Vineri 06.11.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA21**
R5 COMUN	Ceai 300 ml,Unt10g, crenwursti 100g ,branza de vaci 70g , gem 20g, ,Chifle 2 buc (120g)		Ciorba taraneasca 300ml , mancare de spanac 200g,ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml, Unt10g , branza de vaci 70g , crenwursti 100g , gem 20g, Chifle 2 buc (120g)	Mar copt 140g	Supa de legume 300ml, mancare de spanac 200g , ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Mar copt 140g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250ml, Unt10g , branza de vaci 70g , crenwursti100g, Chifle 2 buc (120g)		Supa de legume 300ml, mancare de spanac 200g , ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai300ml, Unt10g , branza de vaci 70g , crenwursti100g, Chifle 2 buc (120g)		Supa de legume 300ml, mancare de spanac 200g , ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai300ml,Unt10g, branza de vaci 70g ,crenwursti 100g , Chifle 2 buc (120g)		Supa de legume 300ml ,Pilaf dietetic 250g, ou romanesc 2 buc, Chifle 2 buc (120g)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g, pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250ml , crenwursti 100g, branza de vaci 70g Chifle 1 buc (60g)	Mar 150g	Supa de legume 300ml , mancare de spanac 200g, ou romanesc 2 buc, Produs congelat (spanac,)	Mar 150g	Iaurt 200ml. Salata de legume 250g, pulpe inferioare 180g Produs congelat (carne pasare)	
HIPOSODAT	Ceai300ml,Unt10g, crenwursti 100g , branza de vaci 70g , gem 20g Chifle 2 buc (120g)		Ciorba taraneasca 300ml , mancare de spanac 200g , ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g, pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 180HC	Lapte 250ml, Unt10g , branza de vaci 70g ,cascaval 50g ,crenwursti100g, Chifle 1 buc (60g)	Mar 150g	Ciorba taraneasca 300ml , mancare de spanac 200g , ou romanesc 2 buc, Chifle 1 buc (60g)Produs congelat (spanac,)	Mar150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	

R7 200HC	Lapte 250ml, Unt10g , branza de vaci 70g ,cascaval 50g ,crenwursti100g, Chifle 1 buc (60g)	Mar 150 g	Ciorba taraneasca 300ml mancare de spanac 200g ,ou romanesc 2 buc , Chifle 1 buc (60g)Produs congelat (spanac,)	Mar 150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte 250ml, Unt10g , branza de vaci 70g ,cascaval 50g ,crenwursti100g, Chifle 1 buc (60g)	Mar 150g	Ciorba taraneasca 300ml 300ml, mancare de spanac 200g , ou romanesc 2 buc, Chifle 1 buc (60g)Produs congelat (spanac,)	Mar 150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Branza topita 2b Chifle 1 buc (60g
POST	Ceai 300ml,salata de cruditati 250g ,masline 50g , Chifle 2 buc (120g)	Mar 150g	Ciorba taraneasca 300ml, mancare de spanac 200g , Chifle 2 buc (120g) Produs congelat (spanac,)	Mar 150g	Ghiveci de legume 250g , Chifle 1 buc (60g),mar	
MEDIC GARDA	Ceai 300 ml,Unt10g, crenwursti 100g , branza de vaci 70g , gem 20g ,Chifle 2 buc (120g)		Ciorba taraneasca 300ml , mancare de spanac 200g, ou romanesc 2 buc, Chifle 2 buc (120g)Produs congelat (spanac,)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	