

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 10 - 16 NOIEMBRIE 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 :salam rustic 30g, br vaci30g, mozzarella 30g,unt 20g, ou fiert, masline Cal:452.1,Carb.36.43,Prot. 21.97	Ingrediente : br vaci30g, mozzaella 30g,unt 30g,cas(lapte, cheag) 30g, maasline Cal:360.3,Carb.28.95,Prot. 18.01	Ingrediente: cascaval 30g, unt 30g, cas(lapte, cheag)40g , urda 40g, maasline Cal:349.8,Carb:29.33,Prot:16.08	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
DEJUN	Crema de legume 300 ml	Crema de legume 300 ml	Crema de legume 300 ml	Supa strecurata 300 ml	Supa crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	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
	Peste cu cartofi natur 300g	Peste cu cartofi natur 300g	Pui la cuptor/orez cu legume 300g	Supa crema de legume 320g	Carne fiarta, pilaf 300 g
	Ingrediente: peste 120g, cartofi 150g, morcov, ulei masline, verdeata, Cal :439.77, Carb:15.47,Prot:19.02	Ingrediente: peste 120g, cartofi 150g, morcov, ulei de masline, verdeata, Cal :439.77, Carb:15.47,Prot:19.02	Ingrediente: pui 90g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45	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)		
Pui cu piure de cartofi 300g	Pui cu piure de cartofi 300g	Pui la cuptor/paste cu legume 300g	Compot de mere 320g	Biscuiti cu lapte 320g	
CINA	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente:pui 80g, paste 120g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	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) 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	

VINERI

	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 :cascaval 30g, unt 20g, cas(lapte, cheag)30g, sunca p (carne,soia)30g, ou fiert, masline Cal:350.9,Carb28.7, Prot:18.12,	Ingrediente: Sunca praga(carne,soia) 30g, biscuiti, rosie, masline, gem 20g Cal: 410.1, Carb: 32.58, Prot: 19.5	Ingrediente: br. vaci 30g, cas(lapte cheag) 30g, unt 30g, mozzarella 40g, gem 20g, masline Cal:410.8,Carb:30.76,Prot: 19.82	Ingrediente:br.vaci 30g, unt 30g, ,urda 30g, Mozzarella 30g, gem 20g, masline Cal:391.7,Carb:27.26,Prot:21.57	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
	Crema de legume 300 ml	Bors de legume 300 ml	Bors de legume 300 ml	Crema de legume 300 ml	Supa cu taitei 300 ml
	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras,rosii,uilei,bors Cal: 161,Carb:17.5,Prot:7	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras,rosii,uilei,bors Cal: 161,Carb:17.5,Prot:7	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Pui cu spanac 300 g	Pui la cuptor/orez cu legume 300g	Mancare de spanac 300g	Pui la cuptor/orez cu legume 300g	Rasol pui cu orez 220g
	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: pui 80g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45	Ingrediente: spanac 200g, ceapa, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot :9.12	Ingrediente: pui 80g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45	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 sufle de legume 300g	Pui la cuptor/paste cu legume300g	Sufle de legume 300g	Pui la cuptor/paste cu legume300g	Pui cu branza vaci 220g
	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente:pui 80g, paste 120g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	Ingrediente: cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 25.04	Ingrediente:pui 80g, paste 120g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	Ingrediente:piept pui 60 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) 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)
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 :cascaval 30g, unt 20g, cas(lapte, cheag)30g, sunca p (carne,soia)30g, ou fiert, masline Cal:350.9,Carb28.7, Prot:18.12,	Ingrediente :salam rustic 30g, br vaci30g, mozzarella 30g,unt 30g, urda 30g, masline Cal:452.1,Carb.36.43,Prot. 21.97	Ingrediente : cascaval30g,cas 30g, unt30g (lapte,cheag) Cal:414,5,Carb:22.41,Prot: 15,53	Ingrediente:br.vaci 30g, cas30 g , unt 30 g,cas 30g (lapte, cheag). Mozzarella(lapte,zer) Cal:707,2,Carb:7,07,Prot:16,16	Ingrediente :masline, pate vegetal, ardei gras Cal:369,Carb.12.6,Prot. 16.25
	Crema de legume 300 ml	Crema de legume 300 ml	Crema de legume 300 ml	Crema de legume 300 ml	Crema de legume 300 ml
PRANZ	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95
	Pui cu spanac 300 g	Peste cu cartofi natur 300g	Pui cu spanac 300 g	Pui cu spanac 300 g	Mancare de spanac 250gr
	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: peste 120g, cartofi 150g, morcov, ulei masline, verdeata, Cal :439.77, Carb:15.47,Prot:19.02	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: spanac 200g, ceapa, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot :9.12
	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 sufle de legume 300 g	Pui cu piure de cartofi 300g	Pui cu sufle de legume 300 g	Pui cu sufle de legume 300 g	Sufle de legume 250gr
	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 25.04
	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)
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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