S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025		*VINERI*		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)
	Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8	Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3	Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96	Iaurt 125g, branza de vaci 150g Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25
PRANZ	Crema de dovleac 300ml	Crema de dovleac 300ml	Supa cu taitei 300ml	Supa strecurata 300ml
	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: taitei, morcov, **telina,** ardei gras, ceapa, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: morcov 70, ardei gras 60g, **telina** 60g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	File de porc cu mancare de fasole verde 300g	File de porc cu mancare de fasole verde 300g	Piept de pui cu piure de legume 300g	Crema de legume 300ml
	Ingrediente: fasole verde 100g, file de porc 60g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: fasole verde 100g, file de porc 60g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: piept de pui 70g, cartofi 80g, morcov, **telina,** fasole verde, **unt**, **lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	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)	
	Salata de cartofi cu sunca 300g	Ciocanele de pui cu legume sote 250g	Bulz 300g	Compot de mere 300g
CINA	Ingrediente: cartofi 140g, sunca 60g, **crema vegetala, mustar,** marar, ulei Kcal:240.3;Gr:4.83;Gluc:30.5;Prot:16.65	Ingrediente: ciocanele de pui 70, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Kcal:148.33;Gr:5.62;Gluc:10.79;Prot:13.76	Ingrediente: mamaliguta 100g, branza de vaci 50g, smantana 50g, mozzarella 50g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: mere 200g, apa 100ml. Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9
	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 (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 (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	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

VINERI

	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	Salam rustic 30g, mozzarella 30g, creminos cu unt 30g, urda 30g, masline 30g Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24	Parizer 40g, biscuiti 40(faina, zahar), gem 30g, rosie Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24	Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96
PRANZ	Crema de dovleac 300ml	Crema de dovleac 300ml	Crema de dovleac 300ml	Crema de dovleac 300ml
	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28
	Rasol de pui cu orez 250g	Piept de pui cu mancare de conopida 300g	Piept de pui cu mancare de conopida 300g	Mancare de conopida 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: conopida 120g, piept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: conopida 120g, piept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: conopida 160g, , morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:197.2;Gr:14.22; Gluc:8.45;Prot:12.72
		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	Bulz 300g	Piept 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: mamaliguta 100g, branza de vaci 50g, smantana 50g, mozzarella 50g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: piept de pui 70g, morcov 60g, **telina,** cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36	Ingrediente: morcov 60g, **telina,** cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:89.05;Gr:0.49;Gluc:19.58;Prot:3.68
	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) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	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)
	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

VINERI

	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, cas 30g(lapte,cheag), creminos cu unt, gem 30g Kcal:403.95;Gr:28.35;Gluc:18.24;Prot:19.2	Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97	Parizer 40g, mozzarella 40g, creminos cu unt 30g, urda 30g Kcal:378.3;Gr:32.28;Gluc:2.28;Prot:18.63	Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8
PRANZ	Supa cu taitei 300ml	Supa cu taitei de casa 300ml	Crema de dovleac 300ml	Crema de dovleac 300ml
	Ingrediente: taitei, morcov, **telina,** ardei gras, ceapa, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: taitei de casa, morcov, **telina,** ardei gras, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28
	Piept de pui cu piure de legume 300g	Rasol de pui cu orez 250g	Piept de pui cu mancare de conopida 300g	File de porc cu mancare de fasole verde 300g
	Ingrediente: piept de pui 70g, cartofi 80g, morcov, **telina,** fasole verde, **unt**, **lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: conopida 120g, piept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: fasole verde 100g, file de porc 60g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82
	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 (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)
	Bulz 300g	Piept de pui cu branza de vaci 220g	Bulz 300g	Salata de cartofi cu sunca 300g
CINA	Ingrediente: mamaliguta 100g, branza de vaci 50g, smantana 50g, mozzarella 50g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: mamaliguta 100g, branza de vaci 50g, smantana 50g, mozzarella 50g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: cartofi 140g, sunca 60g, **crema vegetala, mustar,** marar, ulei Kcal:240.3;Gr:4.83;Gluc:30.5;Prot:16.65
	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) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	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)
	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

VINERI

	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, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96	Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3	Pate vegetal 120g, ardei gras, masline Kcal:340;Gr:35.52; Gluc:9.08;Prot:2.68	Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, masline 20g Kcal:434.3;Gr:40.78; Gluc:0.92;Prot:14.86
PRANZ	Crema de dovleac 300ml	Crema de dovleac 300ml	Crema de dovleac 300ml	Crema de dovleac 300ml
	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28	Ingrediente: dovleac, ceapa, morcov, **telina**, cartofi, crema vegetala, ulei Kcal: 225.4;Gr:15.23; Gluc:16.43; Prot: 2.28
	Piept de pui cu mancare de conopida 300g	Piept de pui cu mancare de conopida 300g	Mancare de conopida 250g	File de porc cu mancare de fasole verde 300g
	Ingrediente: conopida 120g, piept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: conopida 120g, piept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: conopida 160g, , morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:197.2;Gr:14.22; Gluc:8.45;Prot:12.72	Ingrediente: fasole verde 100g, file de porc 60g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82
	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	Bulz 300g	Piept de pui cu legume sote 300g	Legume sote 250g	Piept de pui cu legume sote 300g
	Ingrediente: mamaliguta 100g, branza de vaci 50g, smantana 50g, mozzarella 50g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: piept de pui 70g, morcov 60g, **telina**, cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36	Ingrediente: morcov 60g, **telina**, cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:89.05;Gr:0.49;Gluc:19.58;Prot:3.68	Ingrediente: piept de pui 70g, morcov 60g, **telina**, cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36
	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 (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 (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)
	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]