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| MIERCURI<br>15.07.2026<br>Sediu Central | MIC DEJUN                                                                       | ORA<br>10   | PRANZ                                                                                                                                                                | ORA 16    | CINA                                                                             | ORA<br>21   |
| MEDIC GARDA                             | Ceai de fructe 250ml,<br>Unt10g ,br.top 2b<br>crenwusti 2b chifla 1<br>buc(60g) |             | Ciorba de porc 300ml,<br>Pulpe superioare la tava 110g,Pilaf cu<br>legume 200g ,salata as de varza chifla<br>1 buc produs congelat(carne de<br>pasare,carne de porc) | prajitura | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R5 COMUN                                | Ceai de fructe 250ml,<br>Unt10g ,br.top 2b<br>crenwusti 2b chifla 1<br>buc(60g) |             | Ciorba de porc 300ml,<br>Pulpe superioare la tava 110g,Pilaf cu<br>legume 200g ,salata as de varza chifla<br>1 buc produs congelat(carne de<br>pasare,carne de porc) | prajitura | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R4 HEPATIC                              | Ceai de fructe250ml,<br>Unt10g,br.top 2b<br>Gem 20g<br>Chifla 1 buc (60g)       | Mar<br>140g | Supa cu fidea 300ml,<br>Pulpe superioare la tava 110g, pilaf<br>cu legume 200g Chifla 1 buc,produs<br>congelat (carne de pasare)                                     | Mar 140g  | Salata orientala 200g compot<br>asortat 250ml, cascaval 100g chifla<br>60g 1 buc |             |
| R3 ULCER                                | Lapte 250ml,ou fiert<br>Unt10g, cas 100g<br>Chifla 1 buc (60g)                  |             | Supa cu fidea 300ml,<br>Pulpe superioare la tava 110g, pilaf<br>cu legume 200g Chifla 1 buc,produs<br>congelat (carne de pasare)                                     |           | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R6 RENAL                                | Ceai de fructe 250ml,unt<br>10g, ou fiert<br>chifla 1 buc (60g)                 |             | Supa cu fidea 300ml,<br>Pilaf cu legume 200g Chifla 1<br>buc,produs congelat (carne de pasare)                                                                       |           | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R9 COLITA                               | Ceai de fructe 250ml,<br>unt 10g, cas100g, ou fiert<br>chifla 1 buc             |             | Supa cu fidea 300ml,<br>Pulpe superioare la tava 110g, pilaf<br>cu legume 200g Chifla 1 buc,produs<br>congelat (carne de pasare)                                     |           | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R8<br>HIPOCALORIC                       | Lapte250ml,unt 10g<br>cas100g,,br topita 2b<br>Chifla 1 buc (60g)               | Mar<br>140g | Supa cu fidea 300ml,<br>Pulpe superioare la tava 110g, pilaf<br>cu legume 200g Chifla 1 buc,produs<br>congelat (carne de pasare)                                     | Mar 140g  | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R FARA SARE                             | Ceai de fructe 250ml,<br>Unt10g , ou fiert<br>Cas 100g,<br>Chifla 1 buc         |             | Supa cu fidea 300ml,<br>Pulpe superioare la tava 110g, pilaf<br>cu legume 200g Chifla 1 buc,produs<br>congelat (carne de pasare)                                     | prajitura | Salata orientala 200g compot<br>asortat 250ml, chifla 60g 1 buc                  |             |
| R7 180HC                                | Lapte250ml ,unt10g,<br>Cas 100g,,ou fiert ,br<br>topita 2b,chifla 1 buc         | Mar<br>140g | Ciorba de porc 300ml,<br>Pulpe superioare la tava 110g,Pilaf cu<br>legume 200g ,salata as de varza,chifla<br>1 buc produs congelat(carne de<br>pasare,carne de porc) | Mar 140g  | Salata orientala 200g compot<br>asortat 250ml, cascaval 100g chifla<br>60g 1 buc |             |
| R7 200HC                                | Lapte250ml ,unt10g,<br>Cas 100g,,ou fiert ,br<br>topita 2b,chifla 1 buc         | Mar<br>140g | Ciorba de porc 300ml,<br>Pulpe superioare la tava 110g,Pilaf cu<br>legume 200g ,salata as de varza,chifla 1<br>buc produs congelat(carne de<br>pasare,carne de porc) | Mar 140g  | Salata orientala 200g compot<br>asortat 250ml, cascaval 100g chifla<br>60g 1 buc | Cas<br>100g |
| R7 INSULINA                             | Lapte250ml ,unt10g,<br>Cas 100g,,ou fiert ,br<br>topita 2b,chifla 1 buc         | Mar<br>140g | Ciorba de porc 300ml,<br>Pulpe superioare la tava 110g,Pilaf cu<br>legume 200g ,salata as de varza,chifla<br>1 buc produs congelat(carne de<br>pasare,carne de porc) | Mar 140g  | Salata orientala 200g compot<br>asortat 250ml, cascaval 100g chifla<br>60g 1 buc |             |