S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 1928/28.06.2007	***SAMBATA***			**SPITALUL SFANTUL STEFAN** ***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) 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	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Supa de legume cu fidea 300ml	Supa strecurata 300ml
	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	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
	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** Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26	Ingrediente: orez 120g nuggets de pui 70g, ceapa, morcov, ardei gras, **telina** Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26	Ingrediente: cartofi 150g, ciocanele de pui 70g, morcov 50g, verdeata, ulei Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84	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)	
	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 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 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 Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	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

SAMBATA

	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	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml
	Ingrediente: cartofi 70g, morcov 30g, **telina** 20g, ceapa, fasole verde, conopida, **crema vegetala** Kcal: 220.86; Gr:7.26; Gluc:34.47; Prot:3.68	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85
	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** 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 Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ciocanele la cuptor 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ardei gras, ceapa, rosii cuburi 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) 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) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, smantana, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: cartofi 150g, ciocanele de pui 70g, morcov 50g, verdeata, ulei Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84	Ingrediente: cartofi 200g, morcov 40g, ulei 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) 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 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 de legume cu fidea 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 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: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85
	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 Kcal:353.28;Gr:11.01;Gluc:36.16;Prot:26.84	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** 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 Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: orez 120g nuggets de pui 70g, ceapa, morcov, ardei gras, **telina** 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) 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, **branza de vaci**, **oua**, **mozzarella**, **lapte**, crema vegetala, ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: ciocanele de pui 70g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal:149.35;Gr:5.68;Gluc:11.75;Prot:13.71	Ingrediente: penne 160g, sunca 60g, **branza de vaci**, **oua**, **mozzarella**, **lapte**, crema vegetala, ulei 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) 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

SAMBATA

	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	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml
	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: cartofi, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85
	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 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ciocanele la cuptor 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ardei gras, ceapa, rosii cuburi Kcal:71.9;Gr:0.32;Gluc:14.38;Prot:2.94	Ingrediente: varza 150g, carnati 70g, ceapa, ardei gras, rosii pasate, ulei 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 smantana 300g	Ciocanele la cuptor cu fasole mixta si smantana 300g	Cartofi natur 250g	Snitel de pui cu cartofi prajiti 300g
	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, smantana, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, smantana, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: cartofi 200g, morcov 40g, ulei Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32	Ingrediente: piept de pui 70g, pesmet, ou,, cartofi 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 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

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