J0I 05.11.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA 21**
R5 COMUN	Ceai 300 ml ,unt 10g , sunca presata 100g , cas 100g, gem 20g ,Chifle 2 buc (120g)		Supa cu fidea 300 ml,tocanita de cartofi 250g ,pulpe inferioare 100g,salata varza 100g Chifle 2 buc (120g) Produs congelat (carne pui)	Prajitura 100g	Iaurt 200 ml ,budinca paste cu carne 300g, Chifle 1 buc (60g) Produs congelat (carne porc)	
R4 HEPATIC	Lapte 250ml, Unt10g ,gem 20g, cas 100g ,Sunca presata 100g, Chifle 2 buc (120g)	Mar copt	Supa cu fidea 300ml,cartofi nature 200g, pulpe inferioare 100g ,salata verde 100g Chifle 2 buc (120g), Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200 ml ,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne porc)	
R3 ULCER	Lapte 250ml, Unt10g , Cas100g,Sunca presata100g , Chifle 2 buc (120g)		Supa cu fidea 300ml,cartofi nature 200g, pulpe inferioare 100g ,salata verde 100g Chifle 2 buc (120g), Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	
R6 RENAL	Ceai 300 ml,unt 10g , Gem 20g,br vaci 70g Cas100g, Chifle 2 buc (120g)		Supa cu fidea 300ml,cartofi nature 200g, pulpe inferioare 100g , salata verde 100g Chifle 2 buc (120g), Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml ,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	
R9 COLITA	Ceai 300ml,unt 10g , Cas100g, Branza de vaci 70g, Chifle 2 buc (120g)		Supa cu fidea 300ml,sote de legume 250g , pulpe inferioare 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	
R8 HIPOCALORIC	Lapte 250ml , Sunca presata 100g, Cas 100 g Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, , pulpe inferioare 100g,salata varza 100g , Produs congelat (carne pasare)	Mar 150g	Iaurt 200 ml,budinca de legume cu carne 300g ,Produs congelat (carne porc)	
HIPOSODAT	Ceai300ml,Unt10g, sunca presata100g, gem 20g , cas 100g ,Chifle 2 buc (120g)		Supa cu fidea 300 ml,tocanita de cartofi 250g , pulpe inferioare 100g , salata varza 100g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml ,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	
R7 180HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, tocanita de cartofi 150g , pulpe inferioare 100g , salata varza 100g ,Chifle 2 buc (60g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200 ml,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne porc)	
R7 200HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, tocanita de cartofi 150g , pulpe inferioare 100g , salata varza 100g ,Chifle 2 buc (60g) Produs congelat (carne	Mar 150 g	Iaurt 200 ml,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne	

			pasare)		porc)	
R7 INSULINA	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, tocanita de cartofi 150g , pulpe inferioare 100g , salata varza 100g ,Chifle 2 buc (60g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200 ml,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne porc)	Cascaval 50g
POST	Ceai 300ml ,gem 20g ,masline 50g ,fasole verde 200g , Chifle 2 buc (120g)	Mar 150g	Supa de legume 300 ml ,tocanita de cartofi 250 g, Chifle 2 buc (120g)	Mar 150g	Paste cu sos tomat 250g, mar , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml ,unt 10g , sunca presata 100g , cas 100g, gem 20g ,Chifle 2 buc (120g)		Supa cu fidea 300 ml,tocanita de cartofi 250g ,pulpe inferioare 100g,salata varza 100g Chifle 2 buc (120g) Produs congelat (carne pui)	Prajitura 100g	Iaurt 200 ml budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	