

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 17 - 23 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 :suna p. (carne, soia) 30g,br vacii30g,mozzarella 30g,unt 20g(lapte cheag)ou fiert, masline Cal:299.3,Carb.23.7,Prot. 18.66 | Ingrediente : br vacii30g, mozzaella 30g,unt 20g,cas30g ,(lapte, cheag) gem 20g(zahar) Cal:410.7,Carb.33.78,Prot. 17.25 | Ingrediente : br. vacii 30g,cas30g cascaval 30g unt 20g(lapte, cheag) masline Cal:380.3,Carb:34.13,Prot:14.6 | Ingrediente : iaurt 125g, branza vacii 150g, Cal:260, Carb :10.25, Prot : 24.13 | Ingrediente : Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13 |
| DEJUN | Bors legume cu ou 300 ml | Bors legume cu ou 300 ml | Crema conopida 300 ml | Supa strecurata 300 ml | Crema conopida 300 ml |
| | Ingrediente:cartofi,ceapa,morcov, telina ,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97 | Ingrediente:cartofi,ceapa,morcov, telina ,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97 | Ingrediente: conopida cong. 60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente: morcov, telina ,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7 | Ingrediente: conopida cong. 60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 |
| | Pui cu paste, legume si ciuperci 250g | Pui cu paste, legume si ciuperci 250g | Paste primavara/pui 300g | Supa crema de legume 300 ml | Pui cu paste, legume si ciuperci 250g |
| | Ingrediente: pui 80g,penne 100g, ciuperci, morcov, telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente: pui 80g,penne 100g, ciuperci, morcov, telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente: pui 80g,penne 120g, smantana40g,morcov, telina, ulei Cal:661.6,,Carb:39.23 Prot:29.22 | Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1 | Ingrediente: pui 80g,penne 100g, ciuperci, morcov, telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84 |
| | 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) | | |
| Tocanita cartofi cu ciuperci 300g | Tocanita cartofi cu ciuperci 300g | Pui cartofi natur 300g | Compot de mere 320g | Biscuiti, lapte 320 g | |
| CINA | Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81 | Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81 | Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45 | Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8 | Ingrediente:lapte 200ml, 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: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne, soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15 | Ingrediente: Sunca praga(carne,soia) 30g, biscuiti, rosie, masline, gem 20g Cal: 410.1, Carb: 32.58, Prot: 19.5 | Ingrediente : cascaval30g,cas 30g, unt 20g (lapte,cheag), masline, gem 20g Cal:397.8,Carb:34.23,Prot: 16.05 | Ingrediente:br.vaci 40g, cas40 g , ,urda 30g (lapte, cheag). Mozzarella 40 g(lapte,zer), masline Cal:222.4,Carb:13,Prot:19.6 | Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot.19.35 |
| | Bors legume cu ou 300 ml | Bors legume cu ou 300 ml | Crema conopida 300 ml | Crema conopida 300 ml | Supa cu taitei 300 ml |
| | Ingrediente:cartofi,ceapa,morcov, telina ,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97 | Ingrediente:cartofi,ceapa,morcov, telina ,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97 | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente:taitei 30g, ceapa 30g, morcov, telina ,ou Cal:193.04, Carb:13.66, Prot:7.76 |
| PRANZ | Pui cu piure legume 300 g | Pui cu paste, legume si ciuperci 250g | Paste cu legume si ciuperci 300g | Paste primavera/pui 300g | Rasol pui cu orez 300g |
| | Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente: pui 80g,penne 100g, ciuperci, morcov, telina , ulei Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente: penne 150g, ciuperci 60g, morcov, telina, ulei Cal:658.21,Carb.12.51,Prot 20.72 | Ingrediente: pui 80g,penne 120g, smantana40g,morcov, telina , ulei Cal:661.6.,Carb:39.23 Prot:29.22 | 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) |
| CINA | Ostropel de pui cu mamaliga 300g | Ostropel de pui cu mamaliga 300g | Cartofi natur 300g | Pui cartofi natur 300g | Pui cu branza vaci 300g |
| | Ingrediente:carne pui 80 g, rosii in bulion 50g, ceapa 30g, bulion 30 g, malai 50,ardei gras, ulei Cal: 432 Carb:13.53, Prot: 26.91 | Ingrediente:carne pui 80 g, rosii in bulion 50g, ceapa 30g, bulion 30 g, malai 50,ardei gras, ulei Cal: 432 Carb:13.53, Prot: 26.91 | Ingrediente:cartofi 200, morcov 80g, ulei Cal : 264.56, Prot 9.88, Carb:4.22 | Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45 | 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) 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 | |
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VINERI

| | 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: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne, soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15 | Ingrediente :suna p. (carne,soia) 30g,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)gem 20g, masline Cal:410.1,Carb.32.58,Prot. 19.5 | Ingrediente : br vaci 30g, mozzaella 30g, unt 20g, urda 30g ,(lapte, cheag), ou fiert, cruditati Cal:283.62,Carb.23.22,Prot. 14.46 | Ingrediente:br.vaci 30g , unt 20 g,cas 30g (lapte, cheag). Mozzarella(lapte,zer) 40g, masline Cal:456,Carb:40.65,Prot:20.55 | Ingrediente: pate vegetal, masline, ardei gras Cal:343.5,Carb.32.25,Prot.2.7 |
| | Crema conopida 300 ml | Crema conopida 300 ml | Bors legume cu ou 300 ml | Crema conopida 300 ml | Crema conopida 300 ml |
| PRANZ | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente:cartofi,ceapa,morcov, telina ,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97 | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 | Ingrediente: conopida cong .60g ceapa, morcov, telina ,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79 |
| | Pui cu piure legume 300 g | Pui cu piure legume 300 g | Pui cu piure legume 300 g | Pui cu piure legume 300 g | Piure de legume 250g |
| | Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:.,morcov 40g, mazare40, conopida50g, telina , smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 |
| 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 legume sote 300 g | Pui cartofi natur 300g | Pui cu legume sote 300 g | Pui cartofi natur 300g | Legume sote 250g |
| | Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45 | Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45 | Ingrediente:cartofi 100 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14 |
| | 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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