J0I 22.10.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml ,unt 10g , sunca presata 100g , cas 100g, rosii 50g, ,Chifle 2 buc (120g)		Supa de rosii cu fidea 300 ml, ardei umplut cu carne250g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 ml ,pulpe inferioare 100g,tocana de cartofi 250g,salata as 100g,Chifle 1 buc (60g) Produs congelat (carne pui)	
R4 HEPATIC	Lapte 250ml, Unt10g ,rosii 50g, cas 100g ,Sunca presata 100g, Chifle 2 buc (120g)	Mar copt	Supa cu fidea 300ml,ardei umplut cu carne 250g, Chifle 2 buc (120g), Produs congelat (carne porc)	Mar copt 140g	Iaurt 200 ml ,budinca pulpe inferioare 100g,tocana de cartofi 250g,salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	
R3 ULCER	Lapte 250ml, Unt10g , Cas100g,Sunca presata100g ,rosii 50g, Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250g, Chifle 2 buc (120g), Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 ml,pulpe inferioare 100g,tocana de cartofi 250g,salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	
R6 RENAL	Ceai 300 ml,unt 10g , Rosii 50g,br vaci 70g Cas 100g, Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250g,Chifle 2 buc (120g), Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 ml ,pulpe inferioare 100g,tocana de cartofi 250g,salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	
R9 COLITA	Ceai 300ml,unt 10g , Cas100g, Branza de vaci 70g, Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250 g, Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 ml,pilaf legume 250g,pulpe inferioare 100g,salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	
R8 HIPOCALORIC	Lapte 250ml , Sunca presata 100g, Cas 100 g ,rosii 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, ardei umplut cu carne 250 g , Produs congelat (carne porc)	Mar 150g	Iaurt 200 ml,pulpe inferioare 180g,salata asortata100g ,Produs congelat (carne pui)	
HIPOSODAT	Ceai300ml,Unt10g, sunca presata100g, rosii 50g, cas 100g ,Chifle 2 buc (120g)		Supa de rosii cu fidea 300 ml,ardei umput cu carne 250g ,Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 ml ,pulpe inferioare 100g,tocana de cartofi 250g,salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	

R7 180HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g,rosii 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, ardei umplut cu carne 250g ,Chifle 2 buc (60g) Produs congelat (carne porc)	Mar 150g	Iaurt 200 ml,pulpe inferioare 100g,tocana de cartofi 250g,salata as 100g Chifle 1 buc (60g) Produs congelat (carne pui)	
R7 200HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g,rosii 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, ardei umplut cu carne 250g ,Chifle 2 buc (60g) Produs congelat (carne porc)	Mar 150 g	Iaurt 200 ml,pulpe inferioare 100g,tocana de cartofi 250g,salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	
R7 INSULINA	Lapte 250 ml,unt10g, Sunca presata 100g , cas 100g Cascaval 50g,rosii 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml, ardei umplut cu carne 250g,Chifle 2 buc (60g) Produs congelat (carne porc)	Mar 150g	Iaurt 200 ml,pulpe inferioare 100g, tocana de cartofi 250g,salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	Cascaval 50g
POST	Ceai 300ml ,masline 50g ,rosii 50g,ardei gras 50g Chifle 2 buc (120g	Mar 150g	Supa de legume 300 ml ,ardei umplut cu orez 250g, Chifle 2 buc (120g)	Mar 150g	Tocana de cartofi 250g,salata asortata 100g mar , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml ,unt 10g , sunca presata 100g , cas 100g, rosii 50g,Chifle 2 buc (120g		Supa de rosii cu fidea 300 ml,ardei umplut cu orez 250g Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200 mi,pulpe inferioare 100g, tocana de cartofi 250g, salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pui)	