

| <b>MARTI<br/>06.10.2026<br/>SEDIUL<br/>OTOPENI</b> |                                                                                            | <b>ORA<br/>10</b>   | <b>PRANZ</b>                                                                                                                                                         | <b>ORA 16</b>    | <b>CINA</b>                                                                                       | <b>ORA<br/>21</b> |
|----------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------------------|-------------------|
| R5 COMUN                                           | Ceai 300 ml,<br>Unt10g, cascaval<br>100g ,sunca presata<br>100g ,Chifle 2 buc<br>(120 g )  |                     | Ciorba taraneasca 300ml,<br>Pulpe inferioare 100g,pilaf<br>sarbesc250g,salata sfecla<br>rosie 100g, Chifle 2 buc(120<br>g ) Produs congelat (carne<br>pasare)        | Eugenia<br>1 buc | Iaurt 200 ml. Budinca<br>paste cu branza de vaci<br>300g,<br>Chifle 1 buc ( 60g )                 |                   |
| R4 HEPATIC                                         | Lapte 250 ml,<br>Unt10g ,Cascaval<br>100g, gem 20g , cas<br>100g, Chifle 2 buc<br>(120 g ) | Mar<br>copt<br>140g | Supa de legume 300ml,<br>Pilaf dietetic 250g, Pulpe<br>inferioare 180g , salata sfecla<br>rosie 100g , Chifle 2 buc(120<br>g ) Produs congelat (carne<br>pasare)     | Mar copt<br>140g | Iaurt 200 ml, Budinca<br>paste cu branza de vaci<br>300g, cascaval 100g,<br>Chifle 1 buc ( 60g )  |                   |
| R3 ULCER                                           | Lapte 250ml,Unt10g,<br>Cascaval 100g ,<br>sunca presata 100g,<br>Chifle 2 buc (120 g )     |                     | Supa de legume 300ml,<br>Pilaf dietetic 250g, Pulpe<br>inferioare 100g , salata sfecla<br>rosie 100g, Chifle 2 buc(120<br>g ) Produs congelat (carne<br>pasare)      | Eugenia<br>1buc  | Iaurt 200 ml. Budinca<br>paste cu branza de vaci<br>300g,<br>Chifle 1 buc ( 60g )                 |                   |
| R6 RENAL                                           | Ceai 300 ml<br>,Unt10g,br vaci 70g<br>,cas100g,gem20g,<br>Chifle 2 buc (120 g<br>) ,       |                     | Supa de legume 300ml,<br>Pilaf dietetic 250g, Pulpe<br>inferioare 100g , salata sfecla<br>rosie 100g, Chifle 2 buc(120<br>g ) Produs congelat (carne<br>pasare)      | Eugenia<br>1 buc | Iaurt 200ml. Budinca paste<br>cu branza de vaci 300g,<br>Chifle 1 buc ( 60g )                     |                   |
| R9 COLITA                                          | Ceai 300 ml , unt10g<br>Cas 100 g,Br.vaci<br>70g,cascaval 100g,<br>Chifle 2 buc (120 g )   |                     | Supa de legume 300ml,<br>Pilaf dietetic 250g, Pulpe<br>inferioare 100g , salata sfecla<br>rosie 100g,Chifle 120g Produs<br>congelat (carne pasare)                   | Eugenia<br>1 buc | Iaurt 200 ml. Budinca<br>paste cu branza de vaci<br>300g,<br>Chifle 1 buc ( 60g )                 |                   |
| R8<br>HIPOCALORIC                                  | Lapte 250ml ,sunca<br>presata 100g ,cas<br>100g ,<br>Chifle 1 buc ( 60g )                  | Mar<br>150g         | Supa de legume 300ml,<br>Salata sfecla rosie 200g ,<br>Pulpe inferioare 180g, Produs<br>congelat (carne pasare)                                                      | Mar 150g         | Iaurt 200ml,salata de<br>legume 200g,pulpe<br>superioare 100g , Produs<br>congelat (carne pasare) |                   |
| HIPOSODAT                                          | Ceai 300ml ,Unt10g,<br>,sunca presata 100g<br>Cascaval 100g ,<br>Chifle 2 buc (120 g )     |                     | Ciorba taraneasca 300ml,<br>Pulpe inferioare 100g , pilaf<br>sarbesc250g 250g,salata sfecla<br>rosie 100g, Chifle 2 buc(120<br>g ) Produs congelat (carne<br>pasare) | Eugenia<br>1buc  | Iaurt 200ml. Budinca paste<br>cu branza de vaci 300g,<br>Chifle 1 buc ( 60g )                     |                   |
| R7 180HC                                           | Lapte 250ml ,unt10g,<br>Cascaval 100g<br>sunca presata 100g ,<br>Chifle 1 buc ( 60g )      | Mar<br>150g         | Ciorba taraneasca 300ml,<br>Pulpe inferioare 180g , pilaf<br>sarbesc250g 150g,salata<br>asortata 100g ,Chifle 1 buc<br>(60 g ) Produs congelat (carne<br>pasare)     | Mar 150g         | Iaurt 200ml,Budinca paste<br>cu branza de vaci 150g,<br>cascaval 100g                             |                   |

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

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