S.C.ROMANIAN CATERING S.R.L. UNITATE TIP CATERING AUT. DSV 1928/28.06.2007		***VINERI***		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)
	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	Crema de morcovi 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml	Supa strecurata 300ml
	Ingrediente: morcov 100g, cartofi, **telina, ceapa, unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	**Ingrediente:** morcov 100g, cartofi, **telina, ceapa, unt, crema vegetala** **Kcal**: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina, ceapa, unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 70, ardei gras 60g, **telina** 60g **Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g**
	Ciocanele la cuptor cu mancare de conopida 300g	Ciocanele la cuptor cu mancare de conopida 300g	Piept de pui la cuptor cu orez si ciuperci 300g	Crema de morcovi 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, piept de pui 70g, morcov, **telina**, ciuperci, ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: morcov 100g, cartofi, **telina, ceapa, unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08
	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 250g	Salata de cartofi cu sunca 250g	Bulz 250g	Compot de mere 300g
CINA	Ingrediente: cartofi 140g, sunca 60g, gran cucina, **mustar**, marar, ulei Kcal:240.3;Gr:4.83;Gluc:30.5;Prot:16.65	Ingrediente: cartofi 140g, sunca 60g, gran cucina, **mustar**, marar, ulei Kcal:240.3;Gr:4.83;Gluc:30.5;Prot:16.65	Ingrediente: mamaliguta 80g, **branza de vaci** 50g, **smantana** 50g, **mozzarella** 40g, **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	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 morcovi 300ml	Crema de morcovi 300ml	Supa cu taitei 300ml	Crema de morcovi 300ml
	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: taitei, morcov, **telina**, ardei gras, ceapa, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt, crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08
	Rasol de pui cu orez 250g	Piept de pui la cuptor cu mancare de broccoli 300g	Piept de pui la cuptor cu mancare de broccoli 300g	Mancare de broccoli 250g
	Ingrediente: orez 150g, piept de pui 70g, morcovi, **telina** Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97	Ingrediente: broccoli 120g, pipept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:248.12;Gr:14.72;Gluc:11.24;Prot:19.32	Ingrediente: broccoli 120g, pipept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:248.12;Gr:14.72;Gluc:11.24;Prot:19.32	Ingrediente: broccoli 120g, morcov, **telina**, ceapa, rosii in bulion, ulei Kcal:147.8;Gr:9.51; Gluc:12.65; Prot:2.76
		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 250g	Salata de cartofi cu sunca 250g	Legume sote 250g
	Ingrediente: lapte 200ml, **biscuiti** 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: mamaliguta 80g, **branza de vaci** 50g, **smantana** 50g, **mozzarella** 40g, **ou** Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: cartofi 140g, sunca 60g,, **mustar**, marar, ulei Kcal:215.1;Gr:3.22;Gluc:28.8;Prot:14.22	Ingrediente: cartofi 120g, morcov, **telina,** fasole verde, cnonopida, ulei de masline Kcal:221; Gr:10.32;Gluc:30.55; Prot:2.55
	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, 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	Crema de morcovi 300ml	Supa cu taitei de casa 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml
	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, **crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: taitei de casa, **morcov**, **telina**, ardei gras, **ou** Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, **crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, **crema vegetala** Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08
	Piept de pui la cuptor cu orez si ciuperci 300g	Rasol de pui cu orez 250g	Piept de pui la cuptor cu mancare de broccoli 300g	Piept de pui la cuptor cu orez si ciuperci 300g
	Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ciuperci, 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: broccoli 120g, pipept de pui 70g, morcov, **telina**, ceapa, rosii in bulion, ulei Kcal:248.12;Gr:14.72;Gluc:11.24;Prot:19.32	Ingrediente: orez 120g, piept de pui 70g, morcov, **telina**, ciuperci, ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46
	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)
	Bulz 250g	Pui cu branza de vaci 220g	Bulz 250g	Bulz 250g
CINA	Ingrediente: mamaliguta 80g, **branza de vaci** 50g, **smantana** 50g, **mozzarella** 40g, **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 80g, **branza de vaci** 50g, **smantana** 50g, **mozzarella** 40g, **ou** Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: mamaliguta 80g, **branza de vaci** 50g, **smantana** 50g, **mozzarella** 40g, **ou** Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7
	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, 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	Crema de morcovi 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml
	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, **telina**, ceapa, **unt**, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08
	Piept de pui la cuptor cu mancare de broccoli 300g	Piept de pui la cuptor cu mancare de broccoli 300g	Mancare de broccoli 250g	Piept de pui cu piure de cartofi 300g
	Ingrediente: broccoli 120g, pipept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:248.12;Gr:14.72;Gluc:11.24;Prot:19.32	Ingrediente: broccoli 120g, pipept de pui 70g, morcov, **telina,** ceapa, rosii in bulion, ulei Kcal:248.12;Gr:14.72;Gluc:11.24;Prot:19.32	Ingrediente: broccoli 120g, morcov, **telina**, ceapa, rosii in bulion, ulei Kcal:147.8;Gr:9.51; Gluc:12.65; Prot:2.76	Ingrediente: cartofi 150g, piept de pui 70g, **unt 30g**, **lapte** 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	Piept de pui cu legume sote 250g	Piept de pui cu legume sote 250g	Legume sote 250g	Peste cu legume sote 250g
	Ingrediente: piept de pui 70g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal:138.05;Gr:4.48;Gluc:10.95;Prot:13.71	Ingrediente: piept de pui 70g, morcov 60g, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal:138.05;Gr:4.48;Gluc:10.95;Prot:13.71	Ingrediente: cartofi 120g, morcov, **telina,** fasole verde, cnonopida, ulei de masline Kcal:221; Gr:10.32;Gluc:30.55; Prot:2.55	Ingrediente: peste 70g, morcov, **telina**, fasole verde, conopida, broccoli, dovlecel Kcal:195.35;Gr:6.25;Gluc:11.45;Prot:13.71
	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

DOBRE ALEXANDRU

ENCIU LAURA

[redacted]

APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

[redacted]