

S.C.ROMANIAN CATERING S.R.L.

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

PERIOADA 13 - 19

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente : sal.victoria (carne, soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente :br vaci 30g, mozzarella 30g, unt 30g, cas 30,(lapte, cheag), urda 30g Cal:360.3,Carb.28.95,Prot. 18.01	Ingrediente : mozzarella 40g, br. vaci 40g, unt 30g, urda 30g, masline Cal:342.5,Carb:27.23,Prot:16.77	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13
PRANZ	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Supa strecurata 300 ml
	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina ,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina ,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente:morcov 100g ceapa telina , cartofi, unt, smantana, Cal: 369.69, Carb: 25.83, Prot:3.97	Ingrediente: rosii 100g, morcov, telina ,ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2
	Pui, paste cu sos 300 g	Pui, paste cu sos 300 g	Pui cu piure de legume 300g	Supa crema de legume 320g
	Ingrediente: pui 80g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 719.88, Carb:11.28, Prot: 38.41	Ingrediente: pui 80g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 719.88, Carb:11.28, Prot: 38.41	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde, unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3	Ingrediente: morcov, telina, conopida, ardei gras Cal:322,Carb:56, Prot: 24
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	
Pui cu mancare de cartofi 300 g	Pui cu mancare de cartofi 300 g	Pui cu cartofi la cuptor 300 g	Compot de mere 320g	
CINA	Ingrediente:pui 80g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:pui 80 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 80g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb; 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb; 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb; 2.8; Prot: 3.4)	Iaurt (Cal: 55; Carb: 2.8; 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

	DIABET	INTOLERANTA LACTOZA	RENAL	HEPATIC + NEOPLAZIC
MIC DEJUN	Ceai f. zahar (cal:0; carb: 0; prot: 0) chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente: mozzarella 30g, br.vaci 30g, unt 30g , urda 30g, sunca p.(carne, soia) 30g, masline Cal:366,8,Carb:27.8, Prot:21.06	Ingrediente:Sal.Victoria(carne,soia) 40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89	Ingrediente : cas 30g,br vaci 30g, unt 30g, cas(lapte,cheag) 30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente: br.vaci 30g, unt 30g, urda 30g, cas(lapte, cheag) 30g, masline Cal:278,Carb:22.73,Prot:11.22
	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml
PRANZ	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi. Cal: 298.45; Carb: 20.74; Prot: 2.88	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97
	Pui cu ghiveci de legume 300 g	Pui, paste cu sos 300 g	Ghiveci de legume 300 g	Pui cu piure de legume 300g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: pui 80g paste 150g, rosii cuburi, ceapa, morcov, telina Cal: 719.88, Carb:11.28, Prot: 38.41	Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :4.55	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
CINA	Pui cu legume sote 300 g	Pui cu cartofi la cuptor 300 g	Legume sote 250g	Pui cu cartofi la cuptor 300 g
	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60 g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente: morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52	Ingrediente:carne pui 60 g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; 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	

	FARA GLUTEN	HIPERPROTEIC	HIPOCALORIC	MUSULMAN
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente : cas 30g, mozzarella 30g,br.vaci 30g,unt 20g(lapte, cheag) , sunca p.(carne, soia) 30 g Cal:622,8,Carb:8,02, Prot:23,45,	Ingrediente : sal.victoria (carne,soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente : salam victoria 30g, cas 30g, br. vaci 30g, unt 30g(lapte, cheag), gem 20g, masline Cal:392,5,Carb:16.41,Prot: 15,53	Ingrediente br.vaci 30g, cas 30 g,unt 30 g mozzarella 30 g, (lapte, cheag) masline Cal:622,8,Carb:7,07,Prot:16,16
	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml
PRANZ	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91
	Pui cu ghiveci de legume 300 g	Pui, paste cu sos 300 g	Pui cu ghiveci de legume 300 g	Pui cu ghiveci de legume 300 g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: pui 80g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 719.88, Carb:11.28, Prot: 38.41	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
Pui cu legume sote 300 g	Pui cu mancare de cartofi 300 g	Pui cu legume sote 300 g	Pui cu legume sote 300 g	
Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:pui 60 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	
Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; 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	

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU



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DIETETICIAN

MIREA MARIANA LILIANA

ENCIU LAURA



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SFANTA MARIA**OCTOMBRIE 2025****PASAT**

Lapte cu biscuiti

Ingrediente : Lapte 200 g, biscuiti
100g(faina, zahar)
Cal:577, Carb:24; Prot: 13

Crema de morcovi 300 ml

Ingrediente: morcov 100g ceapa ,**telina**,
cartofi, unt, smantana,
Cal: 369.69, Carb: 25.83, Prot:3.97

Carne fiarta, pilaf 160 g

Ingrediente: piept pui 80 g, orez
80g
Cal:363,65,Carb:30,7,Prot:33.6

Biscuiti cu lapte 320g

Ingrediente: lapte 200 ml, biscuiti
120 g
Cal:512, Carb.12.5, Prot :12

Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)

Poate contine: lactoza, peste, susan, arahide,
gluten, mustar si derivate

MARTI

ENTEROCOLITA

Ceai+zahar (cal:15.91; carb: 0; prot: 0)
Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

Ingrediente : biscuiti
30g(**faina,zahar**),urda 40 g, br.
vaci 40g,mozzarella30g
(lapte,zer)masline
Cal:469,5,Carb.21.6,Prot. 26.25

Crema de morcovi 300 ml

Ingrediente: morcovi 100g, ceapa,
telina, cartofi, unt, smantana
Cal: 369.69; Carb: 25.83; Prot: 3.97

Rasol pui cu orez 220g

Ingrediente:piept pui70g, orez 60g
morcovi 30g,pastarnac,telina
Cal:524,5, Carb.21,45, Prot.20,45

Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

Pui cu branza vaci 220g

Ingrediente:piept pui 60 g, branza
vaci 150 g
Cal:180,6, Carb.12,6, Prot. 8,5

Poate contine: lactoza,peste,susan, arahide,
gluten, mustar si derivate

MARTI

VEGETARIAN

Ceai+zahar (cal:15.91; carb: 0; prot: 0)
Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

Ingrediente :branza tofu,, masline,
ardei gras
Cal:249,8,Carb.14.5,Prot. 12,35

Ciorba de rosii cu fidea 300 ml

Ingrediente: rosii 60g, ceapa,
morcov,fidea, telina,pastarnac, ardei
gras Cal:
344.95, Carb: 0.91, Prot: 9.91

Ghiveci de legume 250g

Ingrediente: morcov, rosii cuburi,
ceapa, mazare, **telina**, fasole verde,
dovlecel, cartofi, vinete,uilei
Cal: 160.72, Carb.5.29,Prot :4.55

Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

Legume sote 250gr

Ingrediente: morcov 60g, telina,
mazare, fasole verde, conopida,
broccoli, dovlecel
Cal:92.16 Carb.0.66,Prot.4.52

Poate contine: lactoza,peste,susan, arahide,
gluten, mustar si derivate

