

Vineri 19.06.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai 300 ml, Unt 10g, crenwursti 100g, branza de vaci 70g, castravete 50g, 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, Unt 10g, branza de vaci 70g, crenwursti 100g, castravete 50g, 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, Unt 10g, branza de vaci 70g, crenwursti 100g, cascaval 50g, 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	Ceai 300ml, Unt 10g, branza de vaci 70g, crenwursti 100g, castravete 50g, 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	Ceai 300ml, Unt 10g, branza de vaci 70g, cascaval 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, castravete 50g, 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	Ceai 300ml, Unt 10g, crenwursti 100g, branza de vaci 70g, castravete 50g, 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, Unt 10g, branza de vaci 70g, cascaval 50g, crenwursti 100g, castravete 50g, Chifle 1 buc (60g)	Mar 150g	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 200HC	Lapte 250ml, Unt10g , branza de vaci 70g ,cascaval 50g ,crenursti100g, castravete 50g, 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 ,crenursti100g,castrav ete 50g, 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, crenursti 100g , branza de vaci 70g , castravete 50g ,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)	