

Vineri 10.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai300ml,Unt10g, crenursti 100g ,br vaci 70g, castravete 50g , Chifle 120g		Ciorba de dovlecel 300ml, mancare de spanac 200g, pulpe superioare 100g , Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g ,Chifle 60g	
R4 HEPATIC	Lapte 250ml, Unt10g ,br vaci 70g crenursti 100g , castravete 50g , Chifle 120g	Mar copt	Supa de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 120g	Mar copt	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 180g ,Chifle 60g	
R3 ULCER	Lapte 250ml, Unt10g ,br vaci 70g , crenursti100g, cascaval 50g Chifle 120g		Supa de dovlecel 300ml 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g ,Chifle 60g	
R6 RENAL	Ceai300ml, Unt10g ,br vaci 70g , crenursti100g, castravete 50g Chifle 120g		Supa de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci dietetic 250g , pulpe inferioare 100g , Chifle 60g	
R9 COLITA	Ceai300ml,Unt10g, cas 100g ,br vaci 70g , Chifle 120g		Supa de dovlecel 300ml Pilaf dietetic 250g, pulpe inferioare100g, Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci dietetic 250g, pulpe inferioare 100g ,Chifle 60g	
R8 HIPOCALOR IC	Lapte 250ml,br vaci 70g , crenursti 100g,castravete 50 g Chifle 60g	Mar	Supa de dovlecel 300ml, pulpe superioare 100g , mancare de spanac 200g	Mar	Iaurt 200ml. Salata de legume 250g, pulpe inferioare 180g	
HIPOSODAT	Ceai300ml,Unt10g, crenursti 100g ,br vaci 70g,castravete 50g , Chifle 120g		Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci de legume 250g, pulpe inferioare 100g ,Chifle 60g	
R7 180HC	Lapte 250ml, Unt10g ,br vaci 70g,cascaval 50g ,crenursti100g, castravete50g,Chifla 60g	Mar	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g ,Chifle 60g	Mar	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g ,Chifle 60g	
R7 200HC	Lapte 250ml, Unt10g ,br vaci 70g,cascaval 50g ,crenursti100g, castravete50g,Chifle 60g	Mar	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g , Chifle 60g	Mar	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g ,Chifle 60g	
R7 INSULINA	Lapte 250ml, Unt10g ,br vaci 70g,cascaval 50g ,crenursti100g, castravete50g,Chifle 60g	Mar	Ciorba de dovlecel 300ml, mancare de spanac 200g , pulpe superioare 100g ,Chifle 60g	Mar	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 180g ,Chifle 60g	Branza topita 2b

POST	Ceai 300ml,salata de cruditati 250g ,masline 50g , Chifle 120g	Mar	Ciorba de dovlecel 300ml, mancare de spanac 200g , Chifle 120g	Mar	Ghiveci de legume 250g ,Chifle 60g,mar	
MEDIC GARDA	Ceai300ml,Unt10g, crenwursti 100g ,br vaci 70g, castravete 50g , Chifle 120g		Ciorba de dovlecel 300ml, mancare de spanac 200g, pulpe superioare 100g , Chifle 120g	Prajitura	Iaurt 200ml. Ghiveci de legume 250g , pulpe inferioare 100g ,Chifle 60g	