S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 1928/28.06.2007		***LUNI***		SPITALUL SFANTUL STEFAN *PERIOADA 16 - 22 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)
	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, **cas**30g(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	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 300ml	Supa de legume cu fidea 300ml	Supa strecurata 300ml
	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou,** bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	**Ingrediente: dovlecel, 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
	Ciocanele de pui cu ghiveci de legume 300g	Ciocanele de pui cu ghiveci de legume 300g	File de porc cu orez si ciuperci 300g	Crema de legume 300ml
	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: orez 120g, file de porc 60g, morcov, **telina,** ardei gras, ceapa, ciuperci, ulei Kcal: 648.9; Gr:17.52; Gluc:96.57; Prot:24.67	Ingrediente: cartofi, morcov, **telina,** fasole verde, mazare Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14
	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)	
	Ciocanele de pui cu risotto 300g	Ciocanele de pui cu risotto 300g	Nuggets cu paste si legume 250g	Compot de mere 300g
CINA	**Ingrediente: orez** 130g, ciocanele de pui 70g, **morcov, ceapa, telina**, crema vegetala **Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57**	Ingrediente: orez 130g, ciocanele de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57	Ingrediente: penne 120g, nuggets de pui 70g, morcov, **telina**, ulei Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18	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)	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

LUNI

	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, **cas**30g(lapte, cheag), **creminos cu unt** 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96
PRANZ	Crema de legume 300ml	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 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: dovlecel**, morcov, **telina**, ardei **gras, rosii, ou, bors**, ulei **Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85**	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou, bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: dovlecel, 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	File de porc cu mancare de fasole verde 300g	File de porc cu mancare de fasole verde 300g	Mancare de fasole verde 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: fasole verde 100g, file de porc 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 122.35; Gr: 2.58; Gluc: 17.21; Prot: 16.72	Ingrediente: fasole verde 100g, file de porc 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 122.35; Gr: 2.58; Gluc: 17.21; Prot: 16.72	Ingrediente: fasole verde 150g, morcovi 30g, ceapa, **telina**, rosii cuburi Kcal: 99.64; Gr: 0.49; Gluc: 17.67; Prot: 3.68
		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	Nuggets de pui cu piure de legume 300g	Nuggets cu paste si legume 250g	Risotto 250g
	Ingrediente: **lapte** 200ml, **biscuiti** 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, **telina**, fasole verde, **unt**, **lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: penne 120g, nuggets de pui 70g, morcov, **telina**, ulei Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18	Ingrediente: orez 130g, morcov, ceapa, **telina**, crema vegetala Kcal:532.4;Gr:7.28;Gluc:94.28;Prot:17.47
	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 (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

LUNI

	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 de legume cu fidea 300ml	Supa cu taitei de casa 300ml	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 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: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85
	File de porc cu orez si ciuperci 300g	Rasol de pui cu orez 250g	Ciocanele de pui cu ghiveci de legume 300g	File de porc cu orez si ciuperci 300g
	Ingrediente: orez 120g, file de porc 60g, morcov, **telina**, ardei gras, ceapa, ciuperci, ulei Kcal: 648.9;Gr:17.52;Gluc:96.57;Prot:24.67	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: orez 120g**, file de porc **60g**, morcov, **telina**, **ardei** gras, ceapa, ciuperci, ulei Kcal: 648.9;Gr:17.52;Gluc:96.57;Prot:24.67
	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)
	Nuggets cu paste si legume 250g	Pui cu branza de vaci 220g	Nuggets de pui cu piure de legume 300g	Ciocanele de pui cu risotto 300g
CINA	Ingrediente: penne 120g, nuggets de pui 70g, morcov, **telina**, ulei Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: nuggets 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 130g, ciocanele de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57
	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

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	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, **cas**30g(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	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 300ml	Bors de dovlecel cu ou 300ml
	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85	Ingrediente: dovlecel, morcov, **telina**, ardei gras, rosii, **ou**, **bors**, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85
	Ciocanele de pui cu ghiveci de legume 300g	Ciocanele de pui cu ghiveci de legume 300g	Ghiveci de legume 250g	Ostropel de porc cu orez si legume 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: orez 140g, file de porc congelat 60g, morcov 30g, **telina** 30g, ardei gras, ceapa Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46
	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	Nuggets de pui cu piure de legume 300g	Nuggets de pui cu piure de legume 300g	Risotto 250g	Piept de pui cu risotto 300g
	Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, telina, fasole verde, unt, lapte Kcal:359.22;Gr:20.62;Gluc:23.85;Prot:17.63	Ingrediente: nuggets 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 130g, morcov, ceapa, **telina**, crema vegetala Kcal:532.4;Gr:7.28;Gluc:94.28;Prot:17.47	Ingrediente: orez 130g, piept de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:532.4;Gr:10.28;Gluc:115.94;Prot:21.57
	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]