MARTI 27.10. 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 200ml, 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 , iaurt 200ml 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	Lapte250 ml,unt 10g, ,cascaval 100 g, sunca presata 100g, 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 INSULINA	Lapte 250 ml,unt10g, ,cascaval 100g, sunca presata 100g, chifle 1buc (60g)	Mar 150g	Ciorba taraneasca300 ml, Mancare fasole verde200g, pulpe super 100g, chifle 1buc (60g)Produs congelat (carne pasare)	Mar 150g	Musaca de cartofi 300g, iaurt 200ml , salata asortata 100g , chifle 1buc (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 taraneasca300 ml , Mancare fasole verde200g, chifle 2 buc (120g)	Mar 150g	Cartofi la cuptor 250g , salata asortata 100g , chifle 1buc (60g)	
MEDIC GARDA	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 200ml, chifle 1buc (60g) Produs congelat (carne porc)	