

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MIERCURI

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 : parizer 30g, branza vaci 30g,unt 30g, urda 30g, ou fiert masline Cal:397.2,Carb.28.76,Prot. 19.07 | Ingrediente : urda 30g, br.vaci 30g,unt 30g, cas(lapte, cheag)30g, gem 30g(zahar) Cal:316.2,Carb.22.08,Prot. 15.91 | Ingrediente : br. vaci 30g, urda 30g, unt 30g, mozzarella 40g, masline Cal:373.6,Carb:29.53,Prot:19.07 | 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 |
| PRANZ | Supa cu taitei de casa 300 ml | Supa cu taitei de casa 300 ml | Supa cu taitei de casa 300 ml | Supa strecurata 300 ml | Supa crema de legume 300 ml |
| | Ingrediente: ceapa, morcov, ou telina , ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58 | Ingrediente: ceapa, morcov, ou telina , ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58 | Ingrediente: ceapa, morcov, ou telina , ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58 | Ingrediente: morcov, telina ,ardei gras,rosii 100g, ulei Cal:280, Carb.:38,5, Prot:4.2 | Ingrediente: ceapa30g, morcov40g, telina30g ,cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3 |
| | Porc cu piure cartofi 300g | Porc cu piure cartofi 300g | Pui cu piure de cartofi 300g | Supa crema de legume 320g | Carne fiarta, pilaf 300 g |
| | Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06 | Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06 | Ingrediente: piept pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19 | Ingrediente: morcov, telina, conopida, ardei gras Cal:322,Carb:56, Prot: 24 | Ingrediente: piept pui 80 g, orez 80g Cal:363,65,Carb:30,7,Prot:33.6 |
| | 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) | | |
| Paste cu branza si marar 300g | Pui cu cartofi la cuptor 300g | Pui, mamaliga, br. sman 300g | Compot de mere 320g | Biscuiti cu lapte 320g | |
| CINA | Ingrediente:penne 120g, branza 60g,lapte,smantana lichida, ulei, marar Cal:406.18 Carb.9.9,Prot.27.31 | Ingrediente:carne pui 80 g, cartofi 180g , usturoi, ulei, Cal:406.18 Carb.9.9,Prot.27.31 | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8 | Ingrediente:lapte 200 ml, biscuiti 120 g Cal:512, Carb.12.5,Prot :12 |
| | 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) 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 |

MIERCURI

| | 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 : urda.30g, mozzarella 30g,unt 20g,.sunca praga(carne, soia)30g, ou fiert, masline Cal:380.6,Carb:29.34, Prot:22.54, | Ingrediente: Sal.rustic 40g(carne,soia), biscuiti 40g, cruditati 30g, masline Cal:437.4, Carb:39.61, Prot:12.87 | Ingrediente : urda 30g, unt 30g, gem 20g, mozzarella 30g, masline Cal:352.7,Carb:25.91,Prot: 17.52 | Ingrediente :br.vaci 30g, unt 30g, cas(lapte, cheag)30g, mozzarella 30g, masline Cal:330.5,Carb:28.43,Prot:12.72 | Ingrediente : biscuiti 30g(faina,zahar),urda 40 g, telemea 40g, cascaval (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25 |
| | Ciorba de fasole verde 300 ml | Supa cu taitei 300 ml | Ciorba de fasole verde 300 ml | Supa cu taitei 300 ml | Supa cu taitei 300 ml |
| PRANZ | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: taitei, ceapa, morcov, telina , ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8 | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: taitei, ceapa, morcov, telina , ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8 | Ingrediente: taitei, ceapa, morcov, telina , ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8 |
| | Varza a la Cluj 300g | Varza a la Cluj 300g | Varza calita 300g | Pui cu piure de cartofi 300g | Rasol pui cu orez 220g |
| | Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42 | Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42 | Ingrediente: varza 200g, ceapa, ardei gras, rosii cuburi Cal: 92.21,Carb.0.42,Prot :4.21 | Ingrediente: piept pui 90g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19 | 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, mamaliga, br. Smantana 300g | Pui cu legume sote 300g | Mamaliga, br. smantana 300g | Pui, mamaliga, br. Smantana 300g | Pui cu branza vaci 220g |
| | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11 | Ingrediente: mamaliga 100, branza de vaca 100g, smantana 100g, Cal: 462,Carb:30.33 Prot:20.77 | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | 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) | 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 |
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MIERCURI

| | 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 : urda.30g, mozzarella 30g,unt 20g,.sunca praga(carne, soia)30g, ou fiert, masline Cal:380.6,Carb:29.34, Prot:22.54, | Ingrediente : parizer 40g, branza vaci 30g,unt 30g, gem 20g(zahar), urda 30g, masline Cal:397.2,Carb.28.76,Prot. 19.07 | Ingrediente : cas 30g,cas 30g, unt 20g(lapte,cheag) Cal:414,5,Carb:18.41,Prot: 15,53 | Ingrediente :br.vaci 30g, cas 30 g,unt 30 g (lapte, cheag) masline Cal:631,3,Carb:7,07,Prot:16,16 | Ingrediente :pate vegetal, rosii Cal:268,Carb.12.5,Prot. 12.15 |
| | Ciorba de fasole verde 300 ml | Supa cu taitei de casa 300 ml | Ciorba de fasole verde 300 ml | Ciorba de fasole verde 300 ml | Ciorba de fasole verde 300 ml |
| PRANZ | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: ceapa, morcov, ou telina , ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58 | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62 |
| | Varza a la Cluj 300g | Porc cu piure cartofi 300g | Varza a la Cluj 300g | Pui cu piure de cartofi 300g | Varza calita 250g |
| | Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42 | Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06 | Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42 | Ingrediente: piept pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19 | Ingrediente: Varza 200g, ceapa, rosii cuburi, malai 60g, ulei Cal: 297.8,Carb.0.95,Prot :7.69 |
| | 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, mamaliga, br. Smantana 300g | Paste cu branza si marar 300g | Pui, mamaliga, br. Smantana 300g | Pui, mamaliga, br. Smantana 300g | Mamaliga, br. Smantana 300g |
| | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente:penne 120g, branza 60g,lapte,smantana lichida, ulei, marar Cal:406.18 Carb.9.9,Prot.27.31 | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente: mamaliga 100, branza de vaca 100g, smantana 100g, Cal: 462,Carb:30.33 Prot:20.77 |
| | 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) |
| 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