

| JOI<br>09.07.2026<br>SEDIUL<br>OTOPENI | MIC DEJUN                                                                                                 | ORA<br>10           | PRANZ                                                                                                                            | ORA 16            | CINA                                                                                                                  | ORA<br>21 |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------|-----------|
| R5 COMUN                               | Ceai 300 ml,unt 10g<br>sunca presata100g,cas<br>100g,rosii 50g, ,chifle<br>2 buc (120g)                   |                     | Ciorba de cartofi ,300ml,<br>friptura porc 100g,<br>varza calita 250g , chifle 2<br>buc (120g), Produs congelat<br>(carne porc ) | Prajitura<br>100g | Ghiveci legume 250g,<br>pulpe inferioare 100g<br>,iaurt200ml, chifle 1<br>buc(60g)Produs<br>congelat(carne pasare)    |           |
| R4 HEPATIC                             | Lapte 250 ml,unt 10g,<br>sunca presata100g, cas<br>100g, rosii 50g, chifle<br>2 buc (120g)                | Mar<br>copt<br>140g | Supa de cartofi 300ml,<br>Sote legume 250g,<br>friptura porc 100g, chifle 2<br>buc (120g) Produs congelat<br>(carne porc )       | Mar copt<br>140g  | Ghiveci dietetic 250g,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1buc<br>(60g) Produs<br>congelat(carne pasare)  |           |
| R3 ULCER                               | Lapte 250 ml,unt 10g,<br>sunca presata 100g, cas<br>100g, rosii50g,<br>chifle 2 buc (120g)                |                     | Supa de cartofi 300ml,<br>Sote legume 250g,<br>friptura porc 100g, chifle 2<br>buc (120g) Produs congelat<br>(carne porc )       | Prajitura<br>100g | Ghiveci dietetic 250g ,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1buc<br>(60g) Produs<br>congelat(carne pasare) |           |
| R6 RENAL                               | Ceai 300 ml,unt 10g<br>,sunca presata100g, cas<br>100g, rosii 50g ,chifle<br>2 buc (120g)                 | Mar<br>150g         | Supa de cartofi 300ml,<br>Sote legume 250g,<br>friptura porc 100g, chifle 2<br>buc (120g) Produs congelat<br>(carne porc )       | Prajitura<br>100g | Ghiveci dietetic 250g ,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1buc<br>(60g) Produs<br>congelat(carne pasare) |           |
| R9 COLITA                              | Ceai 250 ml ,unt 10g ,<br>cas 100g , cascaval 50g<br>chifle 2 buc (120g)                                  |                     | Supa de legume 300ml,<br>Sote legume 250g,<br>friptura porc 100g, chifle 2<br>buc (120g) Produs congelat<br>(carne porc )        | Prajitura<br>100g | Ghiveci dietetic 250g ,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1buc<br>(60g) Produs<br>congelat(carne pasare) |           |
| R8<br>HIPOCALORIC                      | Lapte 250 ml,sunca<br>presata 100g, cas<br>100g,rosii 50g, ,chifle<br>1buc (60g)                          | Mar<br>150g         | Supa de legume 300ml,<br>Varza calita 250g,<br>friptura porc 100g ,Produs<br>congelat (carne porc )                              | Mar 150g          | Salata de leg 150g,<br>pulpe inferioare 180g<br>iaurt200ml ,Produs<br>congelat(carne pasare)                          |           |
| HIPOSODAT                              | Ceai 300 ml,unt 10g<br>sunca presata100g, cas<br>100g ,rosii 50 g chifle<br>2 buc (120g)                  |                     | Supa de cartofi 300ml, varza<br>calita 250g ,friptura porc 100g<br>,chifle 2 buc (120g) Produs<br>congelat (carne porc )         | Prajitura<br>100g | Ghiveci legume 250g<br>pulpe inferioare 100g,<br>iaurt200ml, chifle 1buc<br>(60g) Produs<br>congelat(carne pasare)    |           |
| R7 180HC                               | Lapte 250 ml,unt 10g,<br>sunca presata 100g,<br>cascaval 50g, cas<br>100g,rosii 50g ,chifle<br>1buc (60g) | Mar<br>150g         | Ciorba de cartofi<br>300ml,Varza calita 250g,<br>friptura porc 100g , chifle 1<br>buc(60g) Produs congelat<br>(carne porc )      | Mar 150g          | Ghiveci legume 250g,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1<br>buc (60g) Produs<br>congelat(carne pasare)   |           |
| R7 200HC                               | Lapte 250 ml,unt 10g,<br>sunca presata 100g,<br>cascaval 50g, cas 100g,<br>,chifle 1buc (60g)             | Mar<br>150g         | Ciorba de cartofi<br>300ml,Varza calita 250g,<br>friptura porc 100g , chifle<br>1buc (60g) Produs congelat<br>(carne porc )      | Mar 150g          | Ghiveci legume 250g,<br>pulpe inferioare 100g<br>iaurt200ml, chifle 1<br>buc (60g) Produs<br>congelat(carne pasare)   |           |

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| R7 INSULINA | Lapte 250 ml,unt 10g, sunca presata 100g, cascaval 50g,cas100g, ,chifle 1buc (60g) | Mar 150g | Ciorba de cartofi 300ml, Varza calita 250g, friptura porc 100g , chifle 1 buc (60g) Produs congelat (carne porc )    | Mar 150g       | Ghiveci legume 250g, pulpe inferioare 100g iaurt200ml, chifle 1 buc (60g) Produs congelat(carne pasare) | Cas caval 100g |
| POST        | Ceai 300 ml ,masline 50g ,rosii 50g ,salata cruditati 200g, chifle 2 buc (120g)    | Mar 150g | Supa de legume 300ml , Varza calita 250g,mamaliga 200g , chifle 1buc (60g)                                           | Mar 150 g      | Ghiveci legume 250g,mar 150g , chifle 1buc (60g)                                                        |                |
| MEDIC GARDA | Ceai 300 ml,unt 10g sunca presata100g,cas 100g,rosii 50g ,chifle 2 buc (120g)      |          | Ciorba de cartofi ,300ml, friptura porc 100g, varza calita 250g , chifle 2 buc (120g), Produs congelat (carne porc ) | Prajitura 100g | Ghiveci legume 250g, pulpe inferioare 100g ,iaurt200ml, chifle 1 buc(60g)Produs congelat(carne pasare)  |                |