Duminica 01.11.2026 SEDIU OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA21**
R5 COMUN	Ceai 300 ml,Unt10, sunca presata100 g,,cas 100 g ,castraveti 50g, Chifle 2buc (120g)		Ciorba a la greque 300 ml, piure de cartofi 250g,salata asortata 100g , Ficatei de pui 100g, Chifle 2buc (120g) ,Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml. Spaghete milaneze 300g, Chifle 1 buc(60g) Produs congelat (carne porc)	
R4 HEPATIC	Lapte 250 ml, Unt10g , Sunca presata 100g , Cas 100 g ,castraveti 50g ,Chifle 2 buc (120g)	Mar copt 140g	Supa de orez 300ml, Piure de cartofi 250g ,salata verde100g ,Ficatei de pui 100g ,Chifle 2buc (120g),Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200 ml.Spaghete cu sos alb 300g, cascaval 100g , Chifle 1 buc(60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250 ml, Unt10g , Sunca presata 100g , Cas 100g , br vaci 70g, Chifle 2 buc (120g)		Supa de orez 300ml , Piure de cartofi 250g ,salata verde100g ,Ficatei de pui 100g ,Chifle 2buc (120g) ,Produs congelat(carne pasare)	Prajitura 100g	Iaurt 200 ml .Spaghete cu sos alb 300g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai 300 ml,unt 10g Branza vaci 70g , Cas 100g, castraveti 50g, Chifle 2buc (120g)	Mar 150	Supa de orez 300ml , Piure de cartofi 250g ,salata verde100g ,Ficatei de pui 100g,Chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml.Spaghete cu sos alb 300g, Chifle 1 buc(60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai 250 ml ,unt 10g , Cas 100g ,branza vaci 70g,Chifle 2 buc (120g)		Supa de orez 300ml , Sote de legume 250g, Ficatei de pui100g, Chifle 2 buc(120g),Produs congelat(carne pasare)	Prajitura 100g	Iaurt 200 ml.Spaghete cu sos alb 300g, Chifle 1 buc(60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250 ml , ,sunca presata 100g branza vaci 70g, castraveti 50g,Chifle 1buc (60g)	Mar 150	Supa de orez 300ml , Ficatei de pui100g,salata verde 200g ,Produs congelat(carne pasare)	Mar 150g	Iaurt 200 ml,Sufleu cu legume 250g .	
HIPOSODAT	Ceai 300 ml,Unt10, sunca presata100 g,,cas 100 g ,castraveti 50g, Chifle 2buc (120g)		Supa de orez 300ml , Piure de cartofi 250g, Ficatei de pui100g ,salata asortata 100g ,Chifle 2 buc(120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml. Spaghete milaneze 300g, Chifle 1 buc(60g) Produs congelat (carne porc)	

R7 180HC	Lapte 250 ml ,unt10g, sunca presata 100g Branza vaci 70g ,Cas 50g ,castraveti 50g, Chifle 1buc(60g)	Mar 150g	Ciorba a la greque 300ml , piure de cartofi 150g ,salata asortata 150g ,Ficatei de pui 100g, Chifle 1 buc(60g) ,Produs congelat(carne pasare)	Mar 150g	Iaurt 200 ml. Spaghete milaneze 150g, cascaval 100g , chifle 1 buc(60g) Produs congelat (carne porc)	
R7 200HC	Lapte 250 ml ,unt10g, sunca presata 100g Branza vaci 70g ,Cas 50g ,castraveti 50g, Chifle 1buc (60g)	Mar 150g	Ciorba a la greque 300ml , piure de cartofi 150g,salata asortata 150g , Ficatei de pui 100g, Chifle 1buc(60g) ,Produs congelat(carne pasare)	Mar 150g	Iaurt 200 ml, Spaghete milaneze 150g, cascaval 100g, Chifle 1 buc(60g) Produs congelat (carne porc)	
R7 INSULINA	Lapte250ml,unt10g, sunca presata 100g Branza vaci 70g ,Cas 50g , castraveti 50g, Chifle 1 buc(60g)	Mar 150g	Ciorba a la greque 300ml , piure de cartofi 150g,salata asortata 150g ,Ficatei de pui 100g, Chifle 1buc(60g) ,Produs congelat (carne pasare)	Mar 150g	Iaurt 200 ml. Spaghete milaneze 150g, cascaval 100g, Chifle 1 buc(60g) Produs congelat (carne porc)	Cascaval 50g
POST	Ceai 300 ml ,gem 40 g ,masline 50g ,salata de cruditati 250g ,Chifle 1 buc (60g)	Mar 150g	Ciorba de orez 300ml,piure de cartofi 250g ,salata asortata 100g ,Chifle 1 buc(60g)	Mar 150g	Paste cu sos tomat 250g ,mar ,Chifle 1 buc(60g)	
MEDIC GARDA	Ceai 300 ml,Unt10, sunca presata100 g,,cas 100 g ,castraveti 50g, Chifle 2buc (120g)		Ciorba a la greque 300 ml, piure de cartofi 250g,salata asortata 100g , Ficatei de pui 100g, Chifle 2buc (120g) ,Produs congelat (car ne pasare)	Prajitura 100g	Iaurt 200ml. Spaghete milaneze 300g, Chifle 1 buc(60g) Produs congelat (carne porc)	