

Sambata 25.10.2025 SEDIUL OTOPENI	MIC DEJUN	ORA 10	PRANZ	ORA 16	CINA	ORA21
R5 COMUN	Ceai 300 ml,Unt10g, ou fiert, gem 20g, masline 50g , cascaval 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml,ostropel de pui 250g mamaliga 200,Chifle 60gProdus congelat (carne pasare)	Prajitura 100g	Compot 300ml. Salata orientala 300g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R4 HEPATIC	Lapte 250 ml,Unt10g, ou fiert,cas100g, masline 50g ,gem 20g , Chifle 2 buc (120g)	Mar copt 140g	Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 120gProdus congelat (carne pasare)	Mar copt 140g	Compot 300ml . Salata de legume 300g, pulpe superioare100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R3 ULCER	Lapte 250 ml,Unt10g, ou fiert,cas100g, masline 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 120gProdus congelat (carne pasare)	Prajitura 100g	Compot 300ml Salata de legume 300g pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R6 RENAL	Ceai300ml,Unt10g, ou fiert, gem 20g, masline 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 120gProdus congelat (carne pasare)	Prajitura 100g	Compot 300ml . Salata de legume 300g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R9 COLITA	Ceai 300 ml,Unt10g, ou fiert ,cas 100g ,masline 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml, Sote de leg 250g, Piept de pui 100g ,Chifle 120gProdus congelat (carne pasare)	Prajitura 100g	Compot 300ml . Salata de legume 300g, pulpe superioare100g, Chifle 1 buc (60g) ,Produs congelat (carne pasare)	
R8 HIPOCALOR IC	Lapte 250ml , cas 100g , ou fiert ,masline 50g , Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml, ostropel de pui 250g, mamaliga 200Produs congelat (carne pasare)	Mar 150g	Compot 300ml . Salata de leg 300g, pulpe superioare100g , Produs congelat (carne pasare)	
HIPOSODAT	Ceai300ml,Unt10g , ou fiert ,gem 20g, masline50g ,cascaval 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300ml,ostropel de pui 250g, mamaliga 200,Chifle 60gProdus congelat (carne pasare)	Prajitura 100g	Compot 300ml Salata orientala 300g, pulpe superioare100g , Chifle 1 buc (60g), Produs congelat (carne pasare)	

R7 180HC	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g, Chifle 1 buc (60g)	Mar 150g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 300ml Salata orientala 300g, pulpe superioare 100g , Chifle 60g Produs congelat (carne pasare)	
R7 200HC	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g, Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, Chifle 1 buc (60g)Produs congelat (carne pasare)	Mar 150g	Compot 300ml . Salata orientala 300g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	
R7 INSULINA	Lapte250ml,unt10g, ou fiert , cascaval 50g masline 50g ,Cas 100g , Chifle 1 buc (60g)	Mar 150 g	Supa cu zdrente ou 300ml,ostropel de pui250g, mamaliga 200, Chifle 1 buc (60g) Produs congelat (carne pasare)	Mar 150g	Compot 300ml Salata orientala300g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	Cascaval 50g.
POST	Ceai 300ml ,masline 50g ,gem 20g ,cartofi nature 250g ,Chifle 120g	Mar 150g	Supa cu leg 300ml ,ostropel cu ciuprci 150g ,mamaliga 200g , Chifle 1 buc (60g)	Mar 150g	Salata orientala300g , Compot 300ml , Chifle 1 buc (60g)	
MEDIC GARDA	Ceai300ml,Unt10g, ou fiert, gem20g, masline 50g ,cascaval 50g , Chifle 2 buc (120g)		Supa cu zdrente ou 300 ml,ostropel de pui 250g mamaliga 200, Chifle 1 buc (60g), Produs congelat (carne pasare)	Prajitura 100g	Compot 300ml. Salata orientala 300g, pulpe superioare 100g , Chifle 1 buc (60g) Produs congelat (carne pasare)	