

Duminica 12.04.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R4 HEPATIC	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Supa a la greque 300 ml, sarmale in foi de vita 200g, mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata verde 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R3 ULCER	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Supa a la greque 300 ml, sarmale in foi de vita 200g, mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata verde 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R6 RENAL	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Supa a la greque 300 ml, sarmale in foi de vita 200g, mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata verde 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R9 COLITA	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Supa a la greque 300 ml, sarmale in foi de vita 200g, mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,sote legume 250g, iaurt 200ml, pasca Chifle 1 buc (60g)	
R8 HIPOCALOR IC	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g , salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
HIPOSODAT	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R7 180HC	Iaurt 200ml ,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g,	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	

R7 200HC	Iaurt 200ml,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g,	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	
R7 INSULINA	Iaurt 200ml,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	Cas caval 50g.
POST	Ceai 300ml ,gem 20 g, sote de legume 250g ,masline 50g , Chifle 2 buc (120g)	Mar 150g	Supa zarzavat cu orez 300ml , varza calita250g, mamaliga 200g , Chifle 2 buc (120g)	Pasca	Paste cu sos tomat 250g ,mar 150g , Chifle 1 buc (60g)	
MEDIC GARDA	Iaurt 200ml,Unt10g, Ou fiert rosu, drob150g , cascaval 100g , masline 50g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Cozonac	Ciorba a la greque 300 ml, sarmale in foi de varza 200g,smantana 50g mamaliga 200g Chifle 2 buc (120g) Produs congelat (carne porc)	Pasca	Friptura porc 100g ,cartofi taranesti la cuptor 250g salata asortata 100g , iaurt 200ml, portocale Chifle 1 buc (60g)	