

| Vineri<br>21.11.2025<br>SEDIUL<br>OTOPENI | MIC DEJUN                                                                                              | ORA<br>10           | PRANZ                                                                                                                             | ORA 16            | CINA                                                                                                                            | ORA21 |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------------------------------------------------|-------|
| R5 COMUN                                  | Ceai 300 ml,Unt10g,<br>crenursti 100g ,branza<br>de vaci 70g , cascaval<br>50g ,Chifle 2 buc<br>(120g) |                     | Ciorba taraneasca 300ml ,<br>mancare de spanac 200g,ou<br>romanesc 2 buc, Chifle 2<br>buc (120g)Produs congelat (<br>spanac )     | Prajitura<br>100g | Iaurt 200ml.<br>Ghiveci de legume<br>250g , pulpe inferioare<br>100g , Chifle 1 buc<br>(60g) Produs congelat<br>(carne pasare ) |       |
| R4 HEPATIC                                | Lapte 250 ml, Unt10g ,<br>branza de vaci 70g ,<br>crenursti 100g , gem<br>20g,<br>Chifle 2 buc (120g)  | Mar<br>copt<br>140g | Supa de legume 300ml,<br>mancare de spanac 200g , ou<br>romanesc 2 buc ,Chifle 2 buc<br>(120g) Produs congelat<br>( spanac )      | Mar copt<br>140g  | Iaurt 200ml.<br>Ghiveci dietetic 250g ,<br>pulpe inferioare 100g ,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare )  |       |
| R3 ULCER                                  | Lapte 250ml, Unt10g ,<br>branza de vaci 70g ,<br>crenursti100g,<br>cascaval 50g<br>Chifle 2 buc (120g) |                     | Supa de legume 300ml,<br>mancare de spanac 200g , ou<br>romanesc 2 buc ,Chifle 2 buc<br>(120g) Produs congelat (<br>spanac)       | Prajitura<br>100g | Iaurt 200ml.<br>Ghiveci dietetic 250g ,<br>pulpe inferioare 100g ,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare )  |       |
| R6 RENAL                                  | Ceai300ml, Unt10g ,<br>branza de vaci 70g ,<br>crenursti100g,<br>cascaval 50g<br>Chifle 2 buc (120g)   |                     | Supa de legume 300ml,<br>mancare de spanac 200g ,ou<br>romanesc 2 buc,<br>Chifle 2 buc (120g) Produs<br>congelat ( spanac )       | Prajitura<br>100g | Iaurt 200ml.<br>Ghiveci dietetic 250g ,<br>pulpe inferioare 100g ,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare )  |       |
| R9 COLITA                                 | Ceai300ml,Unt10g,<br>branza de vaci 70g<br>,crenursti 100g ,<br>Chifle 2 buc (120g)                    |                     | Supa de legume 300ml ,Pilaf<br>dietetic 250g, pulpe<br>superioare100g,<br>Chifle 2 buc (120g) Produs<br>congelat ( carne pasare ) | Prajitura<br>100g | Iaurt 200ml.<br>Ghiveci dietetic 250g,<br>pulpe inferioare 100g ,<br>Chifle 1 buc (60g)<br>Produs congelat (carne<br>pasare )   |       |
| R8<br>HIPOCALOR<br>IC                     | Lapte 250ml ,<br>crenursti 100g,cas<br>100 g, branza de vaci<br>70g<br>Chifle 1 buc (60g)              | Mar<br>150g         | Supa de legume 300ml, ou<br>romanesc 2 buc , mancare de<br>spanac 200g Produs congelat<br>( spanac )                              | Mar 150g          | Iaurt 200ml.<br>Salata de legume 250g,<br>pulpe inferioare 180g<br>Produs congelat (carne<br>pasare )                           |       |
| HIPOSODAT                                 | Ceai300ml,Unt10g,<br>crenursti 100g ,<br>branza de vaci 70g<br>,cascaval 50g , Chifle<br>2 buc (120g)  |                     | Ciorba taraneasca 300ml ,<br>mancare de spanac 200g ,<br>ou romanesc 2 buc , Chifle 2<br>buc (120g) Produs congelat (<br>spanac ) | Prajitura<br>100g | Iaurt 200ml.<br>Ghiveci de legume<br>250g, pulpe inferioare<br>100g , Chifle 1 buc<br>(60g) Produs congelat<br>(carne pasare )  |       |
| R7 180HC                                  | Lapte 250ml, Unt10g ,<br>branza de vaci 70g<br>,cascaval 100g<br>,crenursti100g, Chifle<br>1 buc (60g) | Mar<br>150g         | Ciorba taraneasca 300ml ,<br>mancare de spanac 200g ,<br>ou romanesc 2 buc , Chifle 1<br>buc (60g) Produs congelat (<br>spanac )  | Mar150g           | Iaurt 200ml.<br>Ghiveci de legume<br>250g , pulpe inferioare<br>100g , Chifle 1 buc<br>(60g) Produs congelat<br>(carne pasare ) |       |

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