S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025	***LUNI***			**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)
	Salam rustic 40g, **mozzarella** 40g, **crema de branza** 30g, **urda** 30g Kcal:235.36;Gr:16.3; Gluc:4.78;Prot:17.24	**Urda** 40g, **mozzarella** 40g, **creminos cu unt** 30g, **branza de vaci** 30g Kcal:364.6;Gr:29.06; Gluc:3.85;Prot:21.04	**Cascaval** 40g, **cas** 40g(lapte, cheag), **crema de branza** 30g, **branza de vaci** 30g Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54	**Iaurt** 125g, **branza de vaci** 150g Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25
PRANZ	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml	Crema de legume 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: cartofi, morcov, **telina,** fasole verde, mazare, **crema vegetala, unt,** ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14	Ingrediente: morcov 70, ardei gras 60g, **telina** 60g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Ciocanele de pui cu mancare de mazare 300g	Ciocanele de pui cu mancare de mazare 300g	Piept de pui cu orez si legume 300g	Crema de legume 300ml
	Ingrediente: mazare 100g, ciocanele de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 98.64; Gr: 0.58; Gluc: 16.23; Prot: 17.54	Ingrediente: mazare 100g, ciocanele de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 98.64; Gr: 0.58; Gluc: 16.23; Prot: 17.54	Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	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)	
	Risotto cu carne de pui tocata 300g	Risotto cu carne de pui tocata 300g	Nuggets cu penne si legume 250g	Compot de mere 300g
CINA	Ingrediente: orez 130g, carne de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:598.4;Gr:10.48;Gluc:108.23;Prot:19.57	Ingrediente: orez 130g, carne de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:598.4;Gr:10.48;Gluc:108.23;Prot:19.57	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 (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	Muschi file afumat 40g, **cascaval** 40g, **crema de branza** 30g, **cas**30g(lapte, cheag), rosie Kcal:326; Gr:23.7; Gluc:3.31; Prot: 24.67	Sunca Praga 40g, biscuiti40g(faina, zahar), gem 30g, masline 30g Kcal:326.55; Gr:13.06; Gluc:42.8; Prot: 8.83	**Cascaval** 40g, **cas** 40g(lapte, cheag), **crema de branza** 30g, **branza de vaci** 30g Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54
PRANZ	Crema de legume 300ml	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml
	Ingrediente: cartofi, morcov, **telina**, fasole verde, mazare, ulei Kcal:223.4;Gr:10.22;Gluc:9.23;Prot:4.16	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	Piept de pui cu mancare de fasole galbena 300g	Piept de pui cu mancare de fasole galbena 300g	Mancare de fasole galbena 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: fasole galbena 100g, piept de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: fasole galbena 100g, piept de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: fasole galbena 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 penne si legume 250g	Penne cu legume 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	Ingredient: penne 150g, morcov, **telina,** ulei Kcal:549.3; Gr:7.68;Gluc:72.46;Prot:21.18
	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

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	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)
	Cascaval 40g, **cas** 40g(lapte, cheag), **crema de branza** 30g, **branza de vaci** 30g, masline Kcal:374.5;Gr:27.46; Gluc:3.3;Prot:27.73	**Branza de vaci** 40g, **urda** 40, biscuiti 30g(faina, zahar), **mozzarella** 30g Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7	Salam rustic 40g, **cascaval** 40g, **crema de branza** 30g, **cas** 30g Kcal:360.3; Gr:23.48, Gluc: 2.58; Prot:24.91	Salam rustic 40g, **mozzarella** 40g, **crema de branza** 30g, **urda** 30g Kcal:235.36;Gr:16.3; Gluc:4.78;Prot:17.24
PRANZ	Crema de legume 300ml	Supa de legume cu taitei 300ml	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml
	Ingrediente: cartofi, morcov, **telina**, fasole verde, mazare, crema vegetala, **unt,** ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14	Ingrediente: **taitei**, morcovi, **telina**, ardei gras, **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
	Piept de pui cu orez si legume 300g	Rasol de pui cu orez 250g	Piept de pui cu mancare de fasole galbena 300g	Ciocanele de pui cu mancare de mazare 300g
	Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: fasole galbena 100g, piept de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: mazare 100g, ciocanele de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 98.64; Gr: 0.58; Gluc: 16.23; Prot: 17.54
	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 penne si legume 250g	Pui cu branza de vaci 220g	Nuggets de pui cu piure de legume 300g	Risotto cu carne de pui tocata 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, carne de pui 70g, morcov, ceapa, **telina**, crema vegetala Kcal:598.4;Gr:10.48;Gluc:108.23;Prot:19.57
	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) 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) Chec (KCal:333; Gr: 8.0; Gluc: 60; Prot: 5.3)
	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)
	Cascaval 40g, **cas** 40g(lapte, cheag), **crema de branza** 30g, **branza de vaci** 30g Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54	**Urda** 40g, **mozzarella** 40g, **creminos cu unt** 30g, **branza de vaci** 30g Kcal:364.6;Gr:29.06; Gluc:3.85;Prot:21.04	Branza tofu 120g, ardei gras, masline Kcal:208;Gr:12.24; Gluc:1.4;Prot:21.88	Salam rustic 40g, **mozzarella** 40g, **crema de branza** 30g, rosie Kcal:296.6;Gr:24.22; Gluc:3.07;Prot:16.43
PRANZ	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml	Bors de legume cu ou 300ml	Bors de legume cu ou 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
	Piept de pui cu mancare de fasole galbena 300g	Piept de pui cu mancare de fasole galbena 300g	Mancare de fasole galbena 250g	Tigaie de pui cu piure de cartofi 300g
	Ingrediente: fasole galbena 100g, piept de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: fasole galbena 100g, piept de pui 70g, morcovi, **telina**, ceapa, rosii cuburi Kcal: 82.74; Gr: 0.41; Gluc: 15.19; Prot: 18.82	Ingrediente: fasole galbena 150g, morcovi 30g, ceapa, **telina,** rosii cuburi Kcal: 99.64; Gr: 0.49; Gluc: 17.67; Prot: 3.68	Ingrediente: piept de pui 70g, ceapa, ardei gras, rosii in bulon, ulei Kcal:447.1;Gr:28.09;Gluc:28.13;Prot:19.75
	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	Penne cu legume 250g	Nuggets de pui cu cartofi prajiti 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	Ingredient: penne 150g, morcov, **telina**, ulei Kcal:549.3; Gr:7.68;Gluc:72.46;Prot:21.18	Ingrediente: nuggets de pui 70g, pesmet, **ou**,, cartofi Kcal:471.6;Gr:22.7;Gluc:64.1;Prot:19.55
	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

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ENCIU LAURA

ROMANIAN CATERING S.R.L. RC

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