

JOI 20.11.2025 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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pui)	Prajitura 100g	Iaurt 200ml ,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, piept de pui 100g , Chifle 2 buc (120g), Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200ml ,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, piept de pui 100g , Chifle 2 buc (120g), Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml ,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, piept de pui 100g , Chifle 2 buc (120g), Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml ,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 ,piept de pui 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml ,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	
R8 HIPOCALOR IC	Lapte 250ml , Sunca presata 100g, Cas 100 g Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, tocanita de ciuperci 200g ,piept pui 100g, Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml ,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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml ,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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml ,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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150 g	Iaurt 200ml ,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne 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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml ,budinca paste cu carne 300g,cascaval 50g Chifle 1 buc (60g) Produs congelat (carne porc)	Casca val 50g
POST	Ceai 300ml ,gem 20g ,masline 50g ,fasole verde 200g , Chifle 2 buc (120g)	Mar 150g	Supa de legume 300 ml ,tocanita de ciuperci 200 g, Chifle 2 buc (120g)	Mar 150g	Paste cu sos tomat 250g,mar 150g , 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 ciuperci 200g ,piept pui 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml ,budinca paste cu carne 300g Chifle 1 buc (60g) Produs congelat (carne porc)	

--