

JOI 09.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA 21
R5 COMUN	Ceai300ml ,unt 10g , sunca presata 100g , cas 100g,rosii 50g ,Chifle 120g		Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Prajitura	Iaurt 200ml ,pulpe inf 100g ,tocana de cartofi 250g,salata as 100g Chifle 60g	
R4 HEPATIC	Lapte 250ml, Unt10g ,gem 20g,Cas100g ,Sunca presata 100g,rosii50,Chifle 120g	Mar copt	Supa cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Mar copt	Iaurt 200ml, pulpe inf 100g salata 100g tocana de cartofi 250g, Chifle 60g	
R3 ULCER	Lapte 250ml, Unt10g , Cas100g,Sunca presata100g, rosii 50,Chifle 120g		Supa cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Prajitura	Iaurt 200ml, pulpe inf 100g salata 100g, tocana de cartofi 250g, Chifle 60g	
R6 RENAL	Ceai 300ml,unt 10g , Gem 50g,br vaci 70g Cas100g,rosii 50g , Chifle 120g		Supa cu fidea 300ml,ardei umplut cu carne 250g Chifle 120g	Prajitura	Iaurt 200ml, pulpe inf 100g salata 100g, tocana de cartofi 250g, Chifle 60g	
R9 COLITA	Ceai 300ml,unt 10g , Cas100g, Br.vaci 70g, Chifle 120g		Supa cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Prajitura	Iaurt 200ml.pilaf 250g, pulpe inf 100g, salata v 100g Chifle 60g	
R8 HIPOCALOR IC	Lapte 250ml , Sunca presata 100g, Cas100g ,rosii 50g Chifle 60g	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g	Mar	Iaurt 200ml.pulpe inferioare 180g ,salata as 100g .	
HIPOSODAT	Ceai300ml,Unt10g, sunca presata100g, cas100g, rosii 50g Chifle 120g		Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Prajitura	Iaurt 200ml, tocana de cartofi 250g pulpe inf 100g,salata as 100g , Chifle 60g	
R7 180HC	Lapte250ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g,Chifle60g	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle60g	Mar	Iaurt 200ml. tocana de cartofi 150g pulpe inf 100g,salata as 100g Chifle 60g	
R7 200HC	Lapte250ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g,Chifle60g	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle60g	Mar	Iaurt 200ml. tocana de cartofi 150g, pulpe inf 100g salata as 100g Chifle 60g	
R7 INSULINA	Lapte250ml,unt10g, Sunca presata 100g , cas100g,rosii 50g Cascaval 50g,Chifle60g	Mar	Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,pilaf 100g , Chifle60g	Mar	Iaurt 200ml. tocana de cartofi 150g, pulpe inf 100g ,salata as 100g Chifle 60g	Casca val 50g

POST	Ceai 300ml ,rosi 100g,masline 50g ,ardei gras 50g ,Chifle 120g	Mar	Supa de legume 300 ml ,ardei umplut cu orez 250g ,Chifle 120g	Mar	Tocana de cartofi 250g ,salata as 100g Chifle 60g	
MEDIC GARDA	Ceai300ml ,unt 10g , sunca presata 100g , cas 100g,rosii 50g ,Chifle 120g		Supa de rosii cu fidea 300ml,ardei umplut cu carne 250g ,Chifle 120g	Prajitura	Iaurt 200ml ,pulpe inf 100g ,tocana de cartofi 250g,salata as 100g Chifle 60g	