

MIERCURI 14.01.2026 SEDIU CENTRAL	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
MEDIC DE GARDA	Ceai de fructe250ml, Unt10g cas 100g,,ou fiert chifle 1buc (60g)		Ciorba taraneasca 300ml, pilaf cu legume 250g,pulpe superioare la tava 110g,salata varza as.150g Chifle 1 buc (60g)produs congelat_(carne de pasare,)	Placinta cu mere	Mamaliga cu branza 200g,ceai de fructe 250ml,	
R5 COMUN	Ceai de fructe250ml, Unt10g cas 100g,,ou fiert chifle 1buc (60g)		Ciorba taraneasca 300ml, pilaf cu legume 250g,pulpe superioare la tava 110g,salata varza as.150g Chifle 1 buc (60g)produs congelat_(carne de pasare,)	Placinta cu mere	Mamaliga cu branza 200g,ceai de fructe 250ml,	
R4 HEPATIC	Ceai de fructe 250ml, Unt10g cas 100g ou fiert,chifle 1 buc (60g)	Mar 140g	Supa poloneza 300ml,pulpe superioare la tava 110g Cartofi la cuptor 250g Chifle 1 buc (60g)produs congelat(carne de pasare)	Mar 140g	Mamaliga cu branza 200g,ceai de fructe 250ml,cascaval 100g chifla 1 buc (60g)	
R3 ULCER	Lapte 250ml,unt 10g,,cas 100g, ou fiert,chifle 1 buc (60g)		Supa poloneza 300ml,pulpe superioare la tava 110g Cartofi la cuptor 250g Chifle 1 buc (60g)produs congelat(carne de pasare)		Sote legume 250g,pulpe superioare la tava 110g, ceai de fructe 250ml,chifla 1 buc (60g)	
R6 RENAL	Ceai de fructe 250ml,unt 10g,gem 20g cas 100g .chifle 1 buc (60g)		Supa poloneza 300ml, Cartofi la cuptor 250g Chifle 1 buc (60g)		Mamaliga cu branza 200g,ceai de fructe 250ml,	
R9 COLITA	Ceai de fructe 250ml,unt10g, Br.top 2b , cas100g,chifle 1 buc (60g)		Supa poloneza 300ml,pulpe superioare la tava 110g Cartofi la cuptor 250g Chifle 1 buc (60g)produs congelat(carne de pasare)		Sote legume 250g,pulpe superioare la tava 110g, ceai de fructe 250ml,chifla 1 buc (60g)	
R8 HIPOCALOR IC	Lapte 250ml, unt 10g cas 100g, ou fiert chifla 1 buc (60g)	Mar 150g	Supa poloneza 300ml,pulpe superioare la tava 110g Cartofi la cuptor 250g Chifle 1 buc (60g)produs congelat(carne de pasare)	Mar 160g	Mamaliga cu branza 200g,ceai de fructe 250ml,	
R FARA SARE	Ceai de fructe 250ml, Unt10g, cas 100g ,gem 20g Ou fiert Chifle 1buc (60g)		Supa poloneza 300ml,pulpe superioare la tava 110g Cartofi la cuptor 250g Chifle 1 buc (60g)produs congelat(carne de pasare)	Placinta cu mere	Mamaliga cu branza 200g,ceai de fructe 250ml,	
R7 180HC	Lapte 250ml, unt 10g, cas 100g,ou fiert,maseline 60g Chifle 1buc(60g)	Mar 150g	Ciorba taraneasca 300ml, pilaf cu legume 250g,pulpe superioare la tava 110g,salata varza as.150g Chifle 1 buc (60g)produs congelat_(carne de pasare,)	Mar 160g	Mamaliga cu branza 200g,ceai de fructe 250ml,cascaval 100g chifla 1 buc (60g)	
R7 200HC	Lapte 250ml, unt 10g, cas 100g,ou fiert,maseline 60g Chifle 1buc(60g)	Mar 150g	Ciorba taraneasca 300ml, pilaf cu legume 250g,pulpe superioare la tava 110g,salata varza as.150g Chifle 1 buc (60g)produs congelat_(carne de pasare,)	Mar 160g	Mamaliga cu branza 200g,ceai de fructe 250ml,cascaval 100g chifla 1 buc (60g)	Cas 100g,

R7 INSULINA	Lapte 250ml, unt 10g, cas 100g,ou fiert,masline 60g Chifle 1buc(60g)	Mar 150g	Ciorba taraneasca 300ml, pilaf cu legume 250g,pulpe superioare la tava 110g,salata varza as.150g Chifle 1 buc (60g)produs congelat_(carne de pasare,)	Mar 160g	Mamaliga cu branza 200g,ceai de fructe 250ml,cascaval 100g chifla 1 buc (60g)	Cas 100g
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