

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

**UNITATE TIP CATERING AUT. DSV 1928/28.06.2007**

**MARTI**

**PERIOADA 17 - 23 NOIEMBRIE 2025**

	<b>REGIM COMUN</b>	<b>REGIM FARA SARE (CARDIAC)</b>	<b>ULCER</b>	<b>HIDRIC</b>	<b>PASAT</b>
<b>MIC DEJUN</b>	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 : sal.victoria (carne, <b>soia</b> ) 40g,cascaval 40 g,unt 20g ( <b>lapte cheag</b> )gem 20g, masline Cal:455.9,Carb.41.04,Prot. 13.89	Ingrediente :br vaci 30g, mozzarella 40g,unt 20g, cas 40,( <b>lapte, cheag</b> ) gem 20g( <b>zahar</b> ) Cal:496.85,Carb.43.01,Prot. 18.3	Ingrediente : mozzarella 40g,br. vaci 40g, ,unt 20g( <b>lapte,cheag</b> ) masline Cal:385.6,Carb:34.52,Prot:12.56	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
<b>PRANZ</b>	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml	Supa cu taitei 300 ml	Supa strecurata 300 ml	Supa de rosii cu orez 300 ml
	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente:taitei 30g, ceapa 30g, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente: morcov, <b>telina</b> ,ardei gras, ulei Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91
	Porc piure cartofi 300 g	Porc piure cartofi 300 g	Pui cu orez si legume 300g	Supa crema de legume 300 ml	Pui cu orez si legume 300g
	Ingrediente: porc 60g cartofi 200g, unt, lapte Cal: 461.1, Carb:30.24, Prot: 25.3	Ingrediente: porc 60g cartofi 200g, unt, lapte Cal: 461.1, Carb:30.24, Prot: 25.3	Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79
	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 300 g	Pui cu legume sote 300 g	Pui cu Bulz, 300 g	Compot de mere 320g	Biscuiti, lapte 320 g	
Ingrediente:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:mere 200g.apa 120ml, CaL:437,Carb.:6.25,Prot: 11.5	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	

	<b>DIABET</b>	<b>INTOLERANTA LACTOZA</b>	<b>RENAL</b>	<b>HEPATIC + NEOPLAZIC</b>	<b>ENTEROCOLITA</b>
<b>MIC DEJUN</b>	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 : mozzarella 40g,br.vaci 40g,unt 20g( <b>lapte, cheag</b> ) , sunca p.(carne, <b>soia</b> ) 40g, masline Cal:331.4,Carb:26.8, Prot:17.2	Ingrediente:Sal.Victoria(carne,soia) 40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89	Ingrediente : cas 40g,br vaci 40g, unt 20g( <b>lapte,cheag</b> ) masline Cal:241,Carb:21.6,Prot:7.2	Ingrediente br.vaci 40g, cas 30 g,unt 20 g mozzarella 30 g, ( <b>lapte, cheag</b> ) masline Cal:373.1,Carb:34.43,Prot:10.76	Ingrediente : biscuiti 30g( <b>faina,zahar</b> ),urda 40 g, br. vaci 40g,mozzarella30g ( <b>lapte,zer</b> )masline Cal:330.7Carb.15.48,Prot.19.76
	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml
<b>PRANZ</b>	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez 30 ,telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei 30g, ceapa 30g, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei 30g, ceapa 30g, morcov, <b>telina</b> ,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu piure legume 300 g	Pui cu orez si legume 300g	Piure legume 300 g	Pui cu orez si legume 300g	Rasol pui cu orez 300g
	Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g, <b>telina40g</b> , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente:morcov 60g, mazare 60g, conopida60g, <b>telina60g</b> , smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15	Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	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)
<b>CINA</b>	Pui cu Bulz 300 g	Pui cu legume sote 300 g	Bulz 250g	Pui cu Bulz 300 g	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:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	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)	
	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

**MARTI**

	<b>FARA GLUTEN</b>	<b>HIPERPROTEIC</b>	<b>HIPOCALORIC</b>	<b>MUSULMAN</b>	<b>VEGETARIAN</b>
<b>MIC DEJUN</b>	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 : mozzarella 40g,br.vaci 40g,unt 20g( <b>lapte, cheag</b> ) , sunca p.(carne, <b>soia</b> ) 40g, masline Cal:331.4,Carb:26.8, Prot:17.2	Ingrediente : sal.victoria (carne,soia) 40g,cascaval 40 g,unt 20g (lapte cheag)gem 20g, masline Cal:455.9,Carb.41.04,Prot. 13.89	Ingrediente : cascaval 40g, urda 40g, cas 30, unt 20g, cruditati Cal:496.85,Carb.43.01,Prot. 18.3	Ingrediente br.vaci 30g, cas 30 g,unt 20 g mozzarella 30 g, ( <b>lapte, cheag</b> ) masline Cal:373.1,Carb:34.43,Prot:10.76	Ingrediente :branza tofu 120g, masline 30g, ardei gras 30g Cal:148.2,Carb.9.3,Prot.11.39
	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml	Supa de rosii cu orez 300 ml
<b>PRANZ</b>	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91	Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91
	Pui cu piure legume 300 g	Porc piure cartofi 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Piure legume 250 g
	Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g, <b>telina40g</b> , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente: porc 60g cartofi 200g, unt, lapte Cal: 461.1, Carb:30.24, Prot: 25.3	Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g, <b>telina40g</b> , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g, <b>telina40g</b> , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:morcov 60g, mazare, conopida, <b>telina</b> , smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15
	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)
<b>CINA</b>	Pui cu Bulz 300 g	Pui cu Bulz 300 g	Pui cu legume sote 300 g	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:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78	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)	
	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