JOI 29.10.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	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)	
R4 HEPATIC	Lapte 250 ml,unt 10g, sunca presata100g, cas 100g, rosii 50g, chifle 2 buc (120g)	Mar copt 140g	Supa de cartofi 300ml, Sote legume 250g, friptura porc 100g, chifle 2 buc (120g) Produs congelat (carne porc)	Mar copt 140g	Ghiveci dietetic 250g, pulpe inferioare 100g iaurt200ml, chifle 1buc (60g) Produs congelat(carne pasare)	
R3 ULCER	Lapte 250 ml,unt 10g, sunca presata 100g, cas 100g, rosii50g, chifle 2 buc (120g)		Supa de cartofi 300ml, Sote legume 250g, friptura porc 100g, chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Ghiveci dietetic 250g , pulpe inferioare 100g iaurt200ml, chifle 1buc (60g) Produs congelat(carne pasare)	
R6 RENAL	Ceai 300 ml,unt 10g ,sunca presata100g, cas 100g, rosii 50g ,chifle 2 buc (120g)	Mar 150g	Supa de cartofi 300ml, Sote legume 250g, friptura porc 100g, chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Ghiveci dietetic 250g , pulpe inferioare 100g iaurt200ml, chifle 1buc (60g) Produs congelat(carne pasare)	
R9 COLITA	Ceai 250 ml ,unt 10g , cas 100g , cascaval 50g chifle 2 buc (120g)		Supa de legume 300ml, Sote legume 250g, friptura porc 100g, chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Ghiveci dietetic 250g , pulpe inferioare 100g iaurt200ml, chifle 1buc (60g) Produs congelat(carne pasare)	
R8 HIPOCALORIC	Lapte 250 ml,sunca presata 100g, cas 100g,rosii 50g, ,chifle 1buc (60g)	Mar 150g	Supa de legume 300ml, Varza calita 250g, friptura porc 100g ,Produs congelat (carne porc)	Mar 150g	Salata de leg 150g, pulpe inferioare 180g iaurt200ml ,Produs congelat(carne pasare)	
HIPOSODAT	Ceai 300 ml,unt 10g sunca presata100g, cas 100g ,rosii 50 g chifle 2 buc (120g)		Supa de cartofi 300ml, varza calita 250g ,friptura porc 100g ,chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Ghiveci legume 250g pulpe inferioare 100g, iaurt200ml, chifle 1buc (60g) Produs congelat(carne pasare)	
R7 180HC	Lapte 250 ml,unt 10g, sunca presata 100g, cascaval 50g, cas 100g,rosii 50g ,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)	
R7 200HC	Lapte 250 ml,unt 10g, sunca presata 100g, cascaval 50g, cas 100g,rosii50g, ,chifle 1buc (60g)	Mar 150g	Ciorba de cartofi 300ml,Varza calita 250g, friptura porc 100g , chifle 1buc (60g) Produs congelat (carne porc)	Mar 150g	Ghiveci legume 250g, pulpe inferioare 100g iaurt200ml, chifle 1 buc (60g) Produs congelat(carne pasare)	

R7 INSULINA	Lapte 250 ml,unt 10g, sunca presata 100g, cascaval 50g,cas100g,rosii50g, ,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)	