S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 1928/28.06.2007		***SAMBATA***		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)
	Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Iaurt 125g, branza de vaci 150g Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25
PRANZ	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Supa de legume cu fidea 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: 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
	Rulada de porc cu piure de cartofi 300g	Rulada de porc cu piure de cartofi 300g	Ciocanele de pui cu cartofi sote 300g	Crema de legume 300ml
	Ingrediente: cartofi 150g, carne de porc 70g, **unt**, **lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: cartofi 150g, carne de porc 70g, **unt**, **lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: cartofi 220g, ciocanele de pui 70g, **unt**, ulei Kcal:427.24; Gr:7.45;Gluc:45.28;Prot:25.18	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 la cuptor cu orez sarbesc 300g	Ciocanele de pui la cuptor cu orez sarbesc 300g	Ciocanele de pui cu piure de morcovi 300g	Compot de mere 300g
CINA	Ingrediente: orez 120g ciocanele de pui 70g, ceapa, morcov, ardei gras, telina Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26	Ingrediente: orez 120g ciocanele de pui 70g, ceapa, morcov, ardei gras, telina Kcal:642.15:Gr:12.26;Gluc:94.97;Prot:26.26	Ingrediente: morcovi 150g, ciocanele de pui 70g, unt 30g, lapte Kcal:447.1; Gr:28.09; Gluc:28.13; Prot:19.75	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 de curcan 30g, mozzarella 30, creminos cu unt 30g, branza de vaci 30g, masline 30g Kcal: 377.7;Gr: 32.91;Gluc:3.81; Prot: 15.61	Jambon de porc 40, biscuiti 40(faina, zahar), gem 30g, masline 30g Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04
PRANZ	Crema de legume 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 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: 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	Ciocanele de pui la cuptor cu varza calita 300g	Ciocanele de pui la cuptor 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 150g, **ardei gras**, ceapa, rosii cuburi Kcal:71.9;Gr:0.32;Gluc:14.38;Prot:2.94
		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	Ciocanele la cuptor cu fasole mixta 300g	Ciocanele de pui cu cartofi sote 300g	Cartofi sote 250g
	Ingrediente: **lapte** 200ml, **biscuiti** 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: cartofi 220g, ciocanele de pui 70g, ulei Kcal:427.24; Gr:7.45;Gluc:45.28;Prot:25.18	Ingrediente: cartofi 230g, **unt**, ulei Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32
	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, urda 30g, creminos cu unt 30g, branza de vaci 30g, gem 30g Kcal:388.05;Gr:27.21;Gluc:18.45;Prot:17.28	Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97	Mozzarella 40g, cas 40(lapte,cheag), branza de vaci 30g, urda 30g Kcal:311.04;Gr:18.28;Gluc:4.68;Prot:30.95	Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45
PRANZ	Supa de legume cu fidea 300ml	Supa de legume cu fidea 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml
	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea, ou** Kcal: 330.03;Gr:8.04; Gluc:49.02; Prot:15.23	Ingrediente: morcovi, **telina**, ceapa, ardei gras, **fidea, 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
	Ciocanele de pui cu cartofi sote 300g	Rasol de pui cu orez 250g	Ciocanele de pui la cuptor cu varza calita 300g	Rulada de porc cu piure de cartofi 300g
	Ingrediente: cartofi 220g, **ciocanele de pui 70g, unt, ulei** Kcal:427.24; Gr:7.45;Gluc:45.28;Prot:25.18	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: cartofi 150g, carne de porc 70g, **unt, lapte** Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63
	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)	Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)
	Ciocanele de pui cu piure de morcovi 300g	Pui cu branza de vaci 220g	Ciocanele de pui la cuptor cu orez sarbesc 300g	Ciocanele de pui la cuptor cu orez sarbesc 300g
CINA	Ingrediente: morcovi 150g, ciocanele de pui 70g, unt 30g, lapte Kcal:447.1; Gr:28.09; Gluc:28.13; Prot:19.75	Ingrediente: piept de pui 60g, **branza de vaci 160g** Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: orez 120g **ciocanele de pui** 70g, **ceapa, morcov, ardei gras**, telina Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26	Ingrediente: orez 120g ciocanele de pui 70g, ceapa, morcov, ardei gras, telina Kcal:642.15;Gr:12.26;Gluc:94.97;Prot:26.26
	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) laurt (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, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Zacusca 120g, masline 20g Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77	Jambon de porc 40g, cascaval 40g, creminos cu unt 30g, rosie Kcal:487.9;Gr:44.62;Gluc:0.84;Prot:19.82
PRANZ	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 300ml	Ciorba de cartofi 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
	Ciocanele de pui la cuptor cu varza calita 300g	Ciocanele de pui la cuptor cu varza calita 300g	Varza calita 250g	Carnati 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: varza 150g, ardei gras, ceapa, rosii cuburi Kcal:71.9;Gr:0.32;Gluc:14.38;Prot:2.94	Ingrediente: varza 150g, carnati 70g, ceapa, ardei gras, rosii pasate, ulei Kcal:381.4;Gr:17.35;Gluc:25.76;Prot:19.82
	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	Ciocanele la cuptor cu fasole mixta 300g	Ciocanele la cuptor cu fasole mixta 300g	Cartofi sote 250g	Snitel de pui cu cartofi prajiti 300g
	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: ciocanele de pui 70g, fasole verde, fasole galbena, morcov, ulei Kcal:243.3;Gr:16.29;Gluc:11.56;Prot:19.56	Ingrediente: cartofi 230g, **unt**, ulei Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32	Ingrediente: piept de pui 70g, pesmet, ou,, cartofi Kcal:561.4;Gr:23.5;Gluc:66.6;Prot:18.66
	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]