

Vineri 17.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei gras umplut cu branza vaci 150g , chifle 2 buc (120g)		Ciorba taraneasca300ml, mancare de spanac 200g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (spanac,carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g, chifle 1 buc (60g)	
R4 HEPATIC	Lapte 250 ml, Unt10g ,gem 40g ,masline 50g, ardei gras umplut cu branz vaci 150g , chifle 2 buc (120g)	Mar copt 140g	Supa de legume 300ml, mancare de spanac 200g , pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (spanac,carne pasare)	Mar copt 140g	Iaurt 200ml,Budinca de paste cu branza 300g,cascaval 50g, chifle 1 buc (60g)	
R3 ULCER	Lapte 250 ml,unt10g Ou fiert,masline 50g cas 100g, chifle 2 buc (120g)		Supa de legume 300ml, Sote de legume 250g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R6 RENAL	Ceai 300 ml,Unt10g, Ou fiert, masline 50g , ardei gras umplut cu branza vaci150g , chifle 2 buc (120g)		Supa de legume 300ml, mancare de spanac 200g , pulpe superioare 100g,salata chifle 2 buc (120g),Produs congelat (spanac,carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g))	
R9 COLITA	Ceai 300 ml,unt 10g, ou fiert, cas 100g, chifle 2 buc (120g)		Supa de legume 300ml, Sote de legume 250g , pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R8 HIPOCALOR IC	Lapte 250 ml ,Ou fiert, ardei gras umplut cu branza vaci150g Masline 50g, chifle 1buc (60g)	Mar 150g	Supa de legum300ml, pulpe superioare 100g , mancare de spanac 200g, Produs congelat (spanac,carne pasare)	Mar 150g	Iaurt 200ml. Sufleu de legume 250g	
HIPOSODAT	Ceai 300 ml,Unt10g, Ou fiert, masline 50g, ardei gras umplut cu branza vaci150g , chifle 2 buc (120g)		Supa de legume 300ml, mancare de spanac 200g, pulpe superioare 100g, chifle 2 buc (120g)Produs congelat (spanac,carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g , chifle 1 buc (60g)	
R7 180HC	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g , ardei gras umplut cu branza vaci 150g , chifle 1buc (60g)	Mar 150g	Ciorba taraneasca300ml, mancare de spanac 200g ,pulpe superioare 100g, chifle 1 buc (60g), Produs congelat (spanac,carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	

R7 200HC	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g , ardei gras umplut cu branza vaci 150g , chifle 1buc (60g)	Mar 150g	Ciorba taraneasca300ml, mancare de spanac 200g ,pulpe superioare 100g, chifle 1 buc (60g)Produs congelat (spanac,carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	
R7 INSULINA	Lapte 250 ml,unt10g, ou fiert,cascaval 50g Masline 50g,ardei gras umplut cu branza vacii50g, chifle 1buc (60g)	Mar 150g	Ciorba taraneasca300ml, mancare de spanac 200g ,pulpe superioare 100g, chifle 1 buc (60g)Produs congelat (spanac,carne pasare)	Mar 150g	Iaurt 200ml. Budinca de paste cu branza 150g,cascaval 50g , chifle 1 buc (60g)	Branza topita 2b, chifle 1 (60g)
POST	Ceai 300 ml,masline 50g ,sote de legume , chifle 2 buc (120g)	Mar 150g	Ciorba taraneasca300ml, mancare de spanac 200g, chifle 2 buc (120g)Produs congelat (spanac)	Mar 150g	Paste cu sos tomat 250 g , chifle 1 buc (60g)mar 150g	
MEDIC GARDA	Ceai 300 ml,Unt10g, Ou fiert, masline 50g ,ardei gras umplut cu branza vaci 150g , chifle 2 buc (120g)		Ciorba taraneasca300ml, mancare de spanac 200g ,pulpe superioare 100g, chifle 2 buc (120g),Produs congelat (spanac,carne pasare)	Prajitura 100g	Iaurt 200ml. Budinca de paste cu branza 300g, chifle 1 buc (60g)	

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