S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025		***DUMINICA***		SPITALUL SFANTUL STEFAN *PERIOADA 19 - 25 Octombrie 2026*
	REGIM COMUN	**REGIM FARA SARE (CARDIAC)**	**ULCER**	**HIDRIC**
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla(KCal: 312.9;Gr:3.78;Gluc:63.06;Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal:312.9; Gr:3.78;Gluc:63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr: 3.78;Gluc: 63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) 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 Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Iaurt 125g, branza de vaci 150g Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25
PRANZ	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Supa strecurata 300ml
	Ingrediente: morcovi, **telina,** ceapa, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina,** ceapa, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina,** ceapa, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcov 70, ardei gras 60g, **telina** 60g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Penne bolognese 300g	Ciocanele de pui cu conopida si smantana 300g	Ciocanele de pui cu conopida si smantana 300g	Crema de legume 300ml
	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6	Ingrediente: ciocanele de pui 70g, conopida, morcov, crema vegetala Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	Ingrediente: ciocanele de pui 70g, conopida, morcov, smantana Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	Ingrediente: cartofi, morcov, **telina,** fasole verde, mazare 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)	
	Cartofi gratinati cu sunca 300g	Cartofi gratinati cu sunca 300g	Ciocanele de pui cu cartofi la cuptor 300g	Compot de mere 300g
CINA	Ingrediente: cartofi, sunca, **branza de vaci**, crema vegetala, **oua**, **mozzarella**, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43	Ingrediente: cartofi, sunca, **branza de vaci**, crema vegetala, **oua**, **mozzarella**, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43	Ingrediente: ciocanelede pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	Ingrediente: mere 200g, apa 100ml. 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

DUMINICA

	PASAT	DIABET + TBC	INTOLERANTA LACTOZA	RENAL
MIC DEJUN	Lapte cu biscuiti	Ceai f. zahar (KCal: 0; Gr: 0; Gluc: 0; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot:8.44)
	Lapte 200ml, biscuiti 100g**(faina, zahar)** 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 Kcal: 377.7; Gr: 32.91;Gluc: 3.81;Prot: 15.61	Jambon de porc 40, biscuiti 40(faina, zahar), gem 30g, masline 30g Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04
PRANZ	Crema de legume 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml
	Ingrediente: cartofi 70g, morcov 30g, **telina**, ceapa, fasole verde, conopida, **crema vegetala** Kcal: 220.86;Gr:7.26;Gluc:34.47; Prot: 3.68	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23
	Rasol de pui cu orez 250g	Ciocanele de pui cu ghiveci de legume 300g	Ciocanele de pui cu ghiveci de legume 300g	Ghiveci de legume 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: ciocanele de pui 70g, morcov 30g, **telina**, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: ciocanele de pui 70g, morcov 30g, **telina**, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: morcov 40g, **telina** 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal:184.67; Gr:9.69; Gluc:20.46; Prot:3.41
		Chifla(Cal: 312.9;Gr:3.78; Gluc: 63.06;Prot:8.44) 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 de pui cu legume gratinate 300g	Ciocanele de pui cu cartofi la cuptor 300g	Legume gratinate 250g
	Ingrediente: lapte 200ml, biscuiti 100**(faina, zahar)** Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, **telina,** fasole verde, branza de vaci, **crema vegetala**, **ou, mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: ciocanelede pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	Ingrediente: cartofi 100g, morcov, **telina,** fasole verde, branza de vaci, **crema vegetala**, **ou, mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63
	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) 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 (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

DUMINICA

	HEPATIC + NEOPLAZIC	ENTEROCOLITA	FARA GLUTEN	HIPERPROTEIC
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78;Gluc:63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78;Gluc:63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal:312.9; Gr:3.78;Gluc:63.06; Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) 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 Kcal:388.05;Gr:27.21;Gluc:18.45;Prot:17.28	Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97	Mozzarella 40g, cas 40(lapte,cheag), branza de vaci 30g, urda 30g 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 Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45
PRANZ	Supa de legume cu fidea 300ml	Supa cu taitei de casa 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml
	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** .Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: taitei de casa, morcov, **telina,** ardei gras, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23
	Ciocanele de pui cu conopida si smantana 300g	Rasol de pui cu orez 250g	Ciocanele de pui cu ghiveci de legume 300g	Penne bolognese 300g
	Ingrediente: ciocanele de pui 70g, conopida, morcov, crema vegetala Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: ciocanele de pui 70g, morcov 30g, **telina**, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6
	Chifla (KCal:312.9;Gr:3.78;Gluc:63.06;Prot: 8.44) 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)
	Ciocanele de pui cu cartofi la cuptor 300g	Piept de pui cu branza de vaci 220g	Ciocanele de pui cu legume gratinate 300g	Cartofi gratinati cu sunca 300g
CINA	Ingrediente: ciocanelede pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, telina, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi, sunca, branza de vaci, crema vegetala, oua, mozzarella, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43
	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)	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

DUMINICA

	HIPOCALORIC	MUSULMAN	VEGETARIAN	MEDICI
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla(KCal:312.9; Gr:3.78; Gluc:63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal:312.9;Gr:3.78; Gluc:63.06;Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78;Gluc:63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla(KCal:312.9;Gr:3.78; Gluc:63.06;Prot:8.44)
	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Zacusca 120g, masline 20g Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77	Jambon de porc 40g, cascaval 40g, creminos cu unt 30g, rosie Kcal:487.9;Gr:44.62;Gluc:0.84;Prot:19.82
PRANZ	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml
	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea**, **ou** Kcal: 330.03;Gr:8.04; Gluc:49.02;Prot: 15.23
	Ciocanele de pui cu ghiveci de legume 300g	Ciocanele de pui cu ghiveci de legume 300g	Ghiveci de legume 250g	Penne bolognese 300g
	Ingrediente: ciocanele de pui 70g, morcov 30g, **telina**, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: ciocanele de pui 70g, morcov 30g, **telina**, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: morcov 40g, **telina** 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal:184.67; Gr:9.69; Gluc:20.46; Prot:3.41	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6
	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 de pui cu legume gratinate 300g	Ciocanele de pui cu legume gratinate 300g	Cartofi la cuptor 250g	Snitel de pui cu cartofi la cuptor 300g
	Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, telina, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, telina, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi 250g, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018	Ingrediente: carne de pui 70, cartofi, pesmet, ou, ulei Kcal:405.16;Gr:12.46;Gluc:54.84; Prot:19.41
	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)
	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

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA

[redacted]

APROBAT DIRECTOR

DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

[redacted]