Vineri 24.10.2025 SEDIUL OTOPENI	**MIC DEJUN**	**ORA 10**	**PRANZ**	**ORA 16**	**CINA**	**ORA21**
R5 COMUN	Ceai 300 ml,Unt10g, crenwursti 100g ,branza de vaci 70g, castravete 50g , Chifle 2 buc (120g)		Ciorba de dovlecel 300ml, mancare de spanac 200g, pulpe superioare 100g , Chifle 2 buc (120g)Produs congelat (spanac, carne pasare)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml, Unt10g ,branza de vaci 70g crenwursti 100g , castravete 50g , Chifle 2 buc (120g)	Mar copt 140g	Supa de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 2 buc (120g) Produs congelat (spanac, carne pasare)	Mar copt 140g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 180g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250ml, Unt10g ,branza de vaci 70g , crenwursti100g, cascaval 50g Chifle 2 buc (120g)		Supa de dovlecel 300ml 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 2 buc (120g) Produs congelat (spanac, carne pasare)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai300ml, Unt10g ,branza de vaci 70g , crenwursti100g, castravete 50g Chifle 2 buc (120g)		Supa de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 2 buc (120g) Produs congelat (spanac, carne pasare)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai300ml,Unt10g, cas 100g ,branza de vaci 70g , Chifle 2 buc (120g)		Supa de dovlecel 300ml Pilaf dietetic 250g, pulpe inferioare100g, Chifle 2 buc (120g)	Prajitura 100g	Iaurt 200ml. Ghiveci dietetic 250g, pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R8 HIPOCALORIC	Lapte 250ml,branza de vaci 70g , crenwursti 100g,castravete 50 g Chifle 1 buc (60g)	Mar 150g	Supa de dovlecel 300ml, pulpe superioare 100g , mancare de spanac 200g Produs congelat (spanac, carne pasare)	Mar 150g	Iaurt 200ml. Salata de legume 250g, pulpe inferioare 180g Produs congelat (carne pasare)	
HIPOSODAT	Ceai300ml,Unt10g, crenwursti 100g ,branza de vaci 70g,castravete 50g , Chifle 2 buc (120g)		Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 2 buc (120g) Produs congelat (spanac, carne pasare)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g, pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 180HC	Lapte 250ml, Unt10g ,branza de vaci 70g,cascaval 50g ,crenwursti100g, castravete50g, Chifle 1 buc (60g)	Mar 150g	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (spanac, carne pasare)	Mar150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g , Chifle 1 buc (60g) Produs congelat (carne pasare)	

R7 200HC	Lapte 250ml, Unt10g ,branza de vaci 70g,cascaval 50g ,crenwursti100g, castravete50g, Chifle 1 buc (60g)	Mar 150 g	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (spanac, carne pasare)	Mar 150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte 250ml, Unt10g ,branza de vaci 70g,cascaval 50g ,crenwursti 100g, castravete 50g, Chifle 1 buc (60g)	Mar 150g	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 1 buc (60g)Produs congelat (spanac, carne pasare)	Mar 150g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Branza topita 2b
POST	Ceai 300ml,salata de cruditati 250g ,masline 50g , Chifle 2 buc (120g)	Mar 150g	Ciorba de dovlecel 300ml, mancare de spanac 200g , Chifle 2 buc (120g) Produs congelat (spanac,)	Mar 150g	Ghiveci de legume 250g , Chifle 1 buc (60g),mar	
MEDIC GARDA	Ceai300ml,Unt10g, crenwursti 100g ,branza de vaci 70g, castravete 50g , Chifle 2 buc (120g)		Ciorba de dovlecel 300ml, mancare de spanac 200g, pulpe superioare 100g , Chifle 2 buc (120g) Produs congelat (spanac, carne pasare)	Prajitura 100g	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	