S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025		***DUMINICA***		SPITALUL SFANTUL STEFAN *PERIOADA 02 - 08 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	Supa de legume cu orez 300ml	Supa de legume cu orez 300ml	Crema de legume 300g	Supa strecurata 300ml
	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina,** ceapa, cartofi, fasole verde, conopida, **crema vegetala** Kcal:115.9;Gr:4.83;Gluc:16.68;Prot:3	Ingrediente: morcov 70, ardei gras 60g, **telina** 60g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Penne bolognese 300g	Penne bolognese 300g	Piept de pui cu mancare de conopida si smantana 300g	Crema de legume 300ml
	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6	Ingrediente: piept de pui 70g, ceapa, **telina**, conopida, morcov, **smantana** Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	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)	
	Cartofi gratinati cu sunca 300g	Cartofi gratinati cu sunca 300g	Piept de pui cu cartofi la cuptor 300g	Compot de mere 300g
CINA	Ingrediente: cartofi, sunca, **branza de vaci**, crema vegetala, **oua**, **mozzarella**, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43	Ingrediente: cartofi, sunca, **branza de vaci**, crema vegetala, **oua**, **mozzarella**, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43	Ingrediente: piept de pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	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

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	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	Supa de legume cu orez 300ml	Supa de legume cu orez 300ml	Supa de legume cu orez 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: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92
	Rasol de pui cu orez 250g	Piept de pui la cuptor cu tocanita de legume 300g	Piept de pui la cuptor cu tocanita de legume 300g	Tocanita de legume 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, orez 50g, **telina** 30g, morcovi 30g, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:483.84;Gr: 21.46;Gluc:52.08;Prot: 20.08	Ingrediente: piept de pui 70g, orez 50g, **telina** 30g, morcovi 30g, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:483.84;Gr: 21.46;Gluc:52.08;Prot: 20.08	Ingrediente: orez, **telina**, morcovi, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:273.62;Gr: 19.27;Gluc:46.12;Prot: 17.08
		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	Piept de pui cu legume gratinate 300g	Piept de pui cu cartofi la cuptor 300g	Legume gratinate 250g
	Ingrediente: lapte 200ml, biscuiti 100**(faina, zahar)** Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: cartofi 100g, piept de pui 70g,morcov, **telina,** fasole verde, branza de vaci, **crema vegetala, ou, mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: piept de pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	Ingrediente: cartofi 100g, morcov, **telina,** fasole verde, branza de vaci, **crema vegetala, ou, mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63
	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 (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

DUMINICA

	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	Crema de legume 300g	Supa de legume cu orez 300ml	Crema de legume 300g	Supa de legume cu orez 300ml
	Ingrediente: morcov, **telina,** ceapa, cartofi, fasole verde, conopida, **crema vegetala** Kcal:115.9;Gr:4.83;Gluc:16.68;Prot:3	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina,** ceapa, cartofi, fasole verde, conopida, **crema vegetala** Kcal:115.9;Gr:4.83;Gluc:16.68;Prot:3	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92
	Piept de pui cu mancare de conopida si smantana 300g	Rasol de pui cu orez 250g	Piept de pui cu mancare de conopida si smantana 300g	Piept de pui cu mancare de conopida si smantana 300g
	Ingrediente: piept de pui 70g, ceapa, **telina**, conopida, morcov, **smantana** Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	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, ceapa, **telina**, conopida, morcov, **smantana** Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82	Ingrediente: piept de pui 70g, ceapa, **telina**, conopida, morcov, **smantana** Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82
	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)
	Piept de pui cu cartofi la cuptor 300g	Pui cu branza de vaci 220g	Piept de pui cu legume gratinate 300g	Cartofi gratinati cu sunca 300g
CINA	Ingrediente: piept de pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: cartofi 100g, piept de pui 70g,morcov, **telina**, fasole verde, **branza de vaci**, crema vegetala, **ou**, **mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi, sunca, **branza de vaci**, crema vegetala, **oua**, **mozzarella**, ulei Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43
	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)	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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	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	Supa de legume cu orez 300ml	Supa de legume cu orez 300ml	Supa de legume cu orez 300ml	Supa de legume cu orez 300ml
	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92	Ingrediente: morcov, **telina**, ardei gras, rosii in bulion, ceapa, orez, ulei, **ou** Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92
	Piept de pui la cuptor cu tocanita de legume 300g	Piept de pui la cuptor cu tocanita de legume 300g	Tocanita de legume 250g	Penne bolognese 300g
	Ingrediente: piept de pui 70g, orez 50g, **telina** 30g, morcovi 30g, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:483.84;Gr: 21.46;Gluc:52.08;Prot: 20.08	Ingrediente: piept de pui 70g, orez 50g, **telina** 30g, morcovi 30g, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:483.84;Gr: 21.46;Gluc:52.08;Prot: 20.08	Ingrediente: orez, **telina**, morcovi, mazare, fasole verde, ardei gras, ceapa, ulei Kcal:273.62;Gr: 19.27;Gluc:46.12;Prot: 17.08	Ingrediente: penne 150g, carne de pui 60g, morcov, **telina,** rosii in bulion, ulei Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6
	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	Piept de pui cu legume gratinate 300g	Piept de pui cu legume gratinate 300g	Cartofi la cuptor 250g	Piept de pui cu cartofi la cuptor 300g
	Ingrediente: cartofi 100g, piept de pui 70g,morcov, **telina**, fasole verde, **branza de vaci**, crema vegetala, **ou**, **mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi 100g, piept de pui 70g,morcov, **telina**, fasole verde, **branza de vaci**, crema vegetala, **ou**, **mozzarella** Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63	Ingrediente: cartofi 250g, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018	Ingrediente: piept de pui 70, cartofi, ulei Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41
	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)
	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]