

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

DUMINICA

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 : unt 30g, sunca p(carne, soia) 30g, gem 30g, mozzarella 30g, urda 30g, masline Cal:401.6,Carb.26.5,Prot. 24.21	Ingrediente: unt 20g, gem 20g, urda 30g, mozzarella 40g, br. Vaci 20g Cal:240,Carb.15.28,Prot. 14.4	Ingrediente: unt 30g, cascaval 30g, br. Vaci 30g, urda 30g, masline Cal:284,Carb:21.38,Prot:16.42	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	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa crema de legume 300 ml	Supa strecurata 300 ml	Supa crema,legume 300 ml
	Ingrediente:taitei 30g ceapa, morcov, telina ,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente:taitei 30g ceapa, morcov, telina ,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: morcov, telina ,ardei gras,rosii 100g, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: rosii 150 g, ceapa, morcov, telina , ardei gras, ulei Cal:322,Carb:56, Prot: 24
	Porc cuptor/piure cart/brocoli 350g	Porc cuptor/piure cart/brocoli 350g	Pui cu orez, legume 300g	Supa crema de legume 320g	Carne fiarta, pilaf 300 g
	Ingrediente:file p.cong.60g,cartofi 150g, lapte30 g,unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente:file p.cong.60g,cartofi 150g, lapte30 g,unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente: pui 80g, orez 60g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	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, penne cu branza si marar 300g	Pui, penne cu branza si marar 300g	Pui cu penne gratinate 300g	Compot de mere 320g	Biscuiti cu lapte 320g	
CINA	Ingrediente: penne 90g pui 80g,cas, br. vaci, ulei . Cal :549,carb65.6,prot10	Ingrediente: penne 90g pui 80g,cas, br. vaci, ulei . Cal :549,carb65.6,prot10	Ingrediente: pui 80g,penne 100g, br. Vaci 30g, smant. 30g,lapte, ulei, mozzarella, oua Cal: 240,9,Carb: 19,25, Prot:33	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

	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, mozzarella 40g, cas(lapte, cheag) 30g, salam victoria 40g, masline Cal:230.5,Carb:22.63, Prot:5.17,	Ingrediente: sal. Rustic(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb: 32.2, Prot:10.69	Ingrediente: unt 30g, cascaval 30g, gem 20g, urda 30g, masline Cal:347,Carb:25.76,Prot:17.28	Ingrediente:unt 30g, gem 20g, br. Vaci 30g, urda 30g, mozzarella 30g, 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
	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa crema de legume 300 ml	Supa crema de legume 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente:taitei 30g ceapa, morcov, telina ,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente:taitei 30g ceapa, morcov, telina ,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: taitei, ceapa, morcov, telina , ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Pui cu varza calita 300g	Pui cu orez, legume 300g	Varza calita 250g	Pui cu orez, legume 300g	Rasol pui cu orez 220g
	Ingrediente:carne pui 80 g,varza 150 g, ceapa, morcov, rosii pasate Cal: 329,Carb.14,,Prot.24	Ingrediente: pui 80g, orez 60g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	Ingrediente:varza200g,ceapa , morcov rosii pasate Cal: 230,7,Carb.0,9,Prot.9,3	Ingrediente: pui 80g, orez 60g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	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 broccoli sote 300g	Pui cu broccoli sote 300g	Broccoli sote 300g	Pui cu penne gratinate 300g	Pui cu branza vaci 220g
	Ingrediente:carne pui 80g, broccoli150 g ,morcov 50 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:carne pui 80g, broccoli150 g ,morcov 50g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:,broccoli150 g ,morcov 50 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente: pui 80g,penne 100g, br. Vaci 30g, smant. 30g,lapte, ulei, mozzarella, oua Cal: 240,9,Carb: 19,25, Prot:33	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) 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	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 20g (lapte,cheag) sunca p. (carne, soia)30g, masline Cal:625,3,Carb:8,02, Prot:23,45,	Ingrediente : unt 30g, sunca p(carne, soia) 30g, gem 30g, mozzarella 30g, urda 30g, masline Cal:401.6,Carb.26.5,Prot. 24.21	Ingrediente :cas 30g,br mozzarella 30g, br.vaci 30g, unt 30glapte,cheag) Cal:481,48,Carb:21.41,Prot: 15,53	Ingrediente:br.vaci 30g,cas30g ,unt 30g,(lapte, cheag) Cal:680,3,Carb:7,07,Prot:16,16	Ingrediente : zacusca, masline Cal:369,Carb.13.6,Prot. 12.25
PRANZ	Crema de legume 300 ml	Supa legume cu taitei 300 ml	Crema de legume 300 ml	Supa crema de legume 300 ml	Supa crema de morcovi 300 ml
	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: taitei 30g ceapa, morcov, telina, ardei gras, ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, cartofi, ulei masline Cal: 295, Carb: 21.6, Prot: 3.8
	Pui cu legume sote 300 g	Porc cuptor/piure cart/brocoli 300g	Pui cu orez, legume 300g	Pui cu orez, legume 300g	Orez cu legume. 250g
	Ingrediente: carne pui 80 g, morcovi, cartofi, morcov, telina, fas verde, ,patrunjel, ulei masline Cal: 215, 6, Carb.22,, Prot.13	Ingrediente: file p.cong.60g, cartofi 150g, lapte30 g, unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente: pui 80g, orez 60g, morcov, ardei gras, telina Cal:391,7,Carb:30,63,Prot:29.28	Ingrediente: pui 80g, orez 60g, morcov, ardei gras, telina Cal:391,7,Carb:30,63,Prot:29.28	Ingrediente: orez 150g, morcov, ardei gras, telina Cal:795,86,Carb:3,33,Prot:13.28
	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 brocoli sote 300g	Pui, penne cu branza si marar 300g	Pui cu brocoli sote 300g	Pui, penne cu branza si marar 300g	Broccoli sote 250g
	Ingrediente: carne pui 80 g, brocoli 150 g, morcov 50 g, ulei de masline Cal: 374, Carb.7,8,, Prot.24	Ingrediente: penne 80g pui 80g, cas, br. vaci, ulei . Cal :549, carb65.6, prot10	Ingrediente: carne pui 80 g, brocoli 150 g, morcov 50 g, ulei de masline Cal: 374, Carb.7,8,, Prot.24	Ingrediente: penne 80g pui 90g, cas, br. vaci, ulei . Cal :549, carb65.6, prot10	Ingrediente: ,broccoli 150 g, morcov 50 g, ulei de masline Cal: 122,6, Carb.9,87,, Prot.5,59
	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



DIETETICIAN

MIREA MARIANA LILIANA