

| MARTI 09 .12. 2025 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 2 buc | 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 ,salata verde 100g ,iaurt 200ml , 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 2 buc | 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 2 buc | Musaca de cartofi 300g Salata asortata 100g ,iaurt 200ml, 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) | Eugenia2 buc | Paste cu condimente, 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 2 buc | 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 ,branza vaci 70g , 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) | |

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| R7 200HC | Lapte 250 ml, unt 10g, , cascaval 100 g, , sunca presata 100g, , branza vaci 70g , , 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, , branza vaci 70g , , 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 2 buc | Musaca de cartofi 300g, salata asortata 100g , iaurt 200 ml, chifle 1 buc (60g) Produs congelat (carne porc) | |