

| LUNI 12.01.2026 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 100g, 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 100g, 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 100g, 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) | |

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| 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) | |