

| LUNI 01.12.2025 SEDIUL OTOPENI | MIC DEJUN | ORA 10 | PRANZ | ORA 16 | CINA | ORA21 |
|---|--|-------------|--|-------------------|--|-------|
| R5 COMUN | Ceai 300 ml,Unt10g, gem 20g ,ou fiert, br topita 2 buc, Chifle 2 buc (120g) | | Ciorba de pui 300 ml,Cartofi taranesti 250g, Gratar piept pui 100g,salata as100g, 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, Unt10g , Ou fiert, cas 100g ,gem 20g,br topita2buc, Chifle 2 buc (120g) | Mar copt | Supa de pui 300 ml, Cartofi taranesti 250g,Gratar piept pui100g,salata verde100g, Chifle 2 buc (120g) Produs congelat (carne pasare) | Mar copt140g | 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,Unt10g, Ou fiert, br topita 2 buc, cas 100 g , Chifle 2 buc (120g) | | Supa de pui 300 ml,Cartofi taranesti 250g,Gratar piept pui100g ,salata verde 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,Unt10g, ou fiert, br topita 2 buc,gem 20g , Chifle 2 buc (120g) | Mar | Supa de pui 300 ml,Cartofi taranesti 250g,Gratar piept pui 100g,salata verde 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 100g Chifle 2 buc (120g) | | Supa de pui 300 ml, Sote de legume250g, Gratar piept pui 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 HIPOCALOR IC | Lapte 250 ml ,Ou fiert, Cas 100g ,Chifle 1 buc (60g) | Mar | Supa de pui 300 ml , Gratar piept pui 100g,salata as 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,Unt10g ,ou fiert,,br topita 2 buc ,gem 20g , Chifle 2 buc (120g) | | Ciorba de pui 300 ml ,Cartofi taranesti 250g,,Gratar piept pui 100g, salata as 100g,Chifle 2 buc (120g) Produs congelat (carne pasare) | Prajitura 100g | Iaurt 200 ml , tocana de cartofi 250g , pulpe inferioare 100g salata as100g, Chifle 1 buc (60g) Produs congelat (carne pasare) | |

| | | | | | | |
|----------------|--|-----|--|-------------------|---|-----------------|
| R7 180HC | Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc,cascaval 50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300 ml ,Cartofi taranesti 250g,Gratar piept pui 100g,salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare) | Mar 160g | Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 100g Salata varza as 150g, Chifle 1 buc (60g) Produs congelat (carne pasare) | |
| R7 200HC | Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc,cascaval 50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300 ml ,Cartofi taranesti 250g, Gratar piept pui 100g, salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare) | Mar160g | Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 100g Salata varza as150g, Chifle 1 buc (60g) Produs congelat (carne pasare) | |
| R7 INSULINA | Lapte250ml,unt10g, Ou fiert,cas 100g, br topita 2 buc,cascaval 50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300ml ,Cartofi taranesti 250g, Gratar piept pui 100g salata as 100g, Chifle 1 buc (60g) Produs congelat (carne pasare) | Mar 160g | Iaurt 200 ml , tocana de cartofi 150g , pulpe inferioare 100g Salata varza as 150g, 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 ,Cartofi la cuptor 250g salata as 100g 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,Cartofi taranesti 250g,Gratar piept pui 100g , salata as 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) | |