

| MARTI<br>29.09. 2026<br>SEDIUL<br>OTOPENI | MIC DEJUN                                                                                      | ORA<br>10           | PRANZ                                                                                                                                       | ORA 16           | CINA                                                                                                                       | ORA<br>21 |
|-------------------------------------------|------------------------------------------------------------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------------------------------------------------------------------------------------------------------------------|-----------|
| R5 COMUN                                  | Ceai 300 ml,<br>Unt10g,gem 20g<br>,sunca presata100g,<br>cascaval 50g chifle<br>2 buc (120g )  |                     | Ciorba taraneasca 300 ml<br>Mancare fasole verde 200g,<br>pulpe superioare 100g ,<br>chifle 2 buc (120g )Produs<br>congelat (carne pasare ) | Eugenia          | Musaca de cartofi 300g,<br>salata asortata 100g , iaurt<br>200ml, chifle 1buc (60g<br>)Produs congelat (carne<br>porc )    |           |
| R4 HEPATIC                                | Lapte 250 ml,Unt10g<br>Gem 20g,sunca<br>presata 100g, cas<br>100g , chifle 2 buc<br>(120g )    | Mar<br>copt<br>140g | Supa de legume 300 ml, Sote<br>legume 250g, pulpe<br>superioare100g , chifle 2 buc<br>(120g )Produs congelat (carne<br>pasare )             | Mar Copt<br>140g | Musaca de cartofi 300g ,<br>iaurt 200 ml , salata verde<br>100g, chifle 1buc<br>(60g ) Produs congelat<br>(carne porc )    |           |
| R3 ULCER                                  | Lapte 250 ml,unt10g<br>,cascaval 100g,<br>sunca presata 100g,<br>chifle 2 buc (120g )          |                     | Supa de legume 300 ml ,<br>Sote legume 250g, pulpe<br>superioare100g , chifle 2 buc<br>(120g )Produs congelat (carne<br>pasare )            | Eugenia          | Musaca de cartofi 300g,<br>iaurt 200 ml , salata verde<br>100g , chifle 1buc (60g )<br>Produs congelat (carne<br>porc )    |           |
| R6 RENAL                                  | Ceai 300 ml, unt 10g<br>cas 100g,gem 20g,<br>branza vaci 70g ,<br>chifle 2 buc (120g )         | Mar<br>150g         | Supa de legume 300 ml ,<br>Sote legume 250g, pulpe<br>superioare100g , chifle 2 buc<br>(120g )Produs congelat (carne<br>pasare )            | Eugenia          | Musaca de cartofi 300g ,<br>iaurt 200 ml , salata<br>verde 100g , chifle 1buc<br>(60g ) Produs congelat<br>(carne porc )   |           |
| R9 COLITA                                 | Ceai 300 ml,unt 10g<br>Cas100g,cascaval<br>100g, chifle 2 buc<br>(120g )                       |                     | Supa de legume 300 ml , sote<br>legume 250g pulpe superioare<br>100g, chifle 2 buc (120g<br>)Produs congelat (carne pasare<br>)             | Eugenia          | Sote morcov 250g , piept<br>de pui100g , iaurt 200 ml ,<br>chifle 1buc (60g ) Produs<br>congelat (carne pasare)            |           |
| R8<br>HIPOCALORIC                         | Lapte250 ml,sunca<br>presata 100g ,<br>cas 100g, chifle 1buc<br>(60g )                         | Mar<br>150g         | Supa de legume 300 ml, Sote<br>fasole verde 200g,pulpe<br>superioare 100g, Produs<br>congelat (carne pasare )                               | Mar 150g         | Salata asortata 150g ,piept<br>de pui 100g , iaurt 200 ml<br>Produs congelat (carne<br>pasare)                             |           |
| HIPOSODAT                                 | Ceai 300 ml,unt10g,<br>gem 20g ,sunca<br>presata 100g,<br>cascaval 50g chifle 2<br>buc (120g ) |                     | Ciorba taraneasca 300 ml<br>,Mancare fasole verde200g,<br>pulpe superioare100g ,<br>chifle 2 buc (120g )Produs<br>congelat (carne pasare )  | Eugenia          | Musaca de cartofi 300g,<br>salata asortata 100g ,iaurt<br>200 ml , chifle 1buc (60g<br>Produs congelat (carne<br>porc )    |           |
| R7 180HC                                  | Lapte 250 ml,unt10g,<br>,cascaval 100 g,<br>sunca presata100g ,<br>chifle 1buc (60g )          | Mar<br>150g         | Ciorba taraneasca 300 ml ,<br>Mancare fasole verde200g,<br>pulpe superioare 100g , chifle<br>1buc (60g )Produs congelat<br>(carne pasare )  | Mar 150g         | Musaca de cartofi 300g ,<br>salata asortata 100g ,iaurt<br>200 ml , chifle 1buc<br>(60g ) Produs congelat<br>(carne porc ) |           |

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

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