MARTI 03.11.2026 SEDIUL OTOPENI		**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA 21**
R5 COMUN	Ceai 300 ml, Unt10g, cascaval 100g ,sunca presata 100g ,Chifle 2 buc (120 g)		Ciorba taraneasca 300ml, Pulpe inferioare 100g,pilaf sarbesc250g,salata sfecla rosie 100g, Chifle 2 buc(120 g) Produs congelat (carne pasare)	Eugenia 1 buc	Iaurt 200 ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	
R4 HEPATIC	Lapte 250 ml, Unt10g ,Cascaval 100g, gem 20g , cas 100g, Chifle 2 buc (120 g)	Mar copt 140g	Supa de legume 300ml, Pilaf dietetic 250g, Pulpe inferioare 180g , salata sfecla rosie 100g , Chifle 2 buc(120 g) Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200 ml, Budinca paste cu branza de vaci 300g, cascaval 100g, Chifle 1 buc (60g)	
R3 ULCER	Lapte 250ml,Unt10g, Cascaval 100g , sunca presata 100g, Chifle 2 buc (120 g)		Supa de legume 300ml, Pilaf dietetic 250g, Pulpe inferioare 100g , salata sfecla rosie 100g, Chifle 2 buc(120 g) Produs congelat (carne pasare)	Eugenia 1buc	Iaurt 200 ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	
R6 RENAL	Ceai 300 ml ,Unt10g,br vaci 70g ,cas100g, Chifle 2 buc (120 g),		Supa de legume 300ml, Pilaf dietetic 250g, Pulpe inferioare 100g , salata sfecla rosie 100g, Chifle 2 buc(120 g) Produs congelat (carne pasare)	Eugenia 1 buc	Iaurt 200ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	
R9 COLITA	Ceai 300 ml , unt10g Cas 100 g,Br.vaci 70g,cascaval 100g, Chifle 2 buc (120 g)		Supa de legume 300ml, Pilaf dietetic 250g, Pulpe inferioare 100g , salata sfecla rosie 100g,Chifle 120g Produs congelat (carne pasare)	Eugenia 1 buc	Iaurt 200 ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	
R8 HIPOCALORIC	Lapte 250ml ,sunca presata 100g ,cas 100g , Chifle 1 buc (60g)	Mar 150g	Supa de legume 300ml, Salata sfecla rosie 200g , Pulpe inferioare 180g, Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml,salata de legume 200g,pulpe superioare 100g , Produs congelat (carne pasare)	
HIPOSODAT	Ceai 300ml ,Unt10g, ,sunca presata 100g Cascaval 100g , Chifle 2 buc (120 g)		Ciorba taraneasca 300ml, Pulpe inferioare 100g , pilaf sarbesc250g 250g,salata sfecla rosie 100g, Chifle 2 buc(120 g) Produs congelat (carne pasare)	Eugenia 1buc	Iaurt 200ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	
R7 180HC	Lapte 250ml ,unt10g, Cascaval 100g ,masline 50g, sunca presata 100g , Chifle 1 buc (60g)	Mar 150g	Ciorba taraneasca 300ml, Pulpe inferioare 180g , pilaf sarbesc250g 150g,salata asortata 100g ,Chifle 1 buc (60 g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml,Budinca paste cu branza de vaci 150g, cascaval 100g	

R7 200HC	Lapte 250ml,unt10g, Cascaval 100g,masline 50g, sunca presata 100g , Chifle 1 buc (60g)	Mar 150g	Ciorba taraneasca 300ml Pulpe inferioare 180g , pilaf sarbesc250g 150g,salata asortata 100g, Chifle 1 buc (60 g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml, Budinca paste cu branza de vaci 150g, cascaval 100, Chifle 1 buc (60g)	casca val 50g
R7 INSULINA	Lapte 250 ml,unt10g, Cascaval 100g ,masline 50g, sunca presata 100g , Chifle 1 buc (60g)	Mar 150g	Ciorba taraneasca 300 ml Pulpe inferioare 180g , pilaf sarbesc250g 150g,salata asortata 100g , Chifle 1 buc (60 g) Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml,Budinca paste cu br vaci 150g, cascaval 100g , Chifle 1 buc (60g)	
POST	Ceai 300ml ,cartofi copti 200g ,gem 20g ,masline 50g , Chifle 2 buc(120 g)	Mar 150g	Ciorba taraneasca 300 ml, pilaf sarbesc250g 250g,salata sfecla rosie 100g, Chifle 2 buc (120 g)	Mar 150g	Paste cu sos tomat 250g , Chifle 1 buc(60g),mar	
MEDIC GARDA	Ceai 300 ml, Unt10g, cascaval 50g ,sunca presata 100g ,masline 50g,,Chifle 2 buc (120 g)		Ciorba taraneasca 300 ml Pulpe inferioare 100g , pilaf sarbesc250g 150g,salata asortata 100g, Chifle 1 buc (60 g) Produs congelat (carne pasare)	Eugenia 1 buc	Iaurt 200 ml. Budinca paste cu branza de vaci 300g, Chifle 1 buc (60g)	