

| LUNI<br>17.11.2025<br>SEDIUL<br>OTOPENI | MIC DEJUN                                                                                      | ORA<br>10   | PRANZ                                                                                                                                     | ORA 16             | CINA                                                                                                                                                 | ORA21 |
|-----------------------------------------|------------------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| R5 COMUN                                | Ceai 300 ml,Unt10g,<br>gem 20g ,ou fiert, br<br>topita 2 buc, Chifle 2<br>buc (120g)           |             | Ciorba de pui 300 ml,<br>Mancare fasole verde 200g,<br>pulpe superioare 100g, Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare)    | Prajitura<br>100g  | Iaurt 200 ml ,<br>Tocana de cartofi 250g<br>,pulpe inferioare 100g,<br>Salata as 100g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare)    |       |
| R4 HEPATIC                              | Lapte 250 ml, Unt10g ,<br>Ou fiert, cas 100g<br>,gem 20g,br topita2buc,<br>Chifle 2 buc (120g) | Mar<br>copt | Supa de galusti 300 ml,<br>Sote de legume 250g,<br>pulpe superioare 100g ,<br>Chifle 2 buc (120g) Produs<br>congelat (carne pasare)       | Mar<br>copt140g    | Iaurt 200 ml, tocana de<br>cartofi 250g , pulpe<br>inferioare 100g<br>salata verde 100g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare)  |       |
| R3 ULCER                                | Lapte 250 ml,Unt10g,<br>Ou fiert, br topita 2 buc,<br>cas 100 g , Chifle 2 buc<br>(120g)       |             | Supa de galusti 300 ml,<br>Sote de legume250g,<br>pulpe superioare 100g , Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare)        | Prajitura<br>100 g | Iaurt 200 ml, tocana de<br>cartofi 250g , pulpe<br>inferioare 100g<br>salata verde 100g ,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare) |       |
| R6 RENAL                                | Ceai 300 ml,Unt10g,<br>ou fiert, br topita 2<br>buc,gem 20g , Chifle 2<br>buc (120g)           | Mar         | Supa de galusti 300 ml,<br>Sote de legume250g,<br>pulpe superioare 100g Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare)          | Prajitura<br>100g  | Iaurt 200 ml, tocana de<br>cartofi 250g ,pulpe<br>inferioare 100g ,salata<br>100g , Chifle 1 buc<br>(60g) Produs congelat<br>(carne pasare)          |       |
| R9 COLITA                               | Ceai 300 ml unt 10g ,<br>br topita 2 buc ,<br>Ou fiert ,cas 100g<br>Chifle 2 buc (120g)        |             | Supa de galusti 300 ml,<br>Sote de legume250g,<br>pulpe superioare 100g Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare)          | Prajitura<br>100g  | Iaurt 200 ml ,Pilaf<br>200g, pulpe inferioare<br>100g ,salata verde 100g<br>, Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare)                |       |
| R8<br>HIPOCALOR<br>IC                   | Lapte 250 ml ,Ou fiert,<br>Cas 100g ,Chifle 1 buc<br>(60g)                                     | Mar         | Ciorba de pui 300 ml , Sote de<br>fasole verde200g, pulpe<br>superioare 100g Produs<br>congelat (carne pasare)                            | Mar 160g           | Iaurt 200 ml ,<br>pulpe inferioare 180g,<br>salata de varza as 200g,<br>Produs congelat (carne<br>pasare)                                            |       |
| HIPOSODAT                               | Ceai 300 ml,Unt10g<br>,ou fiert,,br topita 2 buc<br>,gem 20g , Chifle 2 buc<br>(120g)          |             | Ciorba de pui 300 ml<br>,Mancare de fasole verde<br>200g,pulpe superioare 100g ,<br>Chifle 2 buc (120g) Produs<br>congelat (carne pasare) | Prajitura<br>100g  | Iaurt 200 ml ,<br>tocana de cartofi 250g ,<br>pulpe inferioare 100g<br>salata as100g, Chifle 1<br>buc (60g) Produs<br>congelat (carne pasare)        |       |

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| R7 180HC       | Lapte250ml,unt10g,<br>Ou fiert,cas 100g,<br>br topita 2 buc,cascaval<br>50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300 ml<br>,Mancare fasole verde 200g,<br>pulpe superioare 100g , Chifle<br>1 buc (60g) Produs congelat<br>(carne pasare) | Mar 160g          | Iaurt 200 ml , tocana<br>de cartofi 150g , pulpe<br>inferioare 100g<br>Salata varza as 150g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare) |                 |
| R7 200HC       | Lapte250ml,unt10g,<br>Ou fiert,cas 100g,<br>br topita 2 buc,cascaval<br>50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300 ml<br>,Mancare fasole verde 200g,<br>pulpe superioare 100g, Chifle<br>1 buc (60g) Produs congelat<br>(carne pasare)  | Mar160g           | Iaurt 200 ml ,<br>tocana de cartofi 150g ,<br>pulpe inferioare 100g<br>Salata varza as150g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare)  |                 |
| R7<br>INSULINA | Lapte250ml,unt10g,<br>Ou fiert,cas 100g,<br>br topita 2 buc,cascaval<br>50g , Chifle 1 buc (60g) | Mar | Ciorba de pui 300ml ,<br>Mancare fasole verde 200g,<br>pulpe superioare 100g , Chifle<br>1 buc (60g) Produs congelat<br>(carne pasare) | Mar 160g          | Iaurt 200 ml ,<br>tocana de cartofi 150g ,<br>pulpe inferioare 100g<br>Salata varza as 150g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare) | Cascaval<br>50g |
| POST           | Ceai 300ml,gem 20g<br>,masline50 g ,sote de<br>leg 250g ,Chifle 2 buc<br>(120g)                  | Mar | Ciorba de rosii 300ml<br>,mancare fasole verde 200g ,<br>Chifle 2 buc (120g)                                                           | Mar 160g          | Tocana de cartofi<br>250g ,salata as 100g ,<br>Chifle 1 buc (60g)                                                                                       |                 |
| MEDIC<br>GARDA | Ceai 300 ml,Unt10g,<br>gem 20g ,ou fiert, br<br>topita 2 buc, Chifle 2<br>buc (120g)             |     | Ciorba de pui 300 ml,<br>Mancare fasole verde 200g,<br>pulpe superioare 100g, Chifle<br>2 buc (120g) Produs congelat<br>(carne pasare) | Prajitura<br>100g | Iaurt 200 ml ,<br>Tocana de cartofi 250g<br>,pulpe inferioare 100g,<br>Salata as 100g,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare)       |                 |

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