

LUNI 01.06.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai 300 ml, Unt 10g, gem 20g, ou fiert, br topita 2 buc, Chifle 2 buc (120g)		Ciorba de pui 300 ml, Mancare fasole verde 200g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml, Tocana de cartofi 250g, pulpe inferioare 100g, Salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml, Unt 10g, Ou fiert, cas 50g, gem 20g, br topita 2 buc, Chifle 2 buc (120g)	Mar copt	Supa de galusti 300 ml, Sote de legume 250g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200 ml, tocana de cartofi 250g, pulpe inferioare 100g, salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250 ml, Unt 10g, Ou fiert, br topita 2 buc, cas 50g, Chifle 2 buc (120g)		Supa de galusti 300 ml, Sote de legume 250g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml, tocana de cartofi 250g, pulpe inferioare 100g, salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai 300 ml, Unt 10g, ou fiert, br topita 2 buc, gem 20g, Chifle 2 buc (120g)	Mar	Supa de galusti 300 ml, Sote de legume 250g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml, tocana de cartofi 250g, pulpe inferioare 100g, salata 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai 300 ml, unt 10g, br topita 2 buc, Ou fiert, cas 50g, Chifle 2 buc (120g)		Supa de galusti 300 ml, Sote de legume 250g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml, Pilaf 200g, pulpe inferioare 100g, salata verde 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250 ml, Ou fiert, Cas 100g, Chifle 1 buc (60g)	Mar	Ciorba de pui 300 ml, Sote de fasole verde 200g, pulpe superioare 100g, Produs congelat (carne pasare)	Mar 160g	Iaurt 200 ml, pulpe inferioare 180g, salata de varza as 200g, Produs congelat (carne pasare)	
HIPOSODAT	Ceai 300 ml, Unt 10g, ou fiert, br topita 2 buc, gem 20g, Chifle 2 buc (120g)		Ciorba de pui 300 ml, Mancare de fasole verde 200g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml, tocana de cartofi 250g, pulpe inferioare 100g, salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	

R7 180HC	Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc, Chifle 1 buc (60g)	Mar	Ciorba de pui 300 ml ,Mancare fasole verde 200g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 160g	Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 180g Salata varza as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 200HC	Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc , Chifle 1 buc (60g)	Mar	Ciorba de pui 300 ml ,Mancare fasole verde 200g, pulpe superioare 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar160g	Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 180g Salata varza as100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc Chifle 1 buc (60g)	Mar	Ciorba de pui 300ml , Mancare fasole verde 200g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 160g	Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 180g Salata varza as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Cascaval 50g
POST	Ceai 300ml,gem 20g ,masline50 g ,sote de leg 250g ,Chifle 2 buc (120g)	Mar	Ciorba de rosii 300ml ,mancare fasole verde 200g , Chifle 2 buc (120g)	Mar 160g	Tocana de cartofi 250g ,salata as 100g , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml,Unt10g, gem 20g ,ou fiert, br topita 2 buc, Chifle 2 buc (120g)		Ciorba de pui 300 ml, Mancare fasole verde 200g, pulpe superioare 100g, Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200 ml , Tocana de cartofi 250g ,pulpe inferioare 100g, Salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	