S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 10798/06.10.2025		*VINERI*		SPITALUL SFANTUL STEFAN *PERIOADA 09 - 15 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, 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
	Rulada de porc cu orez legume 300g	Rulada de porc cu orez legume 300g	Piept de pui cu piure de legume 300g	Crema de legume 300ml
	Ingrediente: orez 150g, carne de porc 70g, morcovi, **telina**, ceapa, ardei gras Kcal: 744.35; Gr: 9.32; Gluc: 131.17; Prot: 30.62	Ingrediente: orez 150g, carne de porc 70g, morcovi, **telina**, ceapa, ardei gras Kcal: 744.35; Gr: 9.32; Gluc: 131.17; Prot: 30.62	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	Salata de cartofi cu sunca 300g	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: cartofi 140g, sunca 60g, **crema vegetala, mustar,** marar, ulei Kcal:240.3;Gr:4.83;Gluc:30.5;Prot:16.65	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	Rulada de porc cu orez legume 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: orez 150g, carne de porc 70g, morcovi, **telina**, ceapa, ardei gras Kcal: 744.35; Gr: 9.32; Gluc: 131.17; Prot: 30.62
	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	Rulada de porc cu orez legume 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: orez 150g, carne de porc 70g, morcovi, **telina**, ceapa, ardei gras Kcal: 744.35; Gr: 9.32; Gluc: 131.17; Prot: 30.62
	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]