

Sambata 27.06.2026 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml, castraveti 50g ,Crenwursti100g, Cascaval 50g,unt10g Chifle 2 buc (120g)		Supa de zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g)Produs congelat (carne pasare)	Prajitura 100g	Compot 250ml ,salata orientala 300g ,pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml,castraveti 50g ,cas 100g unt 10 g, Crenwursti 100g, Chifle 2 buc (120g)	Mar copt 140g	Supa zarzavat cu zdrente ou 300 ml,Sote legume 250, Piept de pui100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar copt 140g	Compot 250ml ,salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Ceai 300 ml, Unt10g, Crenwursti100g, cascaval 50g, Chifle 2 buc (120g)		Supa zarzavat cu zdrente ou 300 ml,Sote legume 250, Piept de pui100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 250ml ,salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai 300 ml,Unt10g , Crenwursti100g, castraveti 50g, cas 100g, Chifle 2 buc (120g)		Supa zarzavat cu zdrente ou 300 ml,Sote legume 250, Piept de pui100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 250ml,salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai 300 ml,unt 10g , ,Cas 100g,cascaval 50g , Chifle 2 buc (120g)		Supa zarzavat cu zdrente ou 300 ml,Sote legume 250, Piept de pui100g, Chifle 1 buc (60g)	Prajitura 100g	Compot 250 ml ,salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250 ml , crenwursti 100g, cas 100g,castraveti 50g, Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu zdrente ou 300 ml,Tochitura de pui100g,mamaliga 200g Produs congelat (carne pasare)	Mar 150g	Compot 250 ml ,salata de legume 300g pulpe superioare 100 g,Produs congelat (carne pasare)g	
HIPOSODAT	Ceai 300 ml, unt 10g Crenwursti100g,castraveti 50g, Cascaval 50g, Chifle 2 buc (120g)		Supa de zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 250 ml ,salata orientala 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 180HC	Lapte 250 ml,unt10g, Crenwursti 100g,branza topita 2 buc , castraveti 50g, Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 250 ml ,salata orientala 300 g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	

R7 200HC	Lapte 250 ml,unt10g, Crenwursti 100g,branza topita 2 buc, castraveti 50g, Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 250 ml , ,salata orientala 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte 250 ml,unt10g, Crenwursti 100g,branza topita 2 buc, castraveti 50g, Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 250ml , ,salata orientala 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	br topita 2 buc Chifle 1 buc (60g)
POST	Ceai 300 ml,gem 40g ,masline 50g ,sote de fasole verde 200 g , Chifle 2 buc (120g)	Mar 150g	Supe de legume 300ml ,mamaliga 200g ,ostropel 150g, Chifle 1 buc (60g)	Mar 150g	Salata orientala 300 g , Compot 250 ml, Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml, castraveti 50g,cascaval 50g, unt 10 g,Crenwursti100g, Chifle 2 buc (120g)		Supa de zarzavat cu zdrente ou 300 ml,tochitura de pui 200g ,mamaliga 200g , Chifle 1 buc (60g)Produs congelat (carne pasare)	Prajitura 100g	Compot 250ml ,salata orientala 300g ,pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	