

JOI 23.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai 300 ml ,unt 10g , sunca presata 100g , cas 100g,rosii 50g ,Chifle 2 buc (120g)		Supa de rosii cu fidea 300 ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml ,pulpe inferioare 100g ,tocana de cartofi 250g,salata asortata 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250ml, Unt10g ,gem 20g,Cas100g ,Sunca presata 100g,rosii50, Chifle 2 buc (120g)	Mar copt	Supa cu fidea 300ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc))	Mar copt 140g	Iaurt 200ml, pulpe inferioare 100g salata verde100g , tocana de cartofi 250g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250ml, Unt10g , Cas100g,Sunca presata100g, rosii 50 g, Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml, pulpe inferioare 100g salata vede 100g, tocana de cartofi 250g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai 300 ml,unt 10g , Gem 20g,br vaci 70g Cas100g,rosii 50g , Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250g Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml, pulpe inferioare 100g salata verde100g, tocana de cartofi 250g, Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai 300ml,unt 10g , Cas100g, Branza de vaci 70g, Chifle 2 buc (120g)		Supa cu fidea 300ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml.pilaf 250g, pulpe inferioare100g, salata verde 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALOR IC	Lapte 250ml , Sunca presata 100g, Cas100g ,rosii 50g Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g Produs congelat (carne porc)	Mar 150g	Iaurt 200ml.pulpe inferioare 180g ,salata asortata 100g . Produs congelat (carne pasare)	
HIPOSODAT	Ceai300ml,Unt10g, sunca presata100g, cas100g, rosii 50g Chifle 2 buc (120g)		Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml, tocana de cartofi 250g pulpe inferipoare 100g,salata asortata 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	

R7 180HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150g	Iaurt 200ml. tocana de cartofi 150g , pulpe inferioare 100g, salata asortata 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 200HC	Lapte 250 ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150 g	Iaurt 200ml. tocana de cartofi 150g, pulpe inferioare 100g salata asortata 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte 250 ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g, Chifle 1 buc (60g)	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle 1 buc (60g) Produs congelat (carne porc)	Mar 150g	Iaurt 200ml. tocana de cartofi 150g, pulpe inferioare 100g ,salata asortata 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	Casca val 50g
POST	Ceai 300ml ,rosi 100g,masline 50g ,ardei gras 50g , Chifle 2 buc (120g)	Mar 150g	Supa de legume 300 ml ,ardei umplut cu orez 250g , Chifle 2 buc (120g)	Mar 150g	Tocana de cartofi 250g ,salata as 100g Chifle 1 buc (60g)	
MEDIC GARDA	Ceai300ml ,unt 10g , sunca presata 100g , cas 100g,rosii 50g , Chifle 2 buc (120g)		Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g , Chifle 2 buc (120g) Produs congelat (carne porc)	Prajitura 100g	Iaurt 200ml ,pulpe inferioare 100g ,tocana de cartofi 250g,salata asortata 100g Chifle 1 buc (60g) Produs congelat (carne pasare)	