | Ciocanele la cuptor cu varza calita 300g                                                                                                | Ciocanele la cuptor cu varza calita 300g                                                                                                | Varza calita 250g                                                                                                                    | Carnati cu varza calita 300g                                                                                                         |
|              | Ingrediente: varza 150g, ciocanele la cuptor<br>70g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82   | Ingrediente: varza 150g, ciocanele la cuptor<br>70g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82   | Ingrediente: varza 150g, ardei gras, ceapa, rosii<br>cuburi<br>Kcal:71.9;Gr:0.32;Gluc:14.38;Prot:2.94                                | Ingrediente: varza 150g, carnati 70g, ceapa,<br>ardei gras, rosii pasate, ulei<br>Kcal:381.4;Gr:17.35;Gluc:25.76;Prot:19.82          |
|              | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                  | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                  | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                               | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                               |
| CINA         | Ciocanele la cuptor cu fasole mixta si<br>smantana 300g                                                                                 | Ciocanele la cuptor cu fasole mixta si<br>smantana 300g                                                                                 | Cartofi natur 250g                                                                                                                   | Snitel de pui cu cartofi prajiti 300g                                                                                                |
|              | Ingrediente: ciocanele de pui 70g, fasole verde,<br>fasole galbena, morcov, smantana, ulei<br>Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56 | Ingrediente: ciocanele de pui 70g, fasole verde,<br>fasole galbena, morcov, smantana, ulei<br>Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56 | Ingrediente: cartofi 200g, morcov 40g, ulei<br>Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32                                             | Ingrediente: piept de pui 70g, pesmet, ou,,<br>cartofi<br>Kcal:561.4;Gr:23.5;Gluc:66.6;Prot:18.66                                    |
|              | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                  | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                                  | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                               | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                               |
|              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si<br>derivate                                                           | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                           |

## CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA


 APROBAT DIRECTOR  
DITETICIAN

## DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.