S.C.ROMANIAN CATERING S.R.L.

UNITATE TIP CATERING AUT. DSV 10798/06.10.2025

MIERCURI

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)
	Muschiulet afumat 40g, cascaval 40g, creminos cu unt 30, gem 30g Kcal:468.05;Gr:36.06;Gluc:15.54;Prot:21.06	Branza de vaci 40g, cas 40g(lapte,cheag), creminos cu unt 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	Mozzarella 40g, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61	Iaurt 125g, branza de vaci 150g Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25
PRANZ	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Supa de legume cu fidea 300ml	Supa strecurata 300ml
	Ingrediente: rosii 60g, fidea, morcov, **telina,** ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina,** ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	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
	Tocanita de ciuperci cu mamaliguta 300g	Tocanita de ciuperci cu mamaliguta 300g	Piept de pui cu paste si legume 250g	Crema de legume 300ml
	Ingrediente: ciuperci 80g, mamaliguta 60g, morcov, **telina,** ceapa, ardei gras, rosii in bulion, ulei Kcal:197.8; Gr:9.66;Gluc:24.12;Prot:5.03	Ingrediente: ciuperci 80g, mamaliguta 60g, morcov, **telina,** ceapa, ardei gras, rosii in bulion, ulei Kcal:197.8; Gr:9.66;Gluc:24.12;Prot:5.03	Ingrediente: penne 120g, piept de pui 70g, morcov, **telina,** ulei Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18	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)	
	Rulada de pui cu legume sote 300g	Rulada de pui cu legume sote 300g	Musaca de legume cu carne 250g	Compot de mere 300g
CINA	Ingrediente: cartofi 100g, carne de pui 70g, morcov, fasole verde, dovlecel, **ou** Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46	Ingrediente: cartofi 100g, carne de pui 70g, morcov, fasole verde, dovlecel, **ou** Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56	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 (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

MIERCURI

	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 Praga 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g, masline Kcal:418.1;Gr:36.19;Gluc:2.52;Prot:19.69	Salam rustic 40g, biscuiti 40g(faina, zahar), cruditati, masline Kcal:338.8;Gr:19.82;Gluc:30.02;Prot:8	Mozzarella 40g, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61
PRANZ	Crema de legume 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii 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: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66
	Rasol de pui cu orez 250g	Piept de pui cu tocanita de dovlecei 300g	Piept de pui cu tocanita de dovlecei 300g	Tocanita de dovlecei 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29	Ingrediente: morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:195.4; Gr:13.29;Gluc:21.43;Prot:6.17
		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	Musaca de legume cu carne 250g	Rulada de pui cu legume sote 300g	Legume sote 250g
	Ingrediente: lapte 200ml, biscuiti 100**(faina, zahar)** Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56	Ingrediente: cartofi 100g, carne de pui 70g, morcov, fasole verde, dovlecel, **ou** Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46	Ingrediente: morcov 60g, **telina** 40g, fasole verde 40g, conopida 40g, broccoli 40g, dovlecel Kcal:79.53;Gr: 0.55; Gluc:14.5;Prot:3.41
	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 (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

MIERCURI

	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, branza de vaci 30g, creminos cu unt 30g, urda 30g, gem 30g Kcal:366.75;Gr:24.9;Gluc:18.72;Prot:15.96	Branza de vaci 40g, urda 40, biscuiti 30g**(faina, zahar)**, mozzarella 30g Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7	Sunca Praga 40g, mozzarella 40g, creminos cu unt 30g, urda 30 Kcal:314.8; Gr:24.71, Gluc: 3.14; Prot:19.29	Muschiulet afumat 40g, cascaval 40g, creminos cu unt 30, gem 30g Kcal:474.2;Gr:40.76;Gluc:2.57;Prot:23.61
PRANZ	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii 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**, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66
	Piept de pui cu paste si legume 250g	Rasol de pui cu orez 250g	Piept de pui cu tocanita de dovlecei 300g	Piept de pui cu tocanita de dovlecei 300g
	Ingrediente: penne 120g, piept de pui 70g, morcov, **telina,** ulei Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29
	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)
	Musaca de legume cu carne 250g	Piept de pui cu branza de vaci 220g	Rulada de pui cu legume sote 300g	Rulada de pui cu legume sote 300g
CINA	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: cartofi 100g, carne de pui 70g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46	Ingrediente: cartofi 100g, carne de pui 70g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46
	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 (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

MIERCURI

	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, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61	Branza de vaci 40g, cas 40g(lapte,cheag), creminos cu unt 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	Pate vegetal 120g, rosii 20g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	Muschi file afumat 40g, mozzarella 40g, creminos cu unt 30g, masline 20g Kcal:330.3;Gr:27.12;Gluc:0.6;Prot:18.68
PRANZ	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml
	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, **telina**, ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66
	Piept de pui cu tocanita de dovlecei 300g	Piept de pui cu tocanita de dovlecei 300g	Tocanita de dovlecei 250g	Tocanita de pui cu ciuperci si mamaliguta 300g
	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29	Ingrediente: piept de pui 70g, morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:267.8; Gr:11.58;Gluc:18.12;Prot:8.29	Ingrediente: morcov, ardei gras, ceapa, dovlecei, **telina,** rosii cuburi Kcal:195.4; Gr:13.29;Gluc:21.43;Prot:6.17	Ingrediente: carne de pui 70g, morcov, **telina**, ardei gras, ciuperci, fasole verde, ceapa, ulei Kcal:259; Gr:12.44;Gluc:17.17;Prot:19.78
	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	Musaca de legume cu carne 250g	Musaca de legume cu carne 250g	Legume sote 250g	Musaca de legume cu carne 250g
	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56	Ingrediente: morcov 60g, **telina** 40g, fasole verde 40g, conopida 40g, broccoli 40g, dovlecel Kcal:79.53;Gr: 0.55; Gluc:14.5;Prot:3.41	Ingrediente: cartofi 100g, carne de pui 60g, morcov, **telina**, dovlecel, ceapa, **ou**, mozzarella, **crema vegetala** Kcal:288.88;Gr:10.51;Gluc:25.02;Prot:22.56
	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)	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]