MIERCURI 28.10.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA 21**
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)	