

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 20 - 26 OCTOMBRIE 2025

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
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)	Lapte cu biscuiti
	Ingrediente : suna p. (carne, soia) 40g, cascaval 40g,cas 30g,unt 20g(lapte cheag)masline Cal:285.8,Carb.25.85,Prot. 12.57	Ingrediente : br.vaci 40g,unt 20g,cas 40g ,(b lapte, cheag) gem 30g(zahar) Cal:264.32,Carb.20.97,Prot. 11.37	Ingrediente : br. vaci 30g,cas30g cascaval 30g unt 20g(lapte,cheag), masline Cal:322.68,Carb:29.36,Prot:13.32	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Ingrediente : Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
DEJUN	Supa crema ciuperci 300 ml	Supa crema ciuperci 300 ml	Supa cu taitei 300 ml	Supa strecurata 300 ml	Supa crema ciuperci 300 ml
	Ingrediente:cartofi,ceapa,ciuperci, ,morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:cartofi,ceapa,ciuperci, ,morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente: morcov, telina ,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente:cartofi,ceapa,ciuperci, ,morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96
	Pui la cuptor cu piure cartofi si spanac300g	Pui la cuptor cu piure cartofi si spanac300g	Pui cu orez si ciuperci 300g	Supa crema de legume 300 ml	Pui cu orez si ciuperci 300g
	Ingrediente: pui 80g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	Ingrediente: pui 80g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	Ingrediente: pui 80g, orez 120g, ceapa, morcov, telina , ardei gras,ciuperci 30g. ulei Cal:432.74,Carb:13.24 Prot:25.16	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g, orez 120g, ceapa, morcov, telina , ardei gras,ciuperci 30g. ulei Cal:432.74,Carb:13.24 Prot:25.16
	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 la cuptor/orez sarbesc 300g	Pui la cuptor/orez sarbesc 300g	Pui la cuptor cu piure cartofi si spanac300g	Compot de mere 320g	Biscuiti, lapte 320 g	
CINA	Ingrediente:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente: pui 60g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200ml, biscuiti 120 g CaL:512,Carb.:12.5,Prot: 12
	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)	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	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate

	DIABET	INTOLERANTA LACTOZA	RENAL	HEPATIC + NEOPLAZIC	ENTEROCOLITA
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)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente :br.vaci 40g,unt 20g, mozzarella 40g (lapte, cheag),salam victoria (carne, soia)40g,masline, Cal:289.94,Carb:25.61, Prot:12.49	Ingrediente: sunca praga(carne, soia)40g, biscuiti, rosie, gem, masline Cal:285.8, Carb:25.85, Prot:12.57	Ingrediente :cas40g,mozzarella 40g, unt 20g(lapte,cheag),gem 30g, masline Cal:368.9,Carb:35.61,Prot:10.85	Ingrediente :br.vaci 30g, cas 30 g,unt 20 g cascava 30g(lapte, cheag)gem 20g, masline Cal:436.8,Carb:35.58,Prot:20.1	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot. 19.35
	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou, ulei Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu mancare spanac 300g	Pui cu mancare spanac 300g	Orez cu ciuperci 300g	Pui cu orez si ciuperci 300g	Rasol pui cu orez 300g
	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:,orez 150g, morcov, ceapa , telina ,ardei gras, ciuperci, ulei Cal:461.04,Carb:10.51,Prot 9	Ingrediente: pui 80g, orez 120g, ceapa, morcov, telina , ardei gras,ciuperci 30g. ulei Cal:432.74,Carb:13.24 Prot:25.16	Ingrediente:piept pui 60g, orez 200g morcovi, telina Cal:437.84, Carb.12.82, Prot.19.83
	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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
CINA	Pui cu Bulz 300 g	Pui la cuptor/orez sarbesc 300g	Bulz 250g	Pui cu piure cartofi si spanac300g	Pui cu branza vaci 300g
	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39	Ingrediente: pui 60g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	Ingrediente:piept pui 60g, branza vaci 240 g Cal:286.7, Carb.9.27, Prot.35.65
	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)	Chifla (Cal: 312.9; Carb: 3.78; 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	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

	FARA GLUTEN	HIPERPROTEIC	HIPOCALORIC	MUSULMAN	VEGETARIAN
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)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente :br.vaci 40g,unt 20g, mozzarella 40g (lapte, cheag),salam victoria (carne, soia)40g,masline, Cal:289.94,Carb:25.61, Prot:12.49	Ingrediente : suna p. (carne,soia) 40g, cascaval 40g,cas 30g,unt 20g(lapte cheag)masline Cal:285.8,Carb.25.85,Prot. 12.57	Ingrediente : br.vaci 40g,unt 20g,cas 40g ,(lapte, cheag) , mozzarella 30, cruditati Cal:264.32,Carb.20.97,Prot. 11.37	Ingrediente :br.vaci 30g, cas 30 g,unt 20 g cascaval 30g(lapte, cheag)gem 20g Cal:342.3,Carb:28.68,Prot:12	Ingrediente : rosii, castraveti, masline, ardei gras Cal:54.2,Carb.2.24 Prot. 1.3
	Supa crema ciuperci 300 ml	Supa crema ciuperci 300 ml	Supa cu taitei 300 ml	Supa crema ciuperci 300 ml	Supa crema ciuperci 300 ml
PRANZ	Ingrediente:cartofi,ceapa,ciuperci, morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:cartofi,ceapa,ciuperci, morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:cartofi,ceapa,ciuperci, morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:cartofi,ceapa,ciuperci, morcov, telina ,ardei gras, smantana,ulei Cal: 254.24,Carb:15.94,Prot:2.96
	Pui cu mancare spanac 300g	Pui la cuptor cu piure cartofi si spanac300g	Pui cu mancare spanac 300g	Pui cu mancare spanac 300g	Mancare de spanac 250g
	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente: pui 80g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:spanac 100g, orez 30g, ceapa, bulion, morcov, telina, ardei gras, ulei Cal:160.64, Carb.9.73, Prot.4.01
	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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
CINA	Pui cu Bulz 300 g	Pui cu Bulz 300 g	Pui la cuptor/orez sarbesc 300g	Pui cu Bulz 300 g	Bulz 250g
	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39
	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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)
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	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



DIETETICIAN

MIREA MARIANA LILIANA