

| Duminica<br>31.05.2026<br>SEDIU<br>OTOPENI | MIC DEJUN  | ORA<br>10           | PRANZ  | ORA 16            | CINA   | ORA21 |
|--|--|---------------------|--|-------------------|--|-------|
| R5 COMUN                                   | Ceai 300 ml,Unt10,<br>sunca presata100 g,,cas<br>100 g , Chifle 2buc<br>(120g)                             |                     | Ciorba a la greque 300 ml,<br>piure de cartofi 250g,salata<br>asortata 100g , Ficategi de pui<br>100g, Chifle 2buc ( 120g)<br>,Produs congelat ( carne<br>pasare ) | Prajitura<br>100g | Iaurt 200 ml. Spaghete<br>milaneze 300g,<br>Chifle 1 buc(60g)<br>Produs congelat ( carne<br>porc)                        |       |
| R4 HEPATIC                                 | Lapte 250 ml, Unt10g ,<br>Sunca presata 100g ,<br>Cas 100 g ,branza de<br>vaci 70g ,Chifle 2 buc<br>(120g) | Mar<br>copt<br>140g | Supa de orez 300ml,<br>Piure de cartofi 250g ,salata<br>verde100g ,Ficategi de pui 100g<br>,Chifle 2buc (120g),Produs<br>congelat (carne pasare)                   | Mar copt<br>140g  | Iaurt 200 ml.Spaghete<br>cu sos alb 300g,<br>cascaval 100g ,<br>Chifle 1 buc(60g)<br>Produs congelat ( carne<br>pasare ) |       |
| R3 ULCER                                   | Lapte 250 ml, Unt10g ,<br>Sunca presata 100g ,<br>Cas 100g , Chifle 2<br>buc (120g)                        |                     | Supa de orez 300ml ,<br>Piure de cartofi 250g ,salata<br>verde100g ,Ficategi de pui 100g<br>,Chifle 2buc (120g) ,Produs<br>congelat(carne pasare)                  | Prajitura<br>100g | Iaurt 200 ml .Spaghete<br>cu sos alb 300g,<br>Chifle 1 buc (60g)<br>Produs congelat ( carne<br>pasare )                  |       |
| R6 RENAL                                   | Ceai 300 ml,unt 10g<br>Branza vaci 70g ,<br>Cas 100g, gem 20g ,<br>Chifle 2buc (120g)                      | Mar<br>150          | Supa de orez 300ml , Piure de<br>cartofi 250g ,salata verde100g<br>,Ficategi de pui 100g,Chifle 2<br>buc ( 120g),Produs congelat<br>(carne pasare)                 | Prajitura<br>100g | Iaurt 200 ml.Spaghete<br>cu sos alb 300g,<br>Chifle 1 buc(60g)<br>Produs congelat ( carne<br>pasare )                    |       |
| R9 COLITA                                  | Ceai 250 ml ,unt 10g ,<br>Cas 100g ,branza vaci<br>70g,Chifle 2 buc (120g)                                 |                     | Supa de orez 300ml ,<br>Sote de legume 250g,<br>Ficategi de pui100g,<br>Chifle 2 buc(120g),Produs<br>congelat(carne pasare)  | Prajitura<br>100g | Iaurt 200 ml.Spaghete<br>cu sos alb 300g,<br>Chifle 1 buc(60g)<br>Produs congelat ( carne<br>pasare )                    |       |
| R8 HIPOCALOR<br>IC                         | Lapte 250 ml ,<br>,sunca presata 100g<br>branza vaci 70g ,Chifle<br>1buc (60g)                             | Mar<br>150          | Supa de orez 300ml ,<br>Ficategi de pui100g,salata<br>verde 200g ,Produs<br>congelat(carne pasare)   | Mar 150g          | Iaurt 200 ml,Sufleu cu<br>legume 250g .  |       |
| HIPOSODAT                                  | Ceai 300 ml,Unt10,<br>sunca presata100 g,,cas<br>100 g , Chifle 2buc<br>(120g)                             |                     | Supa de orez 300ml ,<br>Piure de cartofi 250g,<br>Ficategi de pui100g ,salata<br>asortata 100g ,Chifle 2<br>buc(120g),Produs congelat<br>(carne pasare)            | Prajitura<br>100g | Iaurt 200 ml. Spaghete<br>milaneze 300g,<br>Chifle 1 buc(60g)<br>Produs congelat ( carne<br>porc)                        |       |

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