S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025	***SAMBATA***			**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)
	Muschiulet afumat 40g, **cascaval** 40g, **creminos cu unt** 30, gem 30g Kcal:468.05;Gr:36.06;Gluc:15.54;Prot:21.06	**Branza de vaci** 40g, **cas** 40g(lapte,cheag), **creminos cu unt** 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	**Mozzarella** 40g, **cas** 40g(lapte, cheag), **creminos de unt** 30g, **branza de vaci** 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61	**Iaurt** 125g, **branza de vaci** 150g Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25
PRANZ	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml	Supa de legume cu fidea 300ml	Supa strecurata 300ml
	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	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 mancare de conopida 300g	Ciocanele de pui cu mancare de conopida 300g	Ciocanele de pui cu orez si legume 300g	Crema de legume 300ml
	Ingrediente: conopida 120g, ciocanele 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, ciocanele de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, **telina,** ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65	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)	
	Ciocanele de pui cu orez si legume 300g	Ciocanele de pui cu orez si legume 300g	Piept de pui cu legume sote 250g	Compot de mere 300g
CINA	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, telina, ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, telina, ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65	Ingrediente: piept de pui 60g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal: 138.05; Gr:4.48; Gluc:10.95; Prot:13.71	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 Praga 40g, **mozzarella** 40g, **creminos cu unt** 30g, **branza de vaci** 30g, masline Kcal:418.1;Gr:36.19;Gluc:2.52;Prot:19.69	Salam rustic 40g, biscuiti 40g(faina, zahar), cruditati, masline Kcal:338.8;Gr:19.82;Gluc:30.02;Prot:8	**Mozzarella** 40g, **cas** 40g(lapte, cheag), **creminos de unt** 30g, **branza de vaci** 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61
PRANZ	Crema de legume 300ml	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml
	Ingrediente: cartofi, morcov, **telina**, fasole verde, mazare, ulei Kcal:223.4;Gr:10.22;Gluc:9.23;Prot:4.16	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26
	Rasol de pui cu orez 250g	Ciocanele de pui cu varza calita 300g	Ciocanele de pui 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 de pui 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ciocanele de pui 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 180g, ceapa, ardei gras, rosii pasate, ulei Kcal:202.06;Gr:9.71;Gluc:23.64;Prot:5.4
		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 (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 mix de fasole si smantana 300g	Piept de pui cu legume sote 250g	Fasole mixta cu smantana 250g
	Ingrediente: lapte 200ml, biscuiti 100**(faina, zahar)** Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: piept de pui 70g, fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:493; Gr:21.9; Gluc:16.5; Prot:49.5	Ingrediente: piept de pui 60g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal: 138.05; Gr:4.48; Gluc:10.95; Prot:13.71	Ingrediente: fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:442.4; Gr:19.4; Gluc:14.4; Prot:35.4
	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, **branza de vaci** 30g, **creminos cu unt** 30g, **urda** 30g, gem 30g Kcal:366.75;Gr:24.9;Gluc:18.72;Prot:15.96	**Branza de vaci** 40g, **urda** 40, biscuiti 30g(faina, zahar), **mozzarella** 30g Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7	Sunca Praga 40g, **mozzarella** 40g, **creminos cu unt** 30g, **urda** 30 Kcal:314.8; Gr:24.71, Gluc: 3.14; Prot:19.29	Muschiulet afumat 40g, **cascaval** 40g, **creminos cu unt** 30, gem 30g Kcal:474.2;Gr:40.76;Gluc:2.57;Prot:23.61
PRANZ	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml
	Ingrediente: morcovi, **telina,** ceapa, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23	Ingrediente: morcovi, **telina,** ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26
	Ciocanele de pui cu orez si legume 300g	Rasol de pui cu orez 250g	Ciocanele de pui cu varza calita 300g	Ciocanele de pui cu mancare de conopida 300g
	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, **telina,** ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65	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 de pui 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: conopida 120g, ciocanele de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72
	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 legume sote 250g	Pui cu branza de vaci 220g	Piept de pui cu mix de fasole si smantana 300g	Ciocanele de pui cu orez si legume 300g
CINA	Ingrediente: piept de pui 60g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal: 138.05; Gr:4.48; Gluc:10.95; Prot:13.71	Ingrediente: piept de pui 60g, **branza de vaci** 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: piept de pui 70g, fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:493; Gr:21.9; Gluc:16.5; Prot:49.5	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, telina, ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65
	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

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, **cas** 40g(lapte, cheag), **creminos de unt** 30g, **branza de vaci** 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61	**Branza de vaci** 40g, **cas** 40g(lapte,cheag), **creminos cu unt** 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	Pate vegetal 120g, rosii 20g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14	Muschi file afumat 40g, **mozzarella** 40g, **creminos cu unt** 30g, masline 20g Kcal:330.3;Gr:27.12;Gluc:0.6;Prot:18.68
PRANZ	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml	Ciorba de fasole verde 300ml
	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26	Ingrediente: fasole verde 60, morcov 40g, **telina**, ardei gras, ceapa Kcal: 68.72;Gr:0.37; Gluc:13.99; Prot:2.26
	Ciocanele de pui cu varza calita 300g	Ciocanele de pui cu varza calita 300g	Mancare de conopida 250g	Carnaciori cu varza calita 300g
	Ingrediente: varza 150g, ciocanele de pui 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: varza 150g, ciocanele de pui 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82	Ingrediente: conopida 160g, , morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:197.2;Gr:14.22; Gluc:8.45;Prot:12.72	Ingrediente: varza 150g, fcarnaciori 60g, morcov, ceapa, rosii pasate Kcal:246.8;Gr:16.20;Gluc:13.21;Prot: 15.9
	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)	Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)
CINA	Piept de pui cu mix de fasole si smantana 300g	Piept de pui cu mix de fasole si smantana 300g	Fasole mixta cu smantana 250g	Piept de pui cu orez si legume 300g
	Ingrediente: piept de pui 70g, fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:493; Gr:21.9; Gluc:16.5; Prot:49.5	Ingrediente: piept de pui 70g, fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:493; Gr:21.9; Gluc:16.5; Prot:49.5	Ingrediente: fasole verde, fasole galbena, morcov, crema vegetala, ulei Kcal:442.4; Gr:19.4; Gluc:14.4; Prot:35.4	Ingrediente: orez 120g, ciocanele de pui 70g, morcov, telina, ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65
	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

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA

[redacted]

APROBAT DIRECTOR

DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

[redacted]