Vineri 16.10.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA21**
R5 COMUN	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei umplut cu branza vaci 150g , chifle 2 buc (120g)		Ciorba de pui 300ml, mancare de mazare 200g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g, chifle 1 buc (60g)	
R4 HEPATIC	Lapte 250 ml, Unt10g ,masline 50g, gem 40g,ardei umplut cu branza vaci 150g, chifle 2 buc (120g)	Mar copt 140g	Supa de pui 300ml, Sote de fasole verde 200g , pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Mar copt 140g	Iaurt 200ml,Budinca de paste cu branza 300g,cascaval 50g, chifle 1 buc (60g)	
R3 ULCER	Lapte 250 ml,unt10g Ou fiert,masline 50g cas 100g , chifle 2 buc (120g)		Supa de pui 300ml, Sote de fasole verde 200g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R6 RENAL	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei umplut cu branza vaci 150g, chifle 2 buc (120g)		Supa de pui 300ml, Sote de fasole verde 200g , pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g))	
R9 COLITA	Ceai 300 ml,unt 10g, ou fiert, cas100g, ,chifle 2 buc (120g)		Supa de pui 300ml, Sote de legume 200g , pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R8 HIPOCALORIC	Lapte 250 ml ,Ou fiert, Masline 50g,ardei umplut cu branza vaci 150g, chifle 1buc (60g)	Mar 150g	Supa de pui 300ml , pulpe superioare 100g , mancare de mazare 200g, Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml. Sufleu de legume 250g	
HIPOSODAT	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei umplut cu branza vaci 150g, chifle 2 buc (120g)		Supa de pui 300ml , mancare de mazare 200g, pulpe superioare 100g, chifle 2 buc (120g)Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R7 180HC	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g ,ardei umplut cu branza vaci 150g, chifle 1buc (60g)	Mar 150g	Ciorba de pui 300ml, mancare de mazare 200g ,pulpe superioare 100g, chifle 1 buc (60g), Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	
R7 200HC	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g ,ardei umplut cu branza vaci 150g, chifle 1buc (60g)	Mar 150g	Ciorba de pui 300ml, mancare de mazare 200g ,pulpe superioare 100g,chifle 1 buc (60g)Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	

R7 INSULINA	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g ,ardei umplut cu branza vaci 150g, chifle 1buc (60g)	Mar 150g	Ciorba de pui 300ml, mancare de mazare 200g ,pulpe superioare 100g, chifle 1 buc (60g)Produs congelat (carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	Branza topita 2b, chifle 1 (60g)
POST	Ceai 300 ml,masline 50g ,sote de legume , chifle 2 buc (120g)	Mar 150g	Ciorba de legume 300ml, mancare de mazare 200g chifle 2 buc (120g)	Mar 150g	Paste cu sos tomat 250 g , chifle 1 buc (60g)mar 150g	
MEDIC GARDA	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei umplut cu branza vaci 150g, chifle 2 buc (120g)		Ciorba de pui 300ml, mancare de mazare 200g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g, chifle 1 buc (60g)	