

<b>MIERCURI 15.04.2026 SEDIUL OTOPENI</b>	<b>MIC DEJUN</b>	<b>ORA 10</b>	<b>PRANZ</b>	<b>ORA 16</b>	<b>CINA</b>	<b>ORA 21</b>
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 )	

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 )	