

| LUNI<br>19.01.2026<br>SEDIUL<br>OTOPENI | MIC DEJUN                                                                                         | ORA<br>10           | PRANZ                                                                                                                                                                  | ORA 16            | CINA                                                                                                          | ORA<br>21 |
|-----------------------------------------|---------------------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------------------------------|-----------|
| R5 COMUN                                | Ceai 300 ml, Unt10g,<br>gem 20g ,Ou fiert, cas<br>100g, Chifle 2 buc<br>(120g)                    |                     | Ciorba de perisoare 300ml,<br>pilaf cu ciuperci 250g,<br>salata sfecla rosie 100g ,<br>pulpe inferioare 100g, Chifle<br>2 buc (120g)Produs congelat<br>(carne pasare ) | Prajitura<br>100g | Mamaliga200g,branza<br>cu smantana100/20 g ,<br>cascaval 50g ,<br>iaurt200ml                                  |           |
| R4 HEPATIC                              | Lapte 250 ml, Unt10g ,<br>Cas 100g ,ou fiert ,gem<br>20g, Branza vaci 70g,<br>Chifle 2 buc (120g) | Mar<br>copt<br>140g | Supa de perisoare300 ml ,<br>pilaf dietetic 250g,<br>pulpe inferioare 180g ,salata<br>sfecla rosie 100g , Chifle 2<br>buc (120g) Produs congelat<br>(carne pasare )    | Mar copt<br>140g  | Mamaliga200g,branza<br>cu smantana100/20 g,<br>cascaval 50g,<br>iaurt200ml                                    |           |
| R3 ULCER                                | Lapte250ml,Unt10g,<br>Ou fiert ,cas 100g<br>,branza vaci 70g,<br>Chifle 2 buc (120g)              |                     | Supa de perisoare300 ml ,<br>pilaf dietetic 250g,<br>pulpe inferioare 100g , salata<br>sfecla rosie 100g , Chifle 2<br>buc (120g) Produs congelat<br>(carne pasare )   | Prajitura<br>100g | Mamaliga200g,branza<br>cu smantana100/20 g,<br>cascaval 50g,<br>Iaurt200ml                                    |           |
| R6 RENAL                                | Ceai 300 ml,unt10g,ou<br>fiert,cas 100g ,gem 20g,<br>Chifle 2 buc (120g)                          | Mar<br>150g         | Supa de perisoare300 ml ,<br>pilaf dietetic 250g,<br>pulpe inferioare 100g , salata<br>sfecla rosie 100g , Chifle 2<br>buc (120g) Produs congelat<br>(carne pasare )   | Prajitura<br>100g | Mamaliga200g,branza<br>cu smantana100/20 g,<br>cascaval 50g ,<br>iaurt200ml                                   |           |
| R9 COLITA                               | Ceai 300 ml,unt10g,ou<br>fiert ,Cas 100g, branza<br>vacii 70g , Chifle 2 buc<br>(120g)            |                     | Supa de perisoare300 ml ,<br>pilaf dietetic 250g,pulpe<br>inferioare 100g , salata sfecla<br>rosie 100g , Chifle 2 buc<br>(120g) Produs congelat (carne<br>pasare )    | Prajitura<br>100g | Friptura pui100g ,sote<br>legume250g,iaurt200ml<br>, Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare ) |           |
| R8<br>HIPOCALOR<br>IC                   | Lapte 250ml ,<br>Ou fiert ,cas 100g<br>Chifle 1 buc (60g)                                         | Mar<br>150g         | Supa de perisoare 300ml,<br>Salata de sfecla rosie 150g,<br>pulpe inferioare 180g , Produs<br>congelat (carne pasare )                                                 | Mar 150g          | Mamaliga200g,<br>branza de vaci cu<br>smantana100/20 g,<br>iaurt200ml                                         |           |
| HIPOSODAT                               | Ceai 300 ml, Ou fiert<br>unt10g , cas 100g ,<br>gem 20g, Chifle 2 buc<br>(120g)                   |                     | Supa de perisoare300 ml ,<br>pilaf dietetic 250g,<br>pulpe inferioare 100g , salata<br>sfecla rosie 100g , Chifle 2<br>buc (120g) Produs congelat<br>(carne pasare )   | Prajitura<br>100g | Mamaliga200g,branza<br>cu smantana100/20 g,<br>cascaval 50g ,<br>iaurt200ml                                   |           |
| R7 180HC                                | Lapte250ml,unt10g,<br>Ou fiert,branza topita 2<br>buc,Cas 100g ,Chifle 1<br>buc (60g)             | Mar<br>150g         | Ciorba de perisoare 300ml,<br>pilaf cu ciuperci150g,<br>salata asortata 100g,pulpe<br>inferioare 180g<br>Chifle 1 buc (60g) Produs<br>congelat (carne pasare )         | Mar 150g          | Mamaliga200g,branza<br>cu smantana100/20 g,<br>cascaval 50g,<br>iaurt200ml                                    |           |

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| R7 200HC       | Lapte 250 ml,unt10g,<br>Ou fiert,branza topita 2<br>buc, Cas 100g , Chifle<br>1 buc (60g) | Mar<br>150g | Ciorba de perisoare 300 ml,<br>pilaf cu ciuperci150g,<br>salata asortata 100g,<br>pulpe inferioare 180g<br>Chifle 1 buc (60g) Produs<br>congelat (carne pasare )        | Mar 150g          | Mamaliga200g,branza<br>cusmantana100/20 g,<br>cascaval50g,<br>iaurt 200 ml     |                                                |
| R7<br>INSULINA | Lapte 250 ml,unt10g,<br>Ou fiert,branza topita 2<br>buc, Cas 100g , Chifle<br>1 buc (60g) | Mar<br>150g | Ciorba de perisoare 300 ml,<br>pilaf cu ciuperci 150g,<br>salata asortata 100g,pulpe<br>inferioare 180g<br>Chifle 1 buc (60g) Produs<br>congelat (carne pasare )        | Mar<br>150g       | Mamaliga200g,branza<br>cu smantana100/20,<br>cascaval 50g ,<br>iaurt 200 ml    | Br<br>topita<br>2b<br>Chifle<br>1 buc<br>(60g) |
| POST           | Ceai 300ml ,gem 20g<br>,masline 50g ,fasole<br>verde 250g , Chifle 2<br>buc (120g)        | Mar<br>150g | Ciorba taraneasca 300ml,<br>pilaf cu ciuperci 250g,<br>salata sfecla rosie 100g ,<br>Chifle 2 buc (120g) Produs<br>congelat (carne pasare )                             | Mar<br>150g       | Ghiveci de legume<br>300 g , Chifle 1 buc<br>(60g),mar 150g                    |                                                |
| MEDIC<br>GARDA | Ceai 300 ml, Unt10g,<br>gem 20g ,Ou fiert, cas<br>100g, Chifle 2 buc<br>(120g)            |             | Ciorba de perisoare 300ml,<br>pilaf cu ciuperci 250g,<br>salata sfecla rosie 100g ,<br>pulpe inferioare 100g, Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare ) | Prajitura<br>100g | Mamaliga200g,branza<br>cu smantana100/20 g ,<br>cascaval 50g ,<br>iaurt 200 ml |                                                |