

MARTI 12.05. 2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml, Unt10g,gem 20g ,sunca presata100g, cascaval 50g chifle 2 buc (120g )		Ciorba taraneasca 300 ml Mancare fasole verde 200g, pulpe superioare 100g , chifle 2 buc (120g )Produs congelat (carne pasare )	Eugenia	Musaca de cartofi 300g, salata asortata 100g ,iaurt 200 ml, chifle 1buc (60g )Produs congelat (carne porc )	
R4 HEPATIC	Lapte 250 ml,Unt10g Gem 20g,sunca presata 100g, cas 100g , chifle 2 buc (120g )	Mar copt 140g	Supa de legume 300 ml, Sote legume 250g, pulpe superioare100g , chifle 2 buc (120g )Produs congelat (carne pasare )	Mar Copt 140g	Musaca de cartofi 300g , ,iaurt 200ml , salata verde 100g, chifle 1buc (60g ) Produs congelat (carne porc )	
R3 ULCER	Lapte 250 ml,unt10g ,cascaval 100g, sunca presata 100g, chifle 2 buc (120g )		Supa de legume 300 ml , Sote legume 250g, pulpe superioare100g , chifle 2 buc (120g )Produs congelat (carne pasare )	Eugenia	Musaca de cartofi 300g, iaurt 200ml, salata verde 100g , chifle 1buc (60g ) Produs congelat (carne porc )	
R6 RENAL	Ceai 300 ml, unt 10g cas 100g,gem 20g, branza vaci 70g , chifle 2 buc (120g )	Mar 150g	Supa de legume 300 ml , Sote legume 250g, pulpe superioare100g , chifle 2 buc (120g )Produs congelat (carne pasare )	Eugenia	Musaca de cartofi 300g ,iaurt 200ml, salata verde 100g , chifle 1buc (60g ) Produs congelat (carne porc )	
R9 COLITA	Ceai 300 ml,unt 10g Cas100g,cascaval 100g, chifle 2 buc (120g )		Supa de legume 300 ml , sote legume 250g pulpe superioare 100g, chifle 2 buc (120g )Produs congelat (carne pasare )	Eugenia	Sote morcov 250g , piept de pui100g ,iaurt 200ml, chifle 1buc (60g ) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte250 ml,sunca presata 100g , cas 100g, chifle 1buc (60g )	Mar 150g	Supa de legume 300 ml, Sote fasole verde 200g,pulpe superioare 100g, Produs congelat (carne pasare )	Mar 150g	Salata asortata 150g ,piept de pui 100g ,iaurt200ml Produs congelat (carne pasare)	
HIPOSODAT	Ceai 300 ml,unt10g, gem 20g ,sunca presata 100g, cascaval 50g chifle 2 buc (120g )		Ciorba taraneasca 300 ml ,Mancare fasole verde200g, pulpe superioare100g , chifle 2 buc (120g )Produs congelat (carne pasare )	Eugenia	Musaca de cartofi 300g, salata asortata 100g ,iaurt 200ml, chifle 1buc (60g ) Produs congelat (carne porc )	
R7 180HC	Lapte 250 ml,unt10g, ,cascaval 100 g, sunca presata100g , chifle 1buc (60g )	Mar 150g	Ciorba taraneasca 300 ml , Mancare fasole verde200g, pulpe superioare 100g , chifle 1buc (60g )Produs congelat (carne pasare )	Mar 150g	Musaca de cartofi 300g , salata asortata 100g , iaurt 200ml , chifle 1buc (60g ) Produs congelat (carne porc )	

R7 200HC	Lapte 250 ml, unt 10g, , cascaval 100 g, sunca presata 100g, chifle 1 buc (60g )	Mar 150g	Ciorba taraneasca 300 ml, Mancare fasole verde 200g, pulpe superioare 100g, chifle 1 buc (60g ) Produs congelat (carne pasare )	Mar 150g	Musaca de cartofi 300g, salata asortata 100g , iaurt 200ml , chifle 1 buc (60g ) Produs congelat (carne porc )	
R7 INSULINA	Lapte 250 ml, unt 10g, , cascaval 100g, sunca presata 100g, chifle 1 buc (60g )	Mar 150g	Ciorba taraneasca 300 ml, Mancare fasole verde 200g, pulpe superioare 100g, chifle 1 buc (60g ) Produs congelat (carne pasare )	Mar 150g	Musaca de cartofi 300g, , iaurt 200ml, salata asortata 100g , chifle 1 buc (60g ) Produs congelat (carne porc )	Casca val 50 g
POST	Ceai 300 ml , masline 50g, gem 20g, cartofi natur 100g , chifle 2 buc (120g )	Mar 150g	Ciorba taraneasca 300 ml , Mancare fasole verde 200g, chifle 2 buc (120g )	Mar 150g	Cartofi la cuptor 250g , salata asortata 100g , mar 150g , chifle 1 buc (60g )	
MEDIC GARDA	Ceai 300 ml, Unt 10g, gem 20g , sunca presata 100g, cascaval 50g , chifle 2 buc (120g )		Ciorba taraneasca 300 ml Mancare fasole verde 200g, pulpe superioare 100g , chifle 2 buc (120g ) Produs congelat (carne pasare )	Eugenia	Musaca de cartofi 300g, salata asortata 100g , iaurt 200 ml, chifle 1 buc (60g ) Produs congelat (carne porc )	