LUNI 12.10.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml, Unt10g, gem 20g ,Ou fiert, cas 100g, Chifle 2 buc (120g)		Ciorba de perisoare 300ml, pilaf ciuperci 250g, salata sfecla rosie 100g , pulpe inferioare 100g, Chifle 2 buc (120g)Produs congelat (carne pasare)	Prajitura 100g	Mamaliga200g,branza cu smantana100/20 g , cascaval 50g , iaurt200ml	
R4 HEPATIC	Lapte 250 ml, Unt10g , Cas 100g ,ou fiert ,gem 20g,br vaci 70g, Chifle 2 buc (120g)	Mar copt 140g	Supa de perisoare300 ml , pilaf dietetic 250g, pulpe inferioare 180g ,salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar copt 140g	Mamaliga200g,branza cu smantana100/20 g, cascaval 50g, iaurt200ml	
R3 ULCER	Lapte250ml,Unt10g, Ou fiert ,cas 100g , br vaci 70g ,Chifle 2 buc (120g)		Supa de perisoare300 ml , pilaf dietetic 250g, pulpe inferioare 100g , salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Mamaliga200g,branza cu smantana100/20 g, cascaval 50g, Iaurt200ml	
R6 RENAL	Ceai 300 ml,unt10g,ou fiert, cas 100g ,gem 20g, Chifle 2 buc (120g)	Mar 150g	Supa de perisoare300 ml , pilaf dietetic 250g, pulpe inferioare 100g , salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Mamaliga200g,branza cu smantana100/20 g, cascaval 50g , iaurt200ml	
R9 COLITA	Ceai 300 ml,unt10g,ou fiert ,Cas 100g ,br vaci 70g, Chifle 2 buc (120g)		Supa de perisoare300 ml , pilaf dietetic 250g,pulpe inferioare 100g , salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Friptura pui100g ,sote legume250g,iaurt200ml , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250ml , Ou fiert ,cas 100g Chifle 1 buc (60g)	Mar 150g	Supa de perisoare 300ml, Salata de sfecla rosie 150g, pulpe inferioare 180g , Produs congelat (carne pasare)	Mar 150g	Mamaliga200g, branza de vaci cu smantana100/20 g, iaurt200ml	
HIPOSODAT	Ceai 300 ml, Ou fiert unt10g , cas 100g , gem 20g, Chifle 2 buc (120g)		Supa de perisoare300 ml , pilaf dietetic 250g, pulpe inferioare 100g , salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Mamaliga200g,branza cu smantana100/20 g, cascaval 50g , iaurt200ml	
R7 180HC	Lapte250ml,unt10g, Ou fiert,branza topita 2 buc,Cas 100g ,Chifle 1 buc (60g)	Mar 150g	Ciorba de perisoare 300ml, pilaf ciuperci 150g, salata asortata 100g,pulpe inferioare 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Mamaliga200g,branza cu smantana100/20 g, cascaval 50g, iaurt200ml	

R7 200HC	Lapte 250 ml,unt10g, Ou fiert,branza topita 2 buc, Cas 100g , Chifle 1 buc (60g)	Mar 150g	Ciorba de perisoare 300 ml, pilaf ciuperci 150g, salata asortata 100g, pulpe inferioare 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Mamaliga200g,branza cusmantana100/20 g, cascaval50g, iaurt 200 ml	
R7 INSULINA	Lapte 250 ml,unt10g, Ou fiert,branza topita 2 buc, Cas 100g , Chifle 1 buc (60g)	Mar 150g	Ciorba de perisoare 300 ml, pilaf ciuperci 150g, salata asortata 100g,pulpe inferioare 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Mamaliga200g,branza cu smantana100/20, cascaval 50g , iaurt 200 ml	Br topita 2b Chifle 1 buc (60g)
POST	Ceai 300ml ,gem 40g ,masline 50g ,fasole verde 250g , Chifle 2 buc (120g)	Mar 150g	Ciorba taraneasca 300ml, pilaf ciuperci 250g, salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar 150g	Ghiveci de legume 300 g , Chifle 1 buc (60g),mar 150g	
MEDIC GARDA	Ceai 300 ml, Unt10g, gem 20g ,Ou fiert, cas 100g, Chifle 2 buc (120g)		Ciorba de perisoare 300ml, pilaf ciuperci 250g, salata sfecla rosie 100g , pulpe inferioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Mamaliga200g,branza cu smantana100/20 g , cascaval 50g , iaurt 200 ml	