

Duminica 12.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai300ml,Unt10g, Br topita2b,castraveti 50g , cascaval 50g Chifle 120g		Ciorba a la greque 300ml, fript porc 100g, varza calita250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g ,iaurt 200ml,Chifle 60g	
R4 HEPATIC	Lapte 250ml, Unt10g , Br.topita2b,br vaci 70g,castraveti 50g Chifle 120g	Mar copt 140g	Supa zarz cu orez 300ml, fript porc 100g,cartofi natur250g, Chifle 120g	Mar copt	Budinca de paste cu branza 300g , cascaval 100g ,iaurt 200ml,Chifle 60g	
R3 ULCER	Lapte250ml,unt10g,Br. topita2b,br vaci 70g cascaval 50g ,Chifle 120g		Supa zarz cu orez 300ml, fript porc 100g,cartofi natur 250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g , iaurt 200ml,Chifle 60g	
R6 RENAL	Ceai300ml,unt10g,br topita 2b, castraveti 50g br.vaci 70g,Chifle 120g	Mar 160g	Supa zarz cu orez 300ml, fript porc 100g,cartofi natur250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g , iaurt 200ml,Chifle 60g	
R9 COLITA	Ceai300ml,unt10g, br.topita2b,br.vaci 70g, Chifle 120g		Supa zarz cu orez 300ml, fript porc 100g,sote de leg 250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g , iaurt 200ml,Chifle 60g	
R8 HIPOCALOR IC	Lapte250ml,cas 100g, br.vaci 70g, castraveti 50g ,Chifle 60g	Mar 160g	Supa zarz cu orez 300ml, fript porc 100g,varza calita250g	Mar	Sufleu de legume 250g , iaurt 200ml	
HIPOSODAT	Ceai300ml,Unt10g, Br topita2b,castraveti 50g , cascaval 50g Chifle 120g		Supa zarz cu orez 300ml, fript porc 100g,varza calita250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g iaurt 200ml,Chifle 60g	
R7 180HC	Lapte250ml,unt10g, cascaval 100g, Br topita2b , castraveti 50g ,Chifle 60g	Mar 160g, paine 10g	Ciorba a la greque 300ml, fript porc 100gvarza calita250g, Chifle 60g	Mar	Budinca de paste cu branza 150g , cascaval 100g , iaurt 200ml,Chifle 60g	
R7 200HC	Lapte250ml,unt10g, cascaval 100g, Br topita2b , castraveti 50g ,Chifle 60g	Mar 150g, paine 10g	Ciorba a la greque 300ml, fript porc 100g ,varza calita250g, Chifle 60g	Mar	Budinca de paste cu branza 150g , cascaval 100g , iaurt 200ml,Chifle 60g	
R7 INSULINA	Lapte250ml,unt10g, cascaval 100g, Br topita2b,castraveti 50g ,Chifle 60g	Mar 160g	Ciorba a la greque 300ml, fript porc 100g ,varza calita250g, Chifle 60g	Mar	Budinca de paste cu branza 150g , cascaval 100g iaurt 200ml,Chifle 60g	Cas caval 50g.

POST	Ceai 300ml ,castraveti 100g ,gem 100g, salata de leg 250g ,masline 50g , Chifle 120g	Mar	Supa zarz cu orez 300ml , varza calita250g, mamaliga 200g , Chifle 120g	Mar	Paste cu sos tomat 250g ,mar ,Chifle 60g	
MEDIC GARDA	Ceai300ml,Unt10g, Br topita2b,castraveti 50g , cascaval 50g Chifle 120g		Ciorba a la greque 300ml, fript porc 100g, varza calita250g, Chifle 120g	Prajitura	Budinca de paste cu branza 300g ,iaurt 200ml,Chifle 60g	