

Miercuri 17.06.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai 300 ml, Unt10g , branza topita 2 buc, crenwursti 100g , Chifle 2 buc (120g)		Ciorba a la greque 300 ml, parjoale100g,piure de cartofi 250g,salata asortata 100g , Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150 g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	
R4 HEPATIC	Lapte 250 ml , Unt 10g,gem 20g , crenwursti100g, branza topita 2 buc, Chifle 2 buc (120g)	Mar copt 140g	Supa cu orez 300 ml,Piure de cartofi 250g,parjoale100g salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat(carne porc )	Mar copt 140g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	
R3 ULCER	Lapte 250 ml, ,Unt10g,branza topita 2 buc , crenwursti 100g Chifle 2 buc (120g)		Supa cu orez 300 ml,Piure de cartofi250g,parjoale100g, salata sfecla rosie 100g , Chifle 2 buc (120g)) Produs congelat(carne porc )	Mar copt 140g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	
R6 RENAL	Ceai 300 ml, unt 10g ,branza topita 2 buc ,branza de vaci 70g, Chifle 2 buc (120g)		Supa cu orez 300ml,Piure de cartofi 250g, parjoale100g,salata sfecla rosie 100g , Chifle 2 buc (120g) Produs congelat(carne porc )	Mar copt 140g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g	
R9 COLITA	Ceai 300 ml,unt 10g , Branza topita 2 buc ,Branza de vaci 70g , Chifle 2 buc (120g)		Supa cu orez 300 ml, sote de legume 250g, parjoale100g, Chifle 2 buc (120g) Produs congelat(carne porc )	Mar copt 140g	Iaurt 200ml,pilaf 250g, pulpe inferioare100g ,Chifle 1buc (60g) Produs congelat(carne de pasare )	
R8 HIPOCALOR IC	Lapte 250 ml ,branza de vaci 70g ,crenwursti100g Chifle 1buc (60g )		Supa cu orez 300ml,parjoale 100g ,sote de legume 250g Produs congelat(carne porc )	Mar 150g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g	
HIPOSODAT	Ceai300ml, Unt10g, br topita 2 buc ,crenwursti 100g , Chifle 2 buc (120g)		Supa cu orez 300ml, Piure de cartofi 250g, parjoale100g,salata asortata 100g , Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150g	Iaurt 200ml ,mamaliga 200g,braza de vaci ,smantana100/20g cascaval 50g	
R7 180HC	Lapte 250ml,unt10g, branza topita 2 buc ,cascaval 50g, crenwursti100g , Chifle 1buc (60g )	Mar 150g	Ciorba a la greque 300ml, parjoale100g, piure de cartofi 150g,salata asortata 100g, Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	

R7 200HC	Lapte 250ml unt10g ,branza topita 2 buc ,cascaval 50g, crenwursti100g , Chifle 1buc (60g )	Mar 150g	Ciorba a la greque 300ml, parjoale100g, piure de cartofi 150g,salata asortata 100g, Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150g	Iaurt200ml.mamaliga,200g, braza de vaci si smantana 100/20g,cascaval 50g	
R7 INSULINA	Lapte250ml ,unt10g, branza topita 2 buc, cascaval 50 g ,crenwursti100g , Chifle 1buc (60g )	Mar 150g	Ciorba a la greque 300ml, parjoale100g, piure de cartofi 150g,salata asortata 100g, Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	Branza topita 2b, chifla 1 buc (60g)
POST	Ceai 300ml,gem 20g ,masline 50g ,salata , Chifle 2 buc (120g)	Mar 150g	Supa de leg cu orez 300ml,piure de cartofi 250g ,salata asortata 100g , Chifle 2 buc (120g)	Mar 150g	Pilaf cu legume 250g ,salata verde 100g , Chifle 1buc (60g ),mar	
MEDIC GARDA	Ceai 300 ml, Unt10g, branza topita 2 buc, crenwursti 100g , Chifle 2 buc (120g)		Ciorba a la greque 300ml, parjoale100g,piure de cartofi 250g,salata asortata 100g , Chifle 2 buc (120g) Produs congelat(carne porc )	Mar 150 g	Iaurt 200ml.mamaliga 200g,braza de vaci si smantana 100/20g,cascaval 50g	