MARTI 20.10.2025 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, 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, Unt10g , Ou fiert, cas 100g ,gem 20g,br topita2buc, 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 copt140g	Iaurt 200 ml, tocana de cartofi 250g , pulpe inferioare 180g 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 galusti 300 ml, Sote de legume250g, pulpe superioare 100g , Chifle 2 buc (120g) Produs congelat (carne pasare)	Prajitura 100 g	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 galusti 300 ml, Sote de legume250g, 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 legume250g, 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 verde200g, 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,Unt10g ,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 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 ,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 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 ,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 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 , 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 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 ,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)	