

| MIERCURI 10.06.2026 SEDIUL OTOPENI | MIC DEJUN | ORA 10 | PRANZ | ORA 16 | CINA | ORA 21 |
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| R5 COMUN | Ceai 300 ml, Unt10g, Masline50g Crenwursti 100g,gem 20g , chifle 2 buc (120g) | | Supa cu fidea 300 ml, ciulama 200g, mamaliga200g,pulpe superioare 100g, chifle 1 buc (60g) Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 250g ,pulpe inferioare 100g ,salata asortata 100g, iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | |
| R4 HEPATIC | Lapte 250 ml, Unt10g , Crenwursti 100g, cas 100g ,masline50g , chifle 2 buc (120g) | Mar copt 140g | Supa cu fidea 300ml, ciulama 200g, mamaliga200g ,pulpe superioare 100g , chifle 1 buc (60g) Produs congelat(carne pasare) | Mar copt 140g | Pilaf dietetic 250g ,salata verde 100g pulpe inferioare 100g ,iaurt 200 ml , chifle 1 buc (60g) Produs congelat(carne pasare) | |
| R3 ULCER | Lapte 250 ml,unt10g, masline50g,cascaval 100 g ,crenwursti 100g, chifle 2 buc (120g) | | Supa cu fidea 300ml, ciulama 200g, mamaliga200g,pulpe superioare 100g , chifle 1 buc (60g) Produs congelat(carne pasare) | Mar copt 140g | Pilaf dietetic 250g , pulpe inferioare 100g , salata verde 100g ,iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | |
| R6 RENAL | Ceai 300 ml,unt 10 g ,crenwursti 100g ,masline 50g,gem 20g, chifle 2 buc (120g) | Mar 150g | Supa cu fidea 300ml, ciulama 200g, mamaliga200g,pulpe superioare 100g , chifle 1 buc (60g) Produs congelat(carne pasare) | Mar 150g | Pilaf dietetic 250g , pulpe inferioare 100g ,salata verde 100g , iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | |
| R9 COLITA | Ceai 300 ml,unt10g ,masline50g,cascaval 100g ,Cas 100g, chifle 2 buc (120g) | | Supa cu fidea 300ml, sote morcov 250 g ,pulpe superioare 100g ,chifle 1 buc (60g) Produs congelat(carne pasare) | Mar copt 140 | Pilaf dietetic 250g,salata verde 100g, pulpe inferioare 100g ,iaurt200ml, chifle 1 buc (60g), Produs congelat(carne pasare) | |
| R8 HIPOCALORIC | Lapte 250 ml ,masline 50g ,crenwursti 100g ,cas 100g , chifle 1 buc (60g) | Mar 150g | Supa de rosii cu fidea 300 ml,ostropel 150g,pulpe superioare 100g ,mamaliga200g,Produs congelat(carne pasare) | Mar 150g | Salata asortata 150g, pulpe inferioare180g, iaurt 200 ml, Produs congelat(carne pasare) | |
| HIPOSODAT | Ceai 300 ml,unt10g, Crenwursti 100g ,masline 50g ,gem 20g, chifle 2 buc (120g) | | Supa cu fidea 300ml, ciulama 200g, mamaliga200g , pulpe superioare 100g, chifle 1 buc (60g), Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 250g , pulpe inferioare 100g ,salata asortata 100 g, iaurt 200 ml, chifle 1 buc (60g), Produs congelat(carne pasare) | |
| R7 180HC | Lapte 250 ml,unt10g, Crenvusti 100g, branza topita 2 buc ,masline50g, chifle 1 buc (60g) | Mar 150g | Supa de rosii cu fidea300ml, ostropel 150g, pulpe superioare 100g, ,mamaliga 200 g , chifle 1 buc (60g), Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 150g, pulpe inferioare 100g , ,salata asortata 100g , iaurt 200 ml, chifle 1 buc (60g) ,Produs congelat(carne pasare) | |

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| R7 200HC | Lapte 250 ml,unt10g, Crenvusti 100g, branza topita 2 buc ,masline50g, chifle 1 buc (60g) | Mar, 150g | Supa de rosii cu fidea 300 ml, ostropel 150g, pulpe superioare 100g ,mamaliga200g, chifle 1 buc (60g), Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 150g, pulpe inferioare 100g ,salata asortata 100g , iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | |
| R7 INSULINA | Lapte 250 ml,unt10g, Crenvusti 100g, branza topita 2 buc ,masline50g, chifle 1 buc (60g) | Mar, 150 | Supa de rosii cu fidea300ml, ostropel 150g, pulpe superioare 100g ,mamaliga200g, chifle 1 buc (60g), Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 150g, pulpe inferioare 100g ,salata asortata 100g, iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | Cas scaval 50g |
| POST | Ceai 300 ml ,masline 50g ,salata cruditati 250g ,, chifle 2 buc (120g) | Mar 150g | Supa de legume 300ml,mamaliga200ml, ostropel 150g , paine 100g , chifle 1 buc (60g) | Mar 150g | Pilaf dietetic 250g 250g ,salata asortata 100 g , chifle 1 buc (60g), mar 150g | |
| MEDIC GARDA | Ceai 300 ml, Unt10g, Masline50g Crenwursti 100g,gem 20g , chifle 2 buc (120g) | | Supa cu fidea 300 ml, ciulama 200g, mamaliga200g,pulpe superioare 100g, chifle 1 buc (60g) Produs congelat(carne pasare) | Mar 150g | Pilaf cu legume 250g ,pulpe inferioare 100g ,salata asortata 100g, iaurt 200 ml, chifle 1 buc (60g) Produs congelat(carne pasare) | |