Duminica 11.10.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA 21**
R5 COMUN	Ceai 300 ml,Unt10g, Branza topita2b, castravete 50g,cascaval 50g , Chifle 2 buc (120g)		Ciorba a la greque 300 ml, friptura de porc 100g, varza calita 250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g, iaurt 200ml, Chifle 1 buc (60g)	
R4 HEPATIC	Lapte 250 ml, Unt10g , Branza topita2 buc ,branza de vaci 70g,castravete 50g, Chifle 2 buc (120g)	Mar copt 140g	Supa zarzavat cu orez 300 ml, Friptura de porc 100g,cartofi nature 250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Mar copt 140g	Budinca de paste cu branza 300g , cascaval 100g , iaurt 200ml, Chifle 1 buc (60g)	
R3 ULCER	Lapte250ml,unt10g, Branza topita 2 buc ,branza de vaci 70g cascaval 50g , Chifle 2 buc (120g)		Supa zarzavat cu orez 300 ml, Friptura de porc 100g, cartofi natur250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g , iaurt 200ml, Chifle 1 buc (60g)	
R6 RENAL	Ceai 300 ml,unt10g, branza topita 2 buc , castravete 50g, branza de vaci 70g, Chifle 2 buc (120g)	Mar 150g	Supa zarzavat cu orez 300 ml, friptura de porc 100g, cartofi nature 250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g , iaurt 200 ml, Chifle 1 buc (60g)	
R9 COLITA	Ceai 300 ml,unt10g, branza topita 2 buc ,branza de vaci 70g, Chifle 2 buc (120g)		Supa zarzavat cu orez 300ml, Friptura de porc 100g, sote de legume 250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g , iaurt 200ml, Chifle 1 buc (60g)	
R8 HIPOCALORIC	Lapte 250 ml,cas 100g, branza de vaci 70g, castravete 50g ,Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu orez 300 ml, fript porc 100g,varza calita250g Produs congelat (carne porc)	Mar 150g	Sufleu de legume 250g , iaurt 200 ml	
HIPOSODAT	Ceai 300 ml,Unt10g, Branza topita 2 buc, cascaval 50g ,castravete 50g Chifle 2 buc (120g)		Supa zarzavat cu orez 300ml, Friptura de porc 100g,varza calita 250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g, iaurt 200ml, Chifle 1 buc (60g)	
R7 180HC	Lapte 250 ml,unt10g, cascaval 100g, Branza topita 2 buc ,castravete 50g , Chifle 1 buc (60g)	Mar 150g,	Ciorba a la greque 300ml, friptura de porc 100g, varza calita250g, Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150g	Budinca de paste cu branza 150g , cascaval 100g , iaurt 200ml, Chifle 1 buc (60g)	

R7 200HC	Lapte 250 ml,unt10g, cascaval 100g, Branza topita 2 buc ,castravete 50g, Chifle 1 buc (60g)	Mar 150g,	Ciorba a la greque 300 ml, friptura de porc 100g , varza calita2 50g, Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150g	Budinca de paste cu branza 150g , cascaval 100g , iaurt 200ml, Chifle 1 buc (60g)	
R7 INSULINA	Lapte 250 ml,unt10g, cascaval 100g, Branza topita 2 buc ,castravete 50g Chifle 1 buc (60g)	Mar 150g	Ciorba a la greque 300 ml, friptura de porc 100g ,varza calita250g, Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150g	Budinca de paste cu branza 150g , cascaval 100g, iaurt 200ml, Chifle 1 buc (60g)	Cas caval 50g.
POST	Ceai 300 ml ,gem 20 g, sote de legume 250g ,masline 50g , castravete 50g, Chifle 2 buc (120g)	Mar 150g	Supa zarzavat cu orez 300ml , varza calita250g, mamaliga 200g , Chifle 2 buc (120g)	Mar 150g	Paste cu sos tomat 250g ,mar 150g , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml,Unt10g, Branza topita2b, castravete 50g,cascaval 50g , Chifle 2 buc (120g)		Ciorba a la greque 300ml, friptura de porc 100g, varza calita250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Budinca de paste cu branza 300g , iaurt 200ml, Chifle 1 buc (60g)	