Sambata 31.10.2026 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 , Crenwusti100g, 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)	