

| Sambata<br>14.03.2026<br>SEDIUL<br>OTOPENI | MIC DEJUN   | ORA<br>10           | PRANZ  | ORA 16            | CINA  | ORA21 |
|--|---|---------------------|--|-------------------|---|-------|
| R5 COMUN                                   | Ceai 300 ml,Unt10g,<br>ou fiert, masline 50g ,<br>cascaval 50g , Chifle 2<br>buc (120g) |                     | Supa cu zdrete ou<br>300ml,ostropel de pui 250g<br>mamaliga 200,Chifle 1 buc<br>(60g)Produs congelat (carne<br>pasare )        | Prajitura<br>100g | Compot 300ml. Salata<br>orientala 300g, pulpe<br>superioare 100g ,<br>Chifle 1 buc ( 60g),<br>Produs congelat (carne<br>pasare )  |       |
| R4 HEPATIC                                 | Lapte 250 ml,Unt10g,<br>ou fiert,cas100g,<br>masline 50g , Chifle 2<br>buc (120g)       | Mar<br>copt<br>140g | Supa cu zdrete ou 300ml,<br>Sote de leg 250g,<br>Piept de pui 100g ,Chifle 2<br>buc (120g) Produs congelat<br>(carne pasare )  | Mar copt<br>140g  | Compot 300ml . Salata<br>de legume 300g, pulpe<br>superioare100g ,<br>Chifle 1 buc ( 60g) ,<br>Produs congelat (carne<br>pasare ) |       |
| R3 ULCER                                   | Lapte 250 ml,Unt10g,<br>ou fiert,cas100g,<br>masline 50g , Chifle 2<br>buc (120g)       |                     | Supa cu zdrete ou 300ml,<br>Sote de leg 250g,<br>Piept de pui 100g , Chifle 2<br>buc (120g) congelat (carne<br>pasare )        | Prajitura<br>100g | Compot 300ml Salata<br>de legume 300g pulpe<br>superioare 100g ,<br>Chifle 1 buc ( 60g)<br>,Produs congelat (carne<br>pasare )    |       |
| R6 RENAL                                   | Ceai300ml,Unt10g, ou<br>fiert, gem 20g, masline<br>50g , Chifle 2 buc<br>(120g)         |                     | Supa cu zdrete ou 300ml,<br>Sote de leg 250g,<br>Piept de pui 100g ,Chifle 2<br>buc (120g)Produs congelat<br>(carne pasare )   | Prajitura<br>100g | Compot 300ml . Salata<br>de legume 300g, pulpe<br>superioare 100g ,<br>Chifle 1 buc ( 60g)<br>,Produs congelat (carne<br>pasare ) |       |
| R9 COLITA                                  | Ceai 300 ml,Unt10g, ou<br>fiert ,cas 100g ,masline<br>50g , Chifle 2 buc<br>(120g)      |                     | Supa cu zdrete ou 300ml,<br>Sote de leg 250g,<br>Piept de pui 100g ,Chifle 2<br>buc ( 120g )Produs congelat<br>(carne pasare ) | Prajitura<br>100g | Compot 300ml . Salata<br>de legume 300g, pulpe<br>superioare100g,<br>Chifle 1 buc ( 60g)<br>,Produs congelat (carne<br>pasare )   |       |
| R8<br>HIPOCALOR<br>IC                      | Lapte 250ml , cas 100g<br>, ou fiert ,masline 50g ,<br>Chifle 1 buc ( 60g)              | Mar<br>150 g        | Supa cu zdrete ou 300ml,<br>ostropel de pui 250g,<br>mamaliga 200, Produs<br>congelat (carne pasare )                          | Mar 150g          | Compot 300ml . Salata<br>de leg 300g, pulpe<br>superioare100g , Produs<br>congelat (carne pasare<br>)                             |       |
| HIPOSODAT                                  | Ceai300ml,Unt10g ,<br>ou fiert , masline50g<br>,cascaval 50g , Chifle 2<br>buc (120g)   |                     | Supa cu zdrete ou<br>300ml,ostropel de pui 250g,<br>mamaliga 200,Chifle 1 buc<br>(60g) Produs congelat (carne<br>pasare )      | Prajitura<br>100g | Compot 300ml Salata<br>orientala 300g, pulpe<br>superioare100g ,<br>Chifle 1 buc ( 60g),<br>Produs congelat (carne<br>pasare )    |       |

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| 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. |
| 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 50g , 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 )  |               |