Sambata 10.10.2026 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA21**
R5 COMUN	Ceai 300 ml,Unt10g, ou fiert, masline 50g , cascaval 100g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml,ostropel de pui 250g mamaliga 200,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,Unt10g, ou fiert,cas100g,gem 20g, masline 50g , Chifle 2 buc (120g)	Mar copt 140g	Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 2 buc (120g) Produs congelat (carne pasare)	Mar copt 140g	Compot 300ml . Salata de legume 300g, pulpe superioare100g , Chifle 1 buc (60g) , Produs congelat (carne pasare)	
R3 ULCER	Lapte 250 ml,Unt10g, ou fiert,cas100g, masline 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g , Chifle 2 buc (120g) congelat (carne pasare)	Prajitura 100g	Compot 300ml Salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) ,Produs congelat (carne pasare)	
R6 RENAL	Ceai300ml,Unt10g, ou fiert, gem 20g, masline 50g ,cas 100g Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 2 buc (120g)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,Unt10g, ou fiert ,cas 100g ,masline 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 2 buc (120g)Produs congelat (carne pasare)	Prajitura 100g	Compot 300ml . Salata de legume 300g, pulpe superioare100g, Chifle 1 buc (60g) ,Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250ml , cas 100g , ou fiert ,masline 50g , Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml, ostropel de pui 250g, mamaliga 200, Produs congelat (carne pasare)	Mar 150g	Compot 300ml . Salata de leg 300g, pulpe superioare100g , Produs congelat (carne pasare)	
HIPOSODAT	Ceai300ml,Unt10g , ou fiert , masline50g ,cascaval 100g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml,ostropel de pui 250g, mamaliga 200,Chifle 1 buc (60g) Produs congelat (carne pasare)	Prajitura 100g	Compot 300ml Salata orientala 300g, pulpe superioare100g , Chifle 1 buc (60g), Produs congelat (carne pasare)	

R7 180HC	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g, Chifle 1 buc (60g)	Mar 150g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 300ml Salata orientala 300g, pulpe superioare 100g , Chifle 60g, Produs congelat (carne pasare)	
R7 200HC	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g, Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, 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)	
R7 INSULINA	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g , Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 300ml Salata orientala300g, pulpe superioare 100g , Chifle 1 buc (60g). Produs congelat (carne pasare)	Cascaval 50g. Chifla 1 buc (60g)
POST	Ceai 300ml ,masline 50g ,gem 20g ,cartofi nature 250g ,Chifle 2 buc (120g)	Mar 150g	Supa cu leg 300ml ,ostropel 150g ,mamaliga 200g , Chifle 1 buc (60g)	Mar 150g	Salata orientala300g , Compot 300ml , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai300ml,Unt10g, ou fiert, masline 50g ,cascaval 100g , Chifle 2 buc (120g)		Supa cu zdrente ou 300 ml,ostropel de pui 250g mamaliga 200, 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)	