| S.C.ROMANIAN CATERING S.R.L.<br>UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 | ***JOI*** | | | **SPITALUL SFANTUL STEFAN**<br>***PERIOADA 26 Octombrie - 01 Noiembrie 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) |
| | Sunca Praga 40g, mozzarella 40g, crema de branza 30g, urda 30g<br>Kcal: 233.4; Gr:14.66; Gluc:3.51; Prot:21.17 | Mozzarella 40g, urda 40g, creminos cu unt 30g, gem 30g<br>Kcal:363.25; Gr:25.4; Gluc:18.1; Prot:15.81 | Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag)<br>Kcal:295.6; Gr:16.95; Gluc:4.6; Prot:29.34 | Iaurt 125g, branza de vaci 150g<br>Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25 |
| **PRANZ** | Ciorba de legume cu smantana 300ml | Ciorba de legume cu smantana 300ml | Supa de legume cu fidea 300ml | Supa strecurata 300ml |
| | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | 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 |
| | Varza calita cu sunca 300g | Varza calita cu sunca 300g | Piept de pui cu orez si legume 300g | Crema de legume 300ml |
| | Ingrediente: varza 150g, sunca 60g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:296.6;Gr:14.81;Gluc:19.22;Prot:17.52 | Ingrediente: varza 150g, sunca 60g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:296.6;Gr:14.81;Gluc:19.22;Prot:17.52 | Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46 | 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) | |
| | Legume gratinate 250g | Legume gratinate 250g | Rulada de pui la cuptor cu cartofi si smantana 300g | Compot de mere 300g |
| **CINA** | Ingrediente: cartofi 100g, morcov, **telina,** fasole verde, branza de vaci, **crema vegetala**, **ou, mozzarella**<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 | Ingrediente: cartofi 100g, morcov, **telina,** fasole verde, branza de vaci, **crema vegetala**, **ou, mozzarella**<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 | Ingrediente: carne de pui, cartofi, **ou**, morcov, **smantana**<br>Kcal:298.5;Gr:10.61;Gluc:41.25;Prot:21.65 | Ingrediente: mere 200g, apa 100ml.<br>Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9 |
| | Chifla (Cal: 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 (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) |
| | 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 |
| | | | | |

## ***JOI***

| | PASAT | DIABET + TBC | INTOLERANTA LACTOZA | RENAL |
|---|---|---|---|---|
| **MIC 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 | Parizer 40g, cascaval 40g, crema de branza 30g, urda 30g, rosie<br>Kcal:329; Gr:24.58; Gluc:3.19; Prot:22.74 | Parizer 40g, biscuiti 40g, rosie, masline<br>Kcal: 306.8; Gr: 17.04;Gluc:27.28;Prot: 7.63 | Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag)<br>Kcal:295.6; Gr:16.95; Gluc:4.6; Prot:29.34 |
| **PRANZ** | Crema de legume 300ml | Ciorba de legume cu smantana 300ml | Supa de legume cu fidea 300ml | Ciorba de legume cu smantana 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, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | Ingrediente: morcovi, **telina**, ceapa, ardei gras, fidea, **ou**<br>Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 |
| | Rasol de pui cu orez 250g | Piept de pui la cuptor cu mancare de spanac 300g | Piept de pui la cuptor cu mancare de spanac 300g | Mancare de spanac 250g |
| | Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina**<br>Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97 | Ingrediente: piept de pui 70g, spanac 80g, orez 30g, morcov, **telina,** bulion, ceapa, ardei gras, ulei<br>Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: piept de pui 70g, spanac 80g, orez 30g, morcov, **telina,** bulion, ceapa, ardei gras, ulei<br>Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: spanac 100g, orez 30g, morcov, **telina**, bulion, ceapa, ardei gras, ulei<br>Kcal: 250.3; Gr:10.05; Gluc:35.77; Prot:6.23 |
| | | 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 | Rulada de pui cu piure de broccoli 300g | Rulada de pui la cuptor cu cartofi 300g | Piure de broccoli 250g |
| | Ingrediente: **lapte** 200ml, **biscuiti** 100(faina, zahar)<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6 | Ingrediente: broccoli 120g, carne de pui 70g, cartofi, morcov, **telina, unt, lapte**<br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36 | Ingrediente: carne de pui, cartofi<br>Kcal:275.22;Gr:3.61;Gluc:34.56;Prot:21.80 | Ingrediente: broccoli 120g, cartofi, morcov, **telina, unt, lapte**<br>Kcal:209.5;Gr:13.79;Gluc:19.44;Prot:4.51 |
| | 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 (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) |
| | 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 |
| | | | | |

***JOI***

| | HEPATIC + NEOPLAZIC | ENTEROCOLITA | FARA GLUTEN | HIPERPROTEIC |
|---|---|---|---|---|
| **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) |
| | Cascaval 40g, crema de branza 30g, urda 40g, cas 30(lapte, cheag), masline<br>Kcal:351.92; Gr:24.38; Gluc:4.18; Prot:27.56 | Branza de vaci 40g, urda 40, biscuiti 30g**(faina, zahar)**, mozzarella 30g<br>Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7 | Salam de casa 40g, cascaval 40g, crema de branza 30g, cas 30g(lapte,cheag)<br>Kcal:413.72; Gr:33.58; Gluc:2.34g; Prot:25.61 | Sunca Praga 40g, mozzarella 40g, crema de branza 30g, urda 30g<br>Kcal: 233.4; Gr:14.66; Gluc:3.51; Prot:21.17 |
| **PRANZ** | Supa de legume cu taitei 300ml | Supa de legume cu taitei 300ml | Ciorba de legume cu smantana 300ml | Ciorba de legume cu smantana 300ml |
| | Ingrediente: taitei, morcov, **telina,** ceapa, ardei gras, **ou**<br>Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: taitei, morcov, **telina,** ceapa, ardei gras, **ou**<br>Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 |
| | Piept de pui cu orez si legume 300g | Rasol de pui cu orez 250g | Varza calita cu sunca 300g | Varza calita cu sunca 300g |
| | Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46 | 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, sunca 60g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:296.6;Gr:14.81;Gluc:19.22;Prot:17.52 | Ingrediente: varza 150g, sunca 60g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:296.6;Gr:14.81;Gluc:19.22;Prot:17.52 |
| | 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) |
| | Rulada de pui la cuptor cu cartofi si smantana 300g | Pui cu branza de vaci 220g | Rulada de pui cu piure de broccoli 300g | Rulada de pui la cuptor cu cartofi si smantana 300g |
| **CINA** | Ingrediente: carne de pui, cartofi, **ou**, morcov, **smantana**<br>Kcal:298.5;Gr:10.61;Gluc:41.25;Prot:21.65 | Ingrediente: piept de pui 60g, **branza de vaci** 160g<br>Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84 | Ingrediente: broccoli 120g, carne de pui 70g, cartofi, morcov, **telina, unt, lapte**<br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36 | Ingrediente: carne de pui, cartofi, **ou**, morcov, **smantana**<br>Kcal:298.5;Gr:10.61;Gluc:41.25;Prot:21.65 |
| | 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 (Cal: 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 |
| | | | | |

***JOI***

| | HIPOCALORIC | MUSULMAN | VEGETARIAN | MEDICI |
|---|---|---|---|---|
| **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) |
| | Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag)<br>Kcal:295.6; Gr:16.95; Gluc:4.6; Prot:29.34 | Mozzarella 40g, urda 40g, creminos cu unt 30g, gem 30g<br>Kcal:363.25; Gr:25.4; Gluc:18.1; Prot:15.81 | Zacusca 120g, masline 20g<br>Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77 | Ingrediente: parizer 60, cascaval 60g, rosii 20g<br>Kcal: 324.4; Gr: 24.72; Gluc:0.98; Prot:23.6 |
| **PRANZ** | Ciorba de legume cu smantana 300ml | Ciorba de legume cu smantana 300ml | Supa de legume cu fidea 300ml | Ciorba de legume cu smantana 300ml |
| | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 | Ingrediente: morcovi, **telina**, ceapa, ardei gras, fidea, **ou**<br>Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23 | Ingrediente: morcov, **telina**, ardei gras, ceapa, fasole verde, mazare, **smantana**, **ou**<br>Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65 |
| | Piept de pui la cuptor cu mancare de spanac 300g | Piept de pui la cuptor cu mancare de spanac 300g | Mancare de spanac 250g | Piept de pui la cuptor cu mancare de spanac 300g |
| | Ingrediente: piept de pui 70g, spanac 80g, orez 30g, morcov, **telina,** bulion, ceapa, ardei gras, ulei<br>Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: piept de pui 70g, spanac 80g, orez 30g, morcov, **telina,** bulion, ceapa, ardei gras, ulei<br>Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: spanac 100g, orez 30g, morcov, **telina**, bulion, ceapa, ardei gras, ulei<br>Kcal: 250.3; Gr:10.05; Gluc:35.77; Prot:6.23 | Ingrediente: piept de pui 70g, spanac 80g, orez 30g, morcov, **telina,** bulion, ceapa, ardei gras, ulei<br>Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 |
| | 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 (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** | Rulada de pui la cuptor cu cartofi si smantana 300g | Legume gratinate 250g | Piure de broccoli 250g | Rulada de pui la cuptor cu cartofi si smantana 300g |
| | Ingrediente: carne de pui, cartofi, **ou**, morcov, **smantana**<br>Kcal:298.5;Gr:10.61;Gluc:41.25;Prot:21.65 | Ingrediente: cartofi 100g, morcov, **telina,** fasole verde, branza de vaci, **crema vegetala**, **ou, mozzarella**<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 | Ingrediente: broccoli 120g, cartofi, morcov, **telina**<br>Kcal:209.5;Gr:13.79;Gluc:19.44;Prot:4.51 | Ingrediente: carne de pui, cartofi, **ou**, morcov, **smantana**<br>Kcal:298.5;Gr:10.61;Gluc:41.25;Prot:21.65 |
| | Chifla (Cal: 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 (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 |
| | | | | |

**CONTROL FINAL AL PRODUSULUI**

DOBRE ALEXANDRU

ENCIU LAURA

[redacted]

APROBAT DIRECTOR
DITETICIAN

**DIETETICIAN**

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

[redacted]