Miercuri 21.10.2026 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 HIPOCALORIC	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,gem 20g 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	