

<b>Vineri 20.03.2026 SEDIUL OTOPENI</b>	<b>MIC DEJUN</b>	<b>ORA 10</b>	<b>PRANZ</b>	<b>ORA 16</b>	<b>CINA</b>	<b>ORA21</b>
R5 COMUN	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,cas 100g , 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, cas 100g ,ou fiert , 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 , 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))	
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, cas 100g , Masline 50g, 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 ,cas 100g , 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 , cas 100g , 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 , cas 100g , 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 , cas 100g , 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 ,cas 100g , 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)	