

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

LUNI

PERIOADA 27 OCT - 02 NOV 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: ,cascaval 40 g, sunca praga(carne, soia) 40g, unt 30g, cas(lapte cheag) 30gr, masline Cal:318,2 Carb.27.69, Prot.14.15	Ingrediente: br. vaci 40g, unt 30g, gem 30g, cas(lapte,cheag)40g, Cal:322.6,Carb.22.15,Prot. 14.71	Ingrediente: cascaval 40g, br.vaci 40g, unt 40g, cas(lapte,cheag)30gr, masline Cal:419.8,Carb:36.68,Prot:16.15	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13	Ingrediente: Lapte 200g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
PRANZ	Ciorba taraneasca 300 ml	Ciorba taraneasca 300 ml	Supa legume cu taitei 300 ml	Supa strecurata 300 ml	Supa crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina , ardei gras, taitei, ou Cal: 533.25, Carb: 36.67,Prot:43.78	Ingrediente: rosii 100g, morcov, telina ,ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: ceapa30g, morcov40g, telina 30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Pui cu tocanita de legume 300g	Pui cu tocanita de legume 300g	Pui cu cartofi natur 300g	Supa crema de legume 320 ml	Piept pui piure cartofi 250 g
	Ingrediente:pui 80g, mazare 30g, telina, ardei gras, orez 50g , fasole verde 30g,ceapa, morcov, telina ,ulei Cal: 433.15 Carb:9.41, Prot: 27.01	Ingrediente:pui 80g, mazare 30g, telina, ardei gras, orez 50g , fasole verde 30g,ceapa, morcov, telina ,ulei Cal: 433.15 Carb:9.41, Prot: 27.01	Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g, unt, verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9	Ingrediente: morcov, telina, conopida, ardei gras Cal:322,Carb:56, Prot: 24	Ingrediente:piept pui 70g, cartofi100g,unt,20g lapte30g Cal: 466,5,Carb:24,9, Prot:20.61
	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 300g	Pui cu legume sote 300g	Pui cu paste si ciuperci 300g	Compot de mere 320g	Biscuiti cu lapte	
CINA	Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente: paste 150g, carne de pui 80g, ciuperci 60g, ulei Cal: 694.87Carb.10.09,Prot.38.66	Ingrediente:mere 200g,apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente: Lapte 200g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	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	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate	

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	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 : unt 30g, br. vaci 30g, urda 30g, salam victoria 40 g , masline Cal:249.6,Carb:20.73, Prot:10.27	Ingrediente: biscuiti 40g, sunca(carne, soia) 40g, rosie, gem 20g, masline Cal: 289.9, Carb: 10.3, Prot:13.18	Ingrediente : cascaval 30g, urda 30g, unt 30g, cas(lapte,cheag) 30g, masline Cal:321.2,Carb:27.83,Prot: 13.17	Ingrediente : br.vaci 30g, cascaval 30g, unt 30g, gem 20g, urda 30g, masline Cal:380.6,Carb:26.81,Prot:20.67	Ingrediente : biscuiti 30g(faina,zahar),urda 40 g, br. vaci 40g,mozzarella30g (lapte,zer)masline Cal:469,5,Carb.21.66,Prot. 26.25
	Ciorba taraneasca 300 ml	Supa legume cu taitei 300 ml	Ciorba taraneasca 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml
PRANZ	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina, ardei gras, taitei, ou Cal: 533.25, Carb: 36.67, Prot:43.78	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina, ardei gras, taitei, ou Cal: 533.25, Carb: 36.67, Prot:43.78	Ingrediente: ceapa, morcov, telina, ardei gras, taitei, ou Cal: 533.25, Carb: 36.67, Prot:43.78
	Pui cu mancare de fas. verde 300 g	Pui cu cartofi natur 300g	Mancare de fasole verde 300g	Pui cu cartofi natur 300g	Rasol pui cu orez 220g
	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g, unt, verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9	Ingrediente: fasole verde 200g, ceapa, morcovi, telina, rosii cuburi Cal: 96.99,Carb.0.57,Prot :5.47	Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g, unt, verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9	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) 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 conopida sote 300g	Pui cu paste si ciuperci 300g	Conopida sote 250g	Pui cu paste si ciuperci 300g	Pui cu branza vaci 220g
	Ingrediente: conopida 130g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4	Ingrediente: paste 150g, carne de pui 80g, ciuperci 60g, ulei Cal: 694.87Carb.10.09,Prot.38.66	Ingrediente: conopida 200 , morcov 40g , ulei masline Cal: 167.9,Carb.12.34,Prot.3.31	Ingrediente: paste 150g, carne de pui 80g, ciuperci 60g, ulei Cal: 694.87Carb.10.09,Prot.38.66	Ingrediente:piept pui 70 g, branza vaci 150 g Cal:180,6, Carb.12,6, Prot. 8,5
	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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	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	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 : cas 30g,unt 30g(lapte, cheag) salam victoria 30 g , masline Cal:414,2,Carb:8,02, Prot:23,45,	Ingrediente: ,cascaval 40 g, sunca praga(carne, soia) 40g, unt 30g, cas(lapte cheag) 30gr, masline Cal:318,2 Carb.27.69, Prot.14.15	Ingrediente : cas 30g,cas 30g, unt 30g(lapte,cheag) masline , gem Cal:382,5,Carb:19.41,Prot: 12,53	Ingrediente : br.vaci 30g, cas 30 g,unt 30 g mozzarella 30 g, (lapte, cheag) masline Cal:550,1,Carb:7,07,Prot:16,16	Ingrediente: zacusca, masline Cal:269,5,Carb.14.51,Prot. 16.50
	Ciorba taraneasca 300 ml	Ciorba taraneasca 300 ml	Ciorba taraneasca 300 ml	Ciorba taraneasca 300 ml	Ciorba taraneasca 300 ml
PRANZ	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12
	Pui cu spanac 300 g	Porc,fasole verde sote 300g	Pui cu spanac 300 g	Pui cu fasole verde 300g	Fasole verde sote 250g
	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:file porc cong .60g, fasole verde160g, morcov 80,uilei Cal: 206.84 Carb:11.11, Prot: 15.53	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui.80g, fasole verde130g, morcov 70g,uilei Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:fasole verde 150, morcovi 90g, ulei masline Cal:162.06, Carb.9.64, Prot.4.46
	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 mancare de fas. verde 300 g	Pui cu mancare de fas. verde 300 g	Pui, mancare de fas. verde300 g	Pui, mancare de fas.verde300 g	Mancare de fasole verde 250g
	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente: fasole verde 200g, ceapa, morcovi, telina, rosii cuburi Cal: 96.99,Carb.0.57,Prot :5.47
	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) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb; 26.32; Prot: 3.44)	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	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



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DIETETICIAN

MIREA MARIANA LILIANA

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