

Sambata 29.11.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml, gem 20g Crenwursti 100g, Cascaval 50g, unt 10g 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 300ml , salata orientala 300g , pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml, gem 20g, Crenwursti 100g, cas 100g, unt 10g Chifle 2 buc (120g)	Mar copt 140g	Supa zarzavat cu zdrente ou 300 ml, Sote legume 250, Piept de pui 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar copt 140g	Compot 300ml , , salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Ceai 300 ml, Unt 10g, Crenwursti 100g, cascaval 50g, Chifle 2 buc (120g)		Supa zarzavat cu zdrente ou 300 ml, Sote legume 250, Piept de pui 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 300ml , , salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai 300 ml, Unt 10g , gem 20g , Crenvusti 100g, cas 100g, Chifle 2 buc (120g)		Supa zarzavat cu zdrente ou 300 ml, Sote legume 250, Piept de pui 100g, Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 300ml, 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 pui 100g, Chifle 1 buc (60g)	Prajitura 100g	Compot 300 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 , Chifle 1 buc (60g)	Mar 150g	Supa zarzavat cu zdrente ou 300 ml, Tochitura de pui 100g, mamaliga 200g Produs congelat (carne pasare)	Mar 150g	Compot 300 ml , , salata de legume 300g pulpe superioare 100 g, Produs congelat (carne pasare)g	
HIPOSODAT	Ceai 300 ml, gem 20g, Crenwursti 100g, Cascaval 50g, unt 10g, 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 300 ml , , salata orientala 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 180HC	Lapte 250 ml, unt 10g, Crenwursti 100g, branza topita 2 buc, cascaval 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 300 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,cascaval 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 300 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,cascaval 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 300ml , ,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 20g ,masline 50g ,sote de fasole verde 200 g , Chifle 2 buc (120g)	Mar 150g	Supe de legume 300ml ,mamaliga 200g ,ostropel cu ciuperci 150g , Chifle 1 buc (60g)	Mar 150g	Salata orientala 300 g , Compot 300 ml, Chifle 1 buc (60g)	
MEDIC GARDA	Ceai 300 ml, gem 20g 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 300ml ,salata orientala 300g ,pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	