*Приложение №1.1 к заданию на оказание услуг*

«СОГЛАСОВАНО» «УТВЕРЖДЕНО»

МБОУ СШ №45 ООО « АУТСОРСИНГ»

Директор Раклистова Н.Н. Директор Лавренова С.Е.

\_\_\_/\_\_\_\_\_\_\_\_\_2024год \_\_\_/\_\_\_\_\_\_\_\_\_2024год

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| **Меню завтраков, обедов и полдников для обучающихся 1-4-х классов**  **в лагере с дневным пребыванием общеобразовательных учреждений города Твери**    **Основание:**   1. **СанПиН 2.3/2.4.3590-20 «Санитарно-эпидемиологические требования к организации общественного питания»** Утверждены Постановлением Главного государственного санитарного врача РФ № 32 от 27.10.2020 г. 2. **Рекомендации по организации питания обучающихся общеобразовательных организаций. МР 2.4.0179-20.** Утверждены Руководителем Федеральной службы по надзору в сфере защиты прав потребителей и благополучия человека, Главным государственным санитарным врачом РФ А.Ю. Поповой 18.05.2020 г. 3. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**  Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года |

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**Сезон:** летний

**Возрастная категория:** 7-11 лет

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|  | Понедельник Первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
|  |  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **174** | **Каша рисовая молочная** | **200** | **6** | **10,85** | **42,95** | **294** | **0,06** | **0,96** | **54,8** |  | **128,57** | **157,44** | **36,46** | **0,6** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **209** | **Яйцо отварное** | **40** | **11,9** | **10,1** | **0,6** | **141,4** | **0,05** | **-** | **156** | **-** | **48,4** | **167,04** | **10,44** | **2,18** |
| **1** | **Бутерброд** | **40** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **30** | **2,25** | **0,84** | **15,42** | **70,2** | **0,03** | **-** | **-** | **0,39** | **6,9** | **26,1** | **9,9** |  |
| **14** | **Масло сливочное** | **10** | **0,08** | **7,24** | **0,26** | **66** | **-** | **-** | **40** | **0,1** | **2,4** | **3** | **-** | **0,2** |
| **б/н** | **Хлеб ржаной** | **20** | **1,4** | **0,4** | **7,8** | **42** | **0,04** | **-** | **-** | **0,36** | **9,2** | **42,4** | **10** | **1,24** |
|  | **ИТОГО за прием пищи** | **500** | **24,8** | **39,37** | **82,84** | **714,2** | **0,22** | **2,26** | **270,8** | **0,85** | **321,25** | **485,9** | **80,8** | **4,35** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Свежий огурец** | **60** | **0,42** | **0,06** | **1,14** | **7,2** | **0,02** | **2,94** | **-** | **0,06** | **10,2** | **18** | **8,4** | **0,3** |
| **88** | **Щи из свежей капусты на курином бульоне** | **200** | **4,96** | **4,25** | **13,8** | **113,29** | **0,06/** | **12,89** | **10,5** | **1,92** | **40,6** | **64,85** | **30,6** | **0,87** |
| **294** | **Котлеты рубленые из мяса птицы** | **90** | **15,69** | **15,08** | **14,65** | **257,4** | **0,17** | **0,81** | **30,26** | **61,56** | **53,79** | **72** | **19,98** | **3,26** |
| **309** | **Макароны отварные с масл. Сл.** | **150** | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32** | **132,8** | **0,02** | **0,73** | **-** | **0,5** | **32,47** | **23,4** | **17,45** | **0,68** |
| **б/н** | **Хлеб ржаной** | **40** | **2,8** | **0,8** | **15,6** | **84** | **0,08** | **-** | **-** | **0,72** | **18,4** | **84,8** | **20** | **2,48** |
| **б/н** | **Батон нарезной** | **30** | **2,25** | **0,84** | **15,42** | **70,2** | **0,03** | **-** | **-** | **0,39** | **6,9** | **26,1** | **9,9** |  |
|  | **ИТОГО за прием пищи** | **770** | **32,37** | **29,26** | **119,12** | **866,34** | **0,44** | **14,43** | **40,76** | **66,12** | **158,22** | **114,9** | **127,45** | **8,73** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **0** | **Плюшка с сахаром** | **100** | **7,76** | **4,72** | **47,1** | **262** | **0,14** | **-** | **-** | **-** | **22** | **74** | **29** | **13,8** |
| **389** | **сок** | **200** | **1** | **-** | **20,2** | **84,8** | **0,08** | **4** |  |  | **14,8** | **14** | **8** | **2,8** |
|  | **Соль иодированная** | **3** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | **300** | **8,76** | **4,72** | **67,3** | **346,8** | **0,22** | **4** |  |  | **36,8** | **88** | **37** | **16,6** |
| **ИТОГО** |  | **1570** | **65,93** | **73,35** | **269,26** | **1927,34** | **0,88** | **20,66** | **311,56** | **67,09** | **516,27** | **688,8** | **245,2** | **29,68** |
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|  | Вторник первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **401** | **Оладьи с повидлом** | **250** | **17,5** | **17,3** | **108** | **659** |  | **0,95** | **-** | **-** | **193,7** | **282,8** | **75,62** | **3,46** |
| **0,01** | **-** | **-** |
| **376** | **Чай с сахаром** | **200** | **0,1** | **0,02** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **2** | **Бутерброд** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **20** | **1,5** | **0,56** | **10,28** | **46,8** | **0,02** | **-** | **-** | **0,26** | **4,6** | **17,4** | **6,6** |  |
| **16** | **Колбаса полукопченая** | **30** | **4,5** | **12** | **0,09** | **126,9** | **0,06** |  |  | **1,8** | **7,8** | **60,6** | **7,5** | **0,66** |
|  | **ИТОГО за прием пищи** | **500** | **23,6** | **29,88** | **127,57** | **869,5** | **0,09** | **2,55** | **-** | **3,06** | **221,4** | **356,2** | **92,12** | **4,42** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **45** | **Салат из белокочанной** |  | **0,78** | **1,9** | **3,9** | **36,24** | **0,01** | **10,3** | **-** | **-** | **14,9** | **16,9** | **9,05** | **2,8** |
| **капусты с морковью** | **60** |
| **96** | **Рассольник «Ленинградский» на кур.б-не.** | **200** | **5,15** | **4,36** | **9,64** | **102,75** | **0,08** | **6,97** | **10,5** | **1,91** | **24,52** | **71,03** | **32,24** | **0,95** |
| **255** | **Печень по -строгоновски говядина)** | **90 (50/40)** | **13,09** | **15,1** | **2,59** | **198,9** | **0,02** | **0,83** | **-** | **2,35** | **19,63** | **138,73** | **19,82** | **2,75** |
| **302** | **Каша рассыпчатая (гречка)** | **150** | **8,68** | **9,72** | **38,7** | **276,75** | **0,21** | **-** | **-** | **0,61** | **16,2** | **203,93** | **135,83** | **5,57** |
| **388** | **Напиток из шиповника** | **200** | **0,67** | **0,27** | **20,7** | **88,2** | **0,01** | **100** | **-** | **0,7** | **21,3** | **3,4** | **3,4** | **0,55** |
|  | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
|  | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | **770** | **33,42** | **33,03** | **107,17** | **858,21** | **0,43** | **118,1** | **10,5** | **6,65** | **120,7** | **538,58** | **229,36** | **14,79** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Банан** | **220** | **2,7** | **-** | **37,8** | **172,8** | **0,07** | **18** |  |  | **14,4** | **50,4** | **75,6** | **1,08** |
| **389** | **сок** | **100** | **0,5** | **-** | **10,1** | **42,4** | **0,04** | **2** | **-** | **-** | **7,4** | **7** | **4** | **1,4** |
| **б/н** | **Шоколад Аленка** | **15** | **1,2** | **5** | **8** | **80,7** |  |  |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | **335** | **3,2** | **-** | **47,9** | **295,9** | **0,11** | **20** |  |  | **21,8** | **57,4** | **79,6** | **2,48** |
|  | **Соль йодированная** | **3** |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1605** | **60,22** | **62,91** | **282,5** | **2023,63** | **0,63** | **140,65** | **10,5** | **9,71** | **363,9** | **952,1** | **401,02** | **21,69** |
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|  | среда первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
|  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **173** | **Каша вязкая молочная из овсяной крупы с маслом** | **250** | **10,76** | **16** | **47,8** | **378,5** | **0,25** | **1,14** | **65,2** | **-** | **188,8** | **315,3** | **85,7** | **2,5** |
| **382** | **Какао с молоком** | **200** | **6,5** | **1,3** | **26** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
| **3** | **Бутерброд:** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ***Батон нарезной*** | ***30*** | ***2,25*** | ***0,84*** | ***15,51*** | ***70,2*** | ***0,3*** | ***-*** | ***-*** | ***0,39*** | ***6,9*** | ***26,1*** | ***9,9*** | ***0,33*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| **15** | ***сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***23,03*** | ***26,19*** | ***89,37*** | ***660,8*** | ***0,61*** | ***2,55*** | ***148,6*** | ***0,52*** | ***464,1*** | ***542,4*** | ***127,35*** | ***5,08*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **52** | **Салат из свеклы отварной с раст.маслом** | **60** | **0,8** | **3,6** | **4,9** | **55,68** | **0,01** | **3,9** | **0,01** | **1,6** | **21,27** | **24,3** | **12,4** | **0,8** |
| **81** | **Борщ на курином бульоне** | **200** | **4,9** | **4,63** | **7,02** | **94,81** | **0,03** | **9,02** | **17,61** | **1,95** | **46,7** | **55,34** | **31,67** | **1,1** |
| **234** | **Котлета рыбная** | **90** | **11,63** | **7,38** | **14,13** | **120** | **-** | **0,57** | **8,39** | **4,38** | **64,67** | **154,64** | **37,35** | **1,32** |
| **312** | **Картофельное пюре** | **150** | **3,06** | **4,8** | **20,44** | **137,25** | **0,14** | **18,16** | **-** | **0,18** | **36,98** | **86,59** | **27,75** | **1,01** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***26,09*** | ***22,17*** | ***110,14*** | ***695,94*** | ***0,3*** | ***32,35*** | ***26,01*** | ***9,69*** | ***226,17*** | ***448,92*** | ***159,12*** | ***7,08*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **424** | **Булочка домашняя** | **100** | **7,28** | **12,52** | **43,92** | **318** | **0,12** | **-** | **4** | **4,66** | **19,8** | **70** | **27,4** | **1,3** |
| **386** | **Кефир** | **200** | **5,8** | **6,4** | **8,2** | **113,6** | **0,06** | **1,6** | **44** | **-** | **240** | **190** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,08*** | ***18,92*** | ***52,12*** | ***431,6*** | ***0,08*** | ***1,6*** | ***48*** | ***4,66*** | ***259,8*** | ***260*** | ***55,4*** | ***1,5*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1570** | **62,2** | **67,28** | **251,63** | **1788,34** | **0,99** | **36,5** | **222,61** | **14,87** | **950,07** | **1251,32** | **341,87** | **13,66** |
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|  | Четверг первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **212** | **Омлет с вареной колбасой** | **200** | **13,94** | **24,83** | **2,64** | **289,65** | **0,11** | **0,26** | **324,57** | **-** | **289,65** | **215,77** | **16,14** | **2,64** |
| **376** | **Чай с сахаром** | **200** | **0,1** | **0,02** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **б/н** | **Хлеб ржаной** | **50** | **3,5** | **1** | **19,5** | **105** | **0,1** | **-** | **-** | **0,9** | **23** | **106** | **25** | **3,1** |
| **429** | **Булочка «веснушка»** | **50** | **3,9** | **3,06** | **23,9** | **139** | **0,07** | **-** | **3** | **1,41** | **11,3** | **39,2** | **15,2** | **0,73** |
|  | **ИТОГО за прием пищи** | ***500*** | ***21,71*** | ***25,85*** | ***55,24*** | ***570,45*** | ***0,34*** | ***1,86*** | ***327,87*** | ***2,01*** | ***339,25*** | ***365,37*** | ***58,74*** | ***6,77*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***б/н*** | **Свежий помидор порцион.** | **60** | **0,66** | **0,12** | **2,28** | **12,84** | **0,03** | **1,5** | **79,8** | **-** | **8,4** | **15,6** | **12** | **0,54** |
| **103** | **Суп картофельный с вермишелью** (на курином бульоне) | **200** | **2,15** | **2,27** | **13,97** | **94,6** | **0,09** | **6,6** | **-** | **11,4** | **23,36** | **54,06** | **21,82** | **0,9** |
|  |  |  |  |  |  |  |  |  |  |  |
| **291** | **Плов с курицей** | **235** | **19,9** | **9,9** | **41,9** | **358,8** | **0,13** | **7,08** | **22,8** | **0,6** | **54,45** | **137,3** | **63,5** | **2,29** |
| ***348*** | **Компот из яблок с изюм.** | **200** | **0,3** | **0,07** | **29,85** | **122,2** | **0,02** | **-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **Б/Н** | **Хлеб ржаной** | **40** | **2,8** | **0,8** | **15,6** | **84** | **0,08** | **-** | **-** | **0,72** | **18,4** | **84,8** | **20** | **2,48** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***28,4*** | ***14,43*** | ***121,65*** | ***754,34*** | ***0,39*** | ***15,45*** | ***113,1*** | ***2,71*** | ***134,18*** | ***367,22*** | ***149,89*** | ***6,87*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **сок** | **200** | **1** | **-** | **20,2** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |
| **338** | **Яблоко свежее** | **120** | **0,4** | **0,48** | **11,76** | **56,4** | **0,036** | **12** | **-** | **0,24** | **19,2** | **/13,2** | **10,8** | **2,64** |
| **б/н** | **Вафли** | **30** | **0,84** | **7,36** | **15,3** | **139,16** |  | **15** |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | ***350*** | ***1,4*** | ***0,4*** | ***30*** | ***280,36*** | ***0,11*** | ***14*** | ***-*** | ***0,44*** | ***30,8*** | ***25*** | ***17*** | ***5*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1620** | **51,51** | **78,05** | **209,84** | **1605,1** | **0,77** | **32,21** | **440,6** | **5,16** | **504,15** | **757,59** | **225,54** | **18,64** |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Пятница первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **188** | **Запеканка рисовая с творогом с повидлом** |  | **9,69** | **7,58** | **84,3** | **448,3** | **0,05** | **14,2** | **32,9** | **1,8** | **70,9** | **153,4** | **37,5** | **1,3** |
| **225** |
| **382** | **Какао с молоком** | **200** | **6,5** | **1,3** | **26** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
|  | **Бутерброд:** | ***75*** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |
| **16** | ***Колбаса полукопченая*** | ***25*** | ***3,75*** | ***10*** | ***0,075*** | ***105,75*** | ***0,05*** | **-** | **-** | ***1,5*** | ***6,5*** | ***50,5*** | ***6,25*** | ***0,55*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***23,69*** | ***20,28*** | ***136,22*** | ***796,15*** | ***0,65*** | ***15,5*** | ***57,3*** | ***3,95*** | ***224,1*** | ***371,9*** | ***85,25*** | ***4,4*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **67** | **Винегрет** | **60** | **0,85** | **6** | **0,43** | **75,06** | **0,03** | **5,7** | **-** | **2,7** | **18,7** | **25,9** | **11,7** | **0,5** |
| **104** | **Суп картофельный с мясными фрикадельками** | **240** | **9,65** | **6,9** | **12,6** | **163,24** | **2,93** | **9,06** | **8** | **1,27** | **32,36** | **140,78** | **36,54** | **9,58** |
| **243** | **Сосиска отварная** | **50** | **6,56** | **14,3** | **6,23** | **157,2** | **0,11** | **-** | **-** | **0,24** | **19,32** | **95,4** | **12** | **0,96** |
| **309** | **Макароны отварные** | **150** | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
| **388** | **Напиток из шиповника** | **200** | **0,67** | **0,27** | **20,7** | **88,2** | **0,01** | **100** | **-** | **0,7** | **21,3** | **3,4** | **3,4** | **0,55** |
|  | **ИТОГО за прием пищи** | ***770*** | ***28,38*** | ***37,3*** | ***98,11*** | ***840,48*** | ***3,24*** | ***114,76*** | ***8*** | ***3,24*** | ***121,89*** | ***407,3*** | ***101,81*** | ***14,88*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Банан** | **220** | **2,7** | **-** | **37,8** | **172,8** | **0,07** | **18** |  |  | **14,4** | **50,4** | **75,6** | **1,08** |
| **389** | **сок** | **100** | **0,5** | **-** | **10,1** | **42,4** | **0,04** | **2** | **-** | **-** | **7,4** | **7** | **4** | **1,4** |
| **424** | **Булочка домашняя** | **50** |  |  |  | **159** |  |  |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | ***370*** | ***3,2*** | ***-*** | ***47,9*** | ***374,2*** | ***0,11*** | ***20*** |  |  | ***21,8*** | ***57,4*** | ***79,6*** | ***2,48*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1640** | **55,27** | **57,58** | **282,23** | **2010,83** | **4** | **150,2** | **65,3** | **7,19** | **367,79** | **801** | **266,65** | **21,68** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Понедельник вторая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **175** | **Каша вязкая молочная из риса и пшена «Дружба» с маслом слив. и сахаром** | **250** | **6,9** | **12,7** | **49,3** | **340,9** | **0,11** | **1,1** | **62,2** | **0,2** | **151,9** | **177,5** | **42,3** | **0,9** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **3** | **Бутерброд** | ***50*** |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Б/Н*** | ***Батон нарезной*** | ***35*** | ***2,6*** | ***0,98*** | ***17,99*** | ***81,83*** | ***0,03*** | ***-*** | ***-*** | ***0,45*** | ***8,05*** | ***30,45*** | ***11,55*** |  |
| ***15*** | ***Сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***16,15*** | ***20,79*** | ***83,24*** | ***577,33*** | ***0,19*** | ***2,51*** | ***121,2*** | ***0,73*** | ***417,65*** | ***372,95*** | ***73,1*** | ***1,18*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **59** | **Салат из моркови с яблоками** |  | **0,63** | **0,1** | **5,1** | **23,94** | **0,03** | **2,6** | **5340,3** | **0,2** | **14,39** | **26,7** | **18,2** | **0,6** |
| **60** |
|  |
| **102** | **Суп с бобовыми** (горох)  **на курином бульоне** |  | **6,7** | **1,9** | **18,8** | **119,1** | **0,19** | **0,64** | **-** | **14,24** | **33,9** | **61,1** | **23,7** | **1,7** |
| **200** |
| **43/** | **Ленивые голубцы с мясом птицы** | **240** | **21,06** | **13,5** | **29,7** | **328,5** | **0,12** | **7,5** | **48** | **2,88** | **90** | **66,1** | **4,9** | **2,4** |
| **315** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,83** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***34,09*** | ***17,26*** | ***117,25*** | ***759,67*** | ***0,46*** | ***14,84*** | ***5388,3*** | ***18,9*** | ***194,84*** | ***281,95*** | ***96,84*** | ***7,55*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **422** | **Булочка ванильная** | **100** | **7,9** | **8,12** | **44,48** | **283** | **1,14** | **-** | **14** | **16** | **22,4** | **76,6** | **28,4** | **1,4** |
| **386** | **Ряженка** | **200** | **5,9** | **5** | **8,4** | **102** | **0,04** | **0,6** | **40** | **-** | **248** | **184** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,8*** | ***13,12*** | ***52,88*** | ***385*** | ***1,18*** | ***0,6*** | ***54*** | ***16*** | ***270,4*** | ***260*** | ***56,4*** | ***1,6*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1570** | **64,04** | **51,17** | **253,32** | **1758,54** | **1,83** | **17,95** | **5563,5** | **35,63** | **882,8** | **914,9** | **226,34** | **10,33** |
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|  | Вторник вторая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **204** | **Макароны отварные с сыром** | **200** | **13,5** | **15,8** | **34,1** | **334,4** | **0,08** | **0,2** | **115,2** | **1** | **295,2** | **202,1** | **20,32** | **1,2** |
| **377** | **Чай с сахаром и лимоном** | **200** | **0,12** | **0,02** | **14,7** | **50,5** | **-** | **2,56** | **-** | **0,01** | **14,8** | **4,7** | **2,3** | **0,4** |
| **6** | **Бутерброд** | **80** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |
| **16** | ***Колбаса полукопченая*** | ***30*** | ***4,5*** | ***12*** | ***0,09*** | ***126,9*** | ***0,06*** |  |  | ***1,8*** | ***7,8*** | ***60,6*** | ***7,5*** | ***0,66*** |
| **б/н** | **вафли** | **30** | **0,84** | **7,36** | **15,3** | **139,16** | **0,04** |  | **28,8** | **0,52** | **50** | **34,8** | **6** | **0,4** |
|  | **ИТОГО за прием пищи** | ***510*** | ***22,71*** | ***36,58*** | ***90,04*** | ***767,96*** | ***0,68*** | ***2,76*** | ***144*** | ***3,98*** | ***379,3*** | ***345,7*** | ***51,12*** | ***3,21*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **48** | **Салат витаминный (1 вар.)** | **60** | **0,49** | **3,6** | **5,2** | **57,42** | **0,03** | **5,3** | **-** | **0,18** | **11,6** | **18,4** | **10,9** | **0,6** |
| **106,1** | **Суп рыбный** | **200** | **12,8** | **0,6** | **9,2** | **105,5** | **0,08** | **5,9** | **0,02** | **0,44** | **48,6** | **32,4** | **177,7** | **0,6** |
| **259** | **Жаркое по-домашнему (мясо свинина)** | **250** | **17,6** | **42,1** | **23,6** | **547,1** | **0,5** | **9,65** | **-** | **4,4** | **98,6** | **257,5** | **61,2** | **4,3** |
| **342** | **Компот из свежих плодов** | **200** | **0,16** | **0,15** | **23,88** | **97,6** | **0,02** | **1,8-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **,** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,83** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***780*** | ***36,1*** | ***48,085*** | ***93,52*** | ***962,95*** | ***0,73*** | ***22,65*** | ***0,02*** | ***6,17*** | ***203,27*** | ***432,31*** | ***286,97*** | ***8,12*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **424** | **Булочка домашняя (с сахаром)** | **100** | **7,28** | **12,52** | **43,92** | **318** | **0,12** | **-** | **4** | **4,66** | **19,8** | **70** | **27,4** | **1,3** |
| **386** | **Кефир** | **200** | **5,8** | **6,4** | **8,2** | **113,6** | **0,06** | **1,6** | **44** | **-** | **240** | **190** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,08*** | ***18,92*** | ***52,12*** | ***431,6*** | ***0,08*** | ***1,6*** | ***48*** | ***4,66*** | ***259,8*** | ***260*** | ***55,4*** | ***1,5*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1590** | **71,89** | **103,58** | **235,68** | **2043,86** | **1,49** | **27,01** | **192,02** | **14,81** | **842,37** | **1038** | **393,42** | **12,83** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Среда вторая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **182** | **Каша пшенная на молоке с маслом слив.** | **200** | **7,3** | **4,3** | **38,27** | **220,98** | **0,19** | **-** | **5** | **2,9** | **4,1** | **131** | **45** | **2,58** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **209** | **Яйцо отварное** | **40** | **11,9** | **10,1** | **0,6** | **141,4** | **0,05** | **-** | **156** | **-** | **48,4** | **167,04** | **10,44** | **2,18** |
| **3** | **Бутерброд:** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **40** | **3** | **1,12** | **20,56** | **93,6** | **0,04** | **-** | **-** | **0,52** | **9,2** | **34,8** | **13,2** | **-** |
| **15** | **Сыр** | **20** | **4,64** | **5,9** | **-** | **71,66** | **0,01** | **0,14** | **52** | **0,1** | **176** | **100** | **7** | **0,2** |
|  | **ИТОГО за прием пищи** | ***500*** | ***30,01*** | ***24,1*** | ***75,38*** | ***628,24*** | ***0,33*** | ***1,44*** | ***233*** | ***3,52*** | ***363,4*** | ***522,8*** | ***89,64*** | ***5,09*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Свежий огурец** | **60** | **0,42** | **0,06** | **1,14** | **7,2 7,20** | **0,02** | **2,94** | **-** | **0,06** | **10,2** | **18** | **8,4** | **0,3** |
|
| **82** | **Борщ на курином бульоне** | **200** | **4,9** | **4,63** | **7,02** | **94,81** | **0,03** | **9,02** | **17,61** | **1,95** | **46,7** | **55,34** | **31,67** | **1,1** |
| **278, 1 вариант** | **Тефтели из мяса птицы (50/40)** | **90** | **15,69** | **15,08** | **14,65** | **257,4** | **0,17** | **0,81** | **30,26** | **61,56** | **53,79** | **72** | **19,98** | **3,26** |
| **304** | **Рис отварной** | **150** | **3,67** | **5,42** | **36,67** | **210,11** | **0,03** | **-** | **27** | **0,6** | **2,61** | **61,5** | **19,01** | **0,53** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***30,39*** | ***22,28*** | ***123,13*** | ***857,12*** | ***0,37*** | ***13,47*** | ***74,877*** | ***66,2*** | ***159,56*** | ***357,49*** | ***129,01*** | ***8,04*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **сок** | **200** | **1** | **-** | **349** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |
| **338** | **Яблоко свежее** | **120** | **0,48** | **0,48** | **11,76** | **56,4** | **0,036** | **12** | **-** | **0,24** | **19,2** | **13,2** | **10,8** | **2,64** |
|  | **Булочка Школьная** | **50** | **8,35** | **3,2** | **44,85** | **241,6** | **0,15** |  |  | **2,2** | **22,5** | **76,8** | **32,3** | **1,4** |
|  | **ИТОГО за прием пищи** |  | ***1,4*** | ***0,4*** | ***30*** | ***131,8*** | ***0,11*** | ***14*** | ***-*** | ***0,44*** | ***30,8*** | ***25*** | ***17*** | ***5*** |
| ***370*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1640** | **61,89** | **46,78** | **228,51** | **1654,76** | **0,81** | **28,91** | **307,8** | **70,16** | **527,2** | **905,2** | **235,65** | **18,13** |
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|  | Четверг вторая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|
| **120** | **Суп молочный с макаронными изделиями** |  | **4,4** | **3,8** | **14,4** | **120** | **0,07** | **0,66** | **26,4** | **0,3** | **130,4** | **109,5** | **21,34** | **0,52** |
| **200** |
| **382** | **Какао с молоком** | **200** | **6,5** | **1,3** | **26** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
| **2** | **Бутерброд** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| **16** | ***Колбаса полукопченая*** | ***25*** | ***3,75*** | ***10*** | ***0,075*** | ***105,75*** | ***0,05*** | **-** | **-** | ***1,5*** | ***6,5*** | ***50,5*** | ***6,25*** | ***0,55*** |
| **б/н** | **Сушки** | **20** | **2,14** | **0,24** | **14,24** | **67,8** | **0,03** |  |  | **0,32** | **4,8** | **18,2** | **3,6** | **0,32** |
|  | **ИТОГО за прием пищи** | ***500*** | ***20,58*** | ***20,36*** | ***80,63*** | ***568,65*** | ***0,7*** | ***1,96*** | ***70,8*** | ***2,82*** | ***289,6*** | ***347,7*** | ***72,69*** | ***4,04*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **67** | **Винегрет** | **60** | **0,85** | **6** | **0,43** | **75,06** | **0,03** | **5,7** | **-** | **2,7** | **18,7** | **25,9** | **11,7** | **0,5** |
| **102** | **Суп гороховый** | **200** | **6,7** | **1,9** | **18,8** | **119,1** | **0,19** | **0,64** |  | **14,24** | **33,9** | **61,1** | **23,7** | **1,7** |
| **271** | **Котлета домашняя** | **90** | **10,9** | **20,8** | **8,2** | **264,1** | **0,13** | **0,2** | **41,8** | **2,36** | **0,17** | **107,5** | **16** | **1,7** |
| **309** | **Макароны отварные со сливочным маслом** |  | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **150** |
| **348** | **Компот из изюма** | **200** | **0,34** | **0,07** | **29,85** | **122,2** | **0,02** | **-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***29,44*** | ***38,6*** | ***115,43*** | ***936,68*** | ***0,53*** | ***6,54*** | ***112,6*** | ***21,42*** | ***103,3*** | ***355,958*** | ***138,29*** | ***7,52*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **386** | **Ряженка** | **200** | **5,9** | **5** | **8,4** | **102** | **0,04** | **0,6** | **40** | **-** | **248** | **184** | **28** | **0,2** |
| **б/н** | **Зефир** | **100** | **1,2** | **0,2** | **119,7** | **489** | **0,1** | **15** | ***-*** | **0,1** | **37,5** | **18** | **9** | **2,1** |
|  | **ИТОГО за прием пищи** | **300** | ***7,1*** | ***5,2*** | ***128,1*** | ***591*** | ***0,14*** | ***15,6*** | ***40*** | ***0,1*** | ***285,5*** | ***202*** | ***37*** | ***2,3*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1570** | **57,12** | **64,16** | **324,16** | **2096,33** | **1,37** | **23,93** | **222,8** | **17,34** | **678,4** | **905,3** | **247,98** | **16,86** |
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|  | Пятница вторая |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
|  |  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **223** | **Запеканка из творога с повидлом** | **250** | **35,36** | **24,16** | **66,5** | **618,6** | **0,09** | **0,77** | **144,4** | **1** | **262,64** | **434,74** | **50,66** | **2,29** |
| **376** | **Чай с сахаром** | **200** | **0,1** | **0,02** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **3** | **Бутерброд:** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***30*** | ***2,25*** | ***0,84*** | ***15,51*** | ***70,2*** | ***0,3*** | ***-*** | ***-*** | ***0,39*** | ***6,9*** | ***26,1*** | ***9,9*** | ***0,33*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| ***15*** | ***Сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***41,23*** | ***33,07*** | ***91,27*** | ***812,6*** | ***0,4*** | ***2,48*** | ***183,42*** | ***1,52*** | ***418,04*** | ***541,74*** | ***68,21*** | ***3,17*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***б/н*** | **Свежий помидор порцион.** | **60** | **0,66** | **0,12** | **2,28** | **12,84** | **0,03** | **1,5** | **79,8** | **-** | **8,4** | **15,6** | **12** | **0,54** |
| **104** | **Суп картофельный с мясными фрикадельками** | **200** | **9,65** | **6,9** | **12,6** | **163,24** | **2,93** | **9,06** |  | **1,27** | **32,36** | **57,8** | **36,54** | **9,58** |
| **289** | **Рагу из птицы с овощами** | **75/25** | **2,4** | **6** | **13,8** | **114,6** | **0,06** | **26,8** | **1,1** | **1,4** | **24,4** | **32,8** | **15,8** | **0,3** |
| **302** | **Каша рассыпчатая (гречка)** | **150** | **8,68** | **9,72** | **38,7** | **276,75** | **0,21** | **-** | **-** | **0,61** | **16,2** | **203,93** | **135,83** | **5,57** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | **780** | ***27,9*** | ***24,5*** | ***131,03*** | ***855,03*** | ***3,35*** | ***38,06*** | ***88,9*** | ***4,86*** | ***105,55*** | ***438,13*** | ***250,12*** | ***18,84*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **428** | **Булочка « Школьная»** | **100** | **8,35** | **3,2** | **44,85** | **241,6** | **0,15** | **-** | **-** | **2,2-22,5** | **22,5** | **76,8** | **32,3** | **1,4** |
| **389** | **сок** | **200** | **1** | **-** | **349** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |
|  | **ИТОГО за прием пищи** | ***300*** | ***9,35*** | ***3,2*** | ***393,85*** | ***326,4*** | ***0,23*** | ***4*** |  | ***2,2*** | ***37,3*** | ***90,8*** | ***40,3*** | ***4,2*** |
|  | **Соль йодированная** | **3** |  | |  | |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1580** | **77,67** | **60,77** | **615,7** | **1994,03** | **3,98** | **44,54** | **272,32** | **8,58** | **560,89** | **1070,6** | **358,63** | **26,21** |
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| **Основные показатели в пищевых веществах и энергетической ценности** | | | | |
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| **Основные показатели** | **Пищевые вещества (г)** | | | **Энергетическая ценность (ккал)** |
|  |
| **Дни по меню** |
|  | **Б** | **Ж** | **У** |
| **1 день** | 65,93 | 73,35 | 269,26 | 1958,54 |
| **2 день** | 60,22 | 62,91 | 282,5 | 1971,54 |
| **3 день** | 62,2 | 67,28 | 251,63 | 1822,14 |
| **4 день** | 51,51 | 78,05 | 209,84 | 1491,74 |
| **5 день** | 55,27 | 57,58 | 282,23 | 1896,1 |
| **6 день** | 64,04 | 51,17 | 253,32 | 1758,54 |
| **7 день** | 71,89 | 103,55 | 235,68 | 2043,86 |
| **8 день** | 61,89 | 46,78 | 228,51 | 1654,76 |
| **9 день** | 57,12 | 64,16 | 324,16 | 2141,16 |
| **10 день** | 77,67 | 60,77 | 615,7 | 2028,43 |
| **Итого за весь период:** | 627,74 | 665,63 | 2952,83 | 18766,81 |
| **Итого в среднем за 1день (прием пищи):** | **62,77** | **66,56** | **295,28** | **1876,68** |
| **Итого норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7%** | Норма на 1 ребенка в день 46,2 -57,75 (завтрак , обед, полдник,) с учетом 10% -50,8г-63,5г | Норма на 1 ребенка в день -47,4-59,25 (завтрак, обед, полдник) с учетом 10% 52,14 -65,17 г | Норма на 1 ребенка в день -201-251,25 (завтрак, обед, полдник) с учетом 10% -221,1 -276,38 | **Норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7ккал (завтрак, обед, полдник)** |

«СОГЛАСОВАНО» «УТВЕРЖДЕНО»

МБОУ СШ №45 ООО « АУТСОРСИНГ»

Директор Раклистова Н.Н. Директор Лавренова С.Е.

\_\_\_/\_\_\_\_\_\_\_\_\_2024год \_\_\_/\_\_\_\_\_\_\_\_\_2024год

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| **Меню завтраков, обедов и полдников для обучающихся 5-11-х классов**  **в лагере с дневным пребыванием общеобразовательных учреждений города Твери**    **Основание:**   1. **СанПиН 2.3/2.4.3590-20 «Санитарно-эпидемиологические требования к организации общественного питания»** Утверждены Постановлением Главного государственного санитарного врача РФ № 32 от 27.10.2020 г. 2. **Рекомендации по организации питания обучающихся общеобразовательных организаций. МР 2.4.0179-20.** Утверждены Руководителем Федеральной службы по надзору в сфере защиты прав потребителей и благополучия человека, Главным государственным санитарным врачом РФ А.Ю. Поповой 18.05.2020 г. 3. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**  Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года |

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**Сезон:** летний

**Возрастная категория:** 12-17 лет

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| **День:**  **Неделя:** | | Понедельник  первая |  |  | | |  | | | |  | |  | |  | | |  | | |  | | |  |  | | |  | |  |  | | |
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| **№ рецептуры** | | **Приём пищи, наименование блюда** | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | |
| **Б** | | | **Ж** | | **У** | | **В1** | | **С** | | | **А** | | | **Е** | | | | **Са** | | | **Р** | | | **Мg** | **Fe** |
|  | | **ЗАВТРАК** | |  | |  | | |  | |  | |  | |  | |  | | |  | | |  | | | |  | | |  | | |  |  |
| **174** | | **Каша рисовая молочная** | | **250,0** | | **6,0** | | | **10,85** | | **42,95** | | **367,5** | | **0,06** | | **0,96** | | | **54,8** | | |  | | | | **128,57** | | | **157,44** | | | **36,46** | **0,60** |
| **379** | | **Кофейный напиток** | | **200** | | **3.17** | | | **2.68** | | **15.95** | | **100.60** | | **0.04** | | **1.30** | | | **20.00** | | | **-** | | | | **125.78** | | | **90.00** | | | **14.00** | **0.13** |
| **209** | | **Яйцо отварное** | | **40,0** | | **11,9** | | | **10,1** | | **0,6** | | **141,4** | | **0,05** | | **-** | | | **156** | | | **-** | | | | **48,4** | | | **167,04** | | | **10,44** | **2,18** |
| **1** | | **Бутерброд** | | **40,0** | |  | | |  | |  | |  | |  | |  | | |  | | |  | | | |  | | |  | | |  |  |
| ***б/н*** | | ***Батон нарезной*** | | ***30*** | | ***2.25*** | | | ***0.84*** | | ***15,42*** | | ***85,8*** | | ***0.03*** | | ***-*** | | | ***-*** | | | ***0.39*** | | | | ***6,90*** | | | ***26,10*** | | | ***9,90*** |  |
| ***14*** | | ***Масло сливочное*** | | ***10,0*** | | ***0,08*** | | | ***7,24*** | | ***0,26*** | | ***66,0*** | | ***-*** | | ***-*** | | | ***40,0*** | | | ***0,1*** | | | | ***2,4*** | | | ***3.00*** | | | ***-*** | ***0.20*** |
| **б/н** | | **Хлеб ржаной** | | **20** | | **1,4** | | | **0,40** | **7,8** | | | **42,00** | | **0.04** | | **-** | | | **-** | | | **0.36** | | | | **9,2** | | | **42,4** | | | **10.00** | **1.24** |
|  | | **ИТОГО за прием пищи** | | ***550,0*** | | ***24,8*** | | | ***39,37*** | ***82,84*** | | | ***803,3*** | | ***0,22*** | | ***2,26*** | | | ***270,8*** | | | ***0,85*** | | | | ***321,25*** | | | ***485,9*** | | | ***80,8*** | ***4,35*** |
|  | | **ОБЕД** | |  | |  | | |  |  | | |  | |  | |  | | |  | | |  | | | |  | | |  | | |  |  |
| **71** | | **Свежий огурец** | | **100,0 60** | | **0.42** | | | **0.06** | **1.14** | | | **12** | | **0.02** | | **2.94** | | | **-** | | | **0.06** | | | | **10.20** | | | **18.00** | | | **8.40** | **0,30 0.30** |
| **88** | | **Щи из свежей капусты на курином бульоне** | | **250** | | **4,96** | | | **4,25** | **13,8** | | | **141,5** | | **0,06** | | **12,89** | | | **10.50** | | | **1.92** | | | | **40,60** | | | **64,85** | | | **30,6**  **12.90** | **0,87**  **0.21** |
| **294** | | **Котлета рубленая из мяса птицы(60/40)** | | **100** | | **15.69** | | | **15.08** | **14.65** | | | **286** | | **0.17** | | **0.81** | | | **30.26** | | | **61.56** | | | | **53.79** | | | **72.00** | | | **19.98** | **3.26** |
| **309** | | **Макароны отварные с масл. сл.**  **. сл.** | | **180,0** | | **5.60** | | | **8.15** | **26.51** | | | **241.74** | | **0.06** | | **-** | | | **-** | | | **0.97** | | | | **6.06** | | | **37.17** | | | **21.12** | **1.12** |  |  |  |  |  |  |  |  |  |
| **349** | | **Компот из сухофруктов** | | **200** | | **0.65** | | | **0.08** | **32,0** | | | **132,8** | | **0.02** | | **0,73** | | | **-** | | | **0.5** | | | | **32,47** | | | **23,4** | | | **17,45** | **0.68** |
| **б/н** | | **Хлеб ржаной** | | **40,0** | | **2,8** | | | **0,80** | **15,6** | | | **84,00** | | **0.08** | | **-** | | | **-** | | | **0.72** | | | | **18,4** | | | **84,8** | | | **20.00** | **2,48** |
| **б/н** | | **Батон нарезной** | | **30,0** | | **2.25** | | | **0.84** | **15,42** | | | **85,8** | | **0.03** | | **-** | | | **-** | | | **0.39** | | | | **6,90** | | | **26,10** | | | **9,90** |  |
|  | | **ИТОГО за прием пищи** | | ***900*** | | ***32,37*** | | | ***29,26*** | ***119,12*** | | | ***983,84*** | | ***0,44*** | | ***14,43*** | | | ***40,76*** | | | ***66,12*** | | | | ***158,22*** | | | ***114,9*** | | | ***127,45*** | ***8,73*** |
|  | | **ПОЛДНИК** | |  | |  | | |  |  | | |  | |  | |  | | |  | | |  | | | |  | | |  | | |  |  |
| **0** | | **Плюшка с сахаром** | | **100** | | **7,76** | | | **4,72** | **47,1** | | | **262** | | **0,14** | | **-** | | | **-** | | | **-** | | | | **22** | | | **74** | | | **29** | **13,8** |
| **389** | | **сок** | | **200** | | **1** | | | **-** | **20,2** | | | **84,8** | | **0,08** | | **4** | | |  | | |  | | | | **14,8** | | | **14** | | | **8** | **2,8** |
|  | | **Соль иодированная** | | **3** | |  | | |  |  | | |  | |  | |  | | |  | | |  | | | |  | | |  | | |  |  |
|  | | **ИТОГО за прием пищи** | | **300** | | **8,76** | | | **4,72** | **67,3** | | | **346,8** | | **0,22** | | **4** | | |  | | |  | | | | **36,8** | | | **88** | | | **37** | **16,6** |
| **ИТОГО** | |  | | **1570** | | **65,93** | | | **73,35** | **269,26** | | | **1927,34** | | **0,88** | | **20,66** | | | **311,56** | | | **67,09** | | | | **516,27** | | | **688,8** | | | **245,2** | **29,68** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **День** | | вторник | | | | |  | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | |  | | |  | | |
| **Неделя** | | первая | | | | |  | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | |  | | |  | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | |
| **Б** | | | **Ж** | | | **У** | | **В**1 | | **С** | | | | **А** | | **Е** | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | | |
|  | | **ЗАВТРАК** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **401** | | **Оладьи с повидлом(200/ 50)** | | | **250** | | **17,5** | | | **17,3**  **-** | | | **108,0** | | **659,0** | | **0,01** | | **0,95** | | | | **-**  **-** | | **-**  **-** | | **193,7** | | | **282,8** | | | **75,62** | | | **3,46** | | |
| **376** | | **Чай с сахаром** | | | **200** | | **0,1** | | | **0,02** | | | **9,2** | | **36,8** | | **-** | | **1,6** | | | | **-** | | **-** | | **15,3** | | | **4,4** | | | **2,4** | | | **0,3** | | |
| **2** | | **Бутерброд** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| ***б/н*** | | ***Батон нарезной*** | | | ***20*** | | ***1,5*** | | | ***0,56*** | | | ***10,28*** | | ***57,2*** | | ***0,02*** | | ***-*** | | | | ***-*** | | ***0,26*** | | ***4,6*** | | | ***17,4*** | | | ***6,6*** | | |  | | |
| **16** | | ***Колбаса полукопченая*** | | | ***30*** | | ***4,5*** | | | ***12,0*** | | | ***0,09*** | | ***126,9*** | | ***0,06*** | |  | | | |  | | ***1,8*** | | ***7,8*** | | | ***60,6*** | | | ***7,5*** | | | ***0,66*** | | |
|  | | **ИТОГО за прием пищи** | | | **500** | | ***23,6*** | | | ***29,88*** | | | ***127,57*** | | ***879,9*** | | ***0,09*** | | ***2,55*** | | | | ***-*** | | ***3,06*** | | ***221,4*** | | | ***356,2*** | | | ***92,12*** | | | ***4,42*** | | |
|  | | **ОБЕД** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **45** | | **Салат из белокочанной**  **капусты с морковью** | | | **100** | | **0,78** | | | **1,9** | | | **3,9** | | **60,4** | | **0,01** | | **10,3** | | | | **-** | | **-** | | **14,9** | | | **16,9** | | | **9,05** | | | **2,8** | | |
| **96** | | **Рассольник «Ленинградский» на кур.б-не.** | | | **250** | | **5,15** | | | **4,36** | | | **9,64** | | **128,5** | | **0,08** | | **6,97** | | | | **10.50** | | **1,91** | | **24,52** | | | **71,03** | | | **32,24** | | | **0,95** | | |
| **255** | | **Печень по -строгоновски** говядина) | | | **100**(50/40) | | **13.09** | | | **15.10** | | | **2.59** | | **220,9** | | **0.02** | | **0.83** | | | | **-** | | **2.35** | | **19.63** | | | **138.73** | | | **19.82** | | | **2.75** | | |
| **302** | | **Каша рассыпчатая (гречка)** | | | **180** | | **8.68** | | | **9.72** | | | **38.70** | | **332,1** | | **0.21** | | **-** | | | | **-** | | **0.61** | | **16.20** | | | **203.93** | | | **135.83** | | | **5.57** | | |
| **388** | | **Напиток из шиповника** | | | **200** | | **0.67** | | | **0.27** | | | **20,7** | | **88,2** | | **0.01** | | **100,0** | | | | **-** | | **0,7** | | **21,3** | | | **3.4** | | | **3.4** | | | **0.55** | | |
| **б/н** | | **Хлеб ржаной** | | | **35,0** | | **2,45** | | | **0,70** | | | **13,65** | | **73,5** | | **0.07** | | **-** | | | | **-** | | **0.63** | | **16,1** | | | **74,2** | | | **17,5** | | | **2,17** | | |
| **б/н** | | **Батон нарезной** | | | **35,0** | | **2.6** | | | **0.98** | | | **17,99** | | **100,1** | | **0.03** | | **-** | | | | **-** | | **0.45** | | **8,05** | | | **30,45** | | | **11,55** | | |  | | |
|  | | **ИТОГО за прием пищи** | | | **870** | | ***33,42*** | | | ***33,03*** | | | ***107,17*** | | ***1003,7*** | | ***0,43*** | | ***118,1*** | | | | ***10,50*** | | ***6,65*** | | ***120,7*** | | | ***538,58*** | | | ***229,36*** | | | ***14,79*** | | |
|  | | **ПОЛДНИК** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **338** | | **Банан** | | | **220** | | **2,7** | | | **-** | | | **37,8** | | **172,8** | | **0,07** | | **18** | | | |  | |  | | **14,4** | | | **50,4** | | | **75,6** | | | **1,08** | | |
| **389** | | **сок** | | | **100** | | **0,5** | | | **-** | | | **10,1** | | **42,4** | | **0,04** | | **2** | | | | **-** | | **-** | | **7,4** | | | **7** | | | **4** | | | **1,4** | | |
| **б/н** | | **Шоколад Аленка** | | | **15** | | **1,2** | | | **5** | | | **8** | | **80,7** | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
|  | | **ИТОГО за прием пищи** | | | **335** | | **3,2** | | | **-** | | | **47,9** | | **295,9** | | **0,11** | | **20** | | | |  | |  | | **21,8** | | | **57,4** | | | **79,6** | | | **2,48** | | |
|  | | **Соль йодированная** | | | **3** | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **ИТОГО:** | | | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **День:** среда  Неделя: первая | | | |  | |  | | |  | | |  | |  | |  | | | |  | |  | |  | |  | | |  | | |  | | |  | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | |
|  | |  | | | **Б** | | | **Ж** | | | **У** | |  | | **В1** | | **С** | | | | **А** | | **Е** | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | | |
|  | | **ЗАВТРАК** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **173** | | **Каша вязкая молочная из овсяной крупы с маслом** | | | **250,0** | | **10,76** | | | **16,0** | | | **47,8** | | **378,5** | | **0,25** | | **1,14** | | | | **65,2** | | **-** | | **188,8** | | | **315,3** | | | **85,7** | | | **2,5** | | |
| **382** | | **Какао с молоком** | | | **200** | | **6,5** | | | **1,3** | | | **26,0** | | **125,1** | | **0,05** | | **1,3** | | | | **24,4** | | **-** | | **135,2** | | | **124,5** | | | **26,5** | | | **2,0** | | |
| **3** | | **Бутерброд:** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **б/н** | | ***Батон нарезной*** | | | ***30,0*** | | ***2,25*** | | | ***0,84*** | | | ***15,51*** | | ***85,8*** | | ***0,3*** | | ***-*** | | | | ***-*** | | ***0,39*** | | ***6,9*** | | | ***26,1*** | | | ***9,9*** | | | ***0,33*** | | |
| **14** | | ***Масло сливочное*** | | | ***5,0*** | | ***0,04*** | | | ***3,62*** | | | ***0,06*** | | ***33*** | | ***-*** | | ***-*** | | | | ***20,0*** | | ***0,05*** | | ***1,2*** | | | ***1,5*** | | | ***-*** | | | ***0,1*** | | |
| **15** | | ***сыр*** | | | ***15,0*** | | ***3,48*** | | | ***4,43*** | | | ***-*** | | ***54*** | | ***0,01*** | | ***0,11*** | | | | ***39,0*** | | ***0,08*** | | ***132,0*** | | | ***75,0*** | | | ***5,25*** | | | ***0,15*** | | |
|  | | **ИТОГО за прием пищи** | | | ***500*** | | ***23,03*** | | | ***26,19*** | | | ***89,37*** | | ***676,4*** | | ***0,61*** | | ***2,55*** | | | | ***148,6*** | | ***0,52*** | | ***464,1*** | | | ***542,4*** | | | ***127,35*** | | | ***5,08*** | | |
|  | | **ОБЕД** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **52** | | **Салат из свеклы отварной с раст.маслом** | | | **100** | | **0,8** | | | **3,6** | | | **4,9** | | **92,8** | | **0,01** | | **3,9** | | | | **0,01** | | **1,6** | | **21,27** | | | **24,3** | | | **12,4** | | | **0,8** | | |
| **81** | | **Борщ на курином бульоне** | | | **250,0** | | **4.90** | | | **4.63** | | | **7.02** | | **118,5** | | **0.03** | | **9.02** | | | | **17.61** | | **1.95** | | **46.70** | | | **55.34** | | | **31.67** | | | **1.10** | | |
| **234** | | **Котлета рыбная** | | | **100,0** | | **11.63** | | | **7.38** | | | **14.13** | | **133,3** | | **-** | | **0.57** | | | | **8.39** | | **4.38** | | **64.67** | | | **154.64** | | | **37.35** | | | **1.32** | | |
| **312** | | **Картофельное пюре** | | | **180** | | **3.06** | | | **4.80** | | | **20.44** | | **164,7** | | **0.14** | | **18.16** | | | | **-** | | **0.18** | | **36.98** | | | **86.59** | | | **27.75** | | | **1.01** | | |
| **349** | | **Компот из сухофруктов** | | | **200** | | **0.65** | | | **0.08** | | | **32,01** | | **132,8** | | **0.02** | | **0.7** | | | | **-** | | **0.5** | | **32,4** | | | **23,4** | | | **20,9** | | | **0.68** | | |
| **б/н/** | | **Хлеб ржаной** | | | **35,0** | | **2,45** | | | **0,70** | | | **13,65** | | **73,5** | | **0.07** | | **-** | | | | **-** | | **0.63** | | **16,1** | | | **74,2** | | | **17,5** | | | **2,17** | | |
| **б/н** | | **Батон нарезной** | | | **35,0** | | **2.6** | | | **0.98** | | | **17,99** | | **100,1** | | **0.03** | | **-** | | | | **-** | | **0.45** | | **8,05** | | | **30,45** | | | **11,55** | | |  | | |
|  | | **ИТОГО за прием пищи** | | | ***900*** | | ***26,09*** | | | ***22,17*** | | | ***110,14*** | | ***815,7*** | | ***0,3*** | | ***32,35*** | | | | ***26,01*** | | ***9,69*** | | ***226,17*** | | | ***448,92*** | | | ***159,12*** | | | ***7,08*** | | |
|  | | **ПОЛДНИК** | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **424** | | **Булочка домашняя** | | | **100** | | **7,28** | | | **12,52** | | | **43,92** | | **318** | | **0,12** | | **-** | | | | **4** | | **4,66** | | **19,8** | | | **70** | | | **27,4** | | | **1,3** | | |
| **386** | | **Кефир** | | | **200** | | **5,8** | | | **6,4** | | | **8,2** | | **113,6** | | **0,06** | | **1,6** | | | | **44** | | **-** | | **240** | | | **190** | | | **28** | | | **0,2** | | |
|  | | **ИТОГО за прием пищи** | | | **300** | | **13,08** | | | **18,92** | | | **52,12** | | **431,6** | | **0,08** | | **1,6** | | | | **48** | | **4,66** | | **259,8** | | | **260** | | | **55,4** | | | **1,5** | | |
|  | | **Соль йодированная** | | | **3** | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **ИТОГО:** | | | | |  | |  | | |  | | |  | |  | |  | |  | | | |  | |  | |  | | |  | | |  | | |  | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День: четверг**  **Неделя: первая** | | |  | | | | | | | |
|  | | |  | | | | | | | |
| **№ рецептуры** | | | **Приём пищи, наименование блюда** | | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | | **Ж** | | **У** | | **В1** | **С** | **А** | **Е** | **Са** | | **Р** | | **Мg** | | **Fe** | |
|  | | | **ЗАВТРАК** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **212** | | | **Омлет с вареной колбасой** | | | | **200,0** | | **13,94** | | **24,83** | | **2,64** | | **289,65** | | **0,11** | **0,26** | **324,57** | **-** | **289,65** | | **215,77** | | **16,14** | | **2,64** | |
| **376** | | | **Чай с сахаром** | | | | **200** | | **0,1** | | **0,02** | | **9,2** | | **36,8** | | **-** | **1,6** | **-** | **-** | **15,3** | | **4,4** | | **2,4** | | **0,3** | |
| **б/н** | | | **Хлеб ржаной** | | | | **50,0** | | **3,5** | | **1,0** | | **19,5** | | **105** | | **0,1** | **-** | **-** | **0,9** | **23,0** | | **106,0** | | **25,0** | | **3,1** | |
| **429** | | | **Булочка «веснушка»** | | | | **50,0** | | **3,9** | | **3,06** | | **23,9** | | **139,0** | | **0,07** | **-** | **3,0** | **1,41** | **11,3** | | **39,2** | | **15,2** | | **0,73** | |
|  | | | **ИТОГО за прием пищи** | | | | ***500,0*** | | ***21,71*** | | ***25,85*** | | ***55,24*** | | ***570,45*** | | ***0,34*** | ***1,86*** | ***327,87*** | ***2,01*** | ***339,25*** | | ***365,37*** | | ***58,74*** | | ***6,77*** | |
|  | | | **ОБЕД** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| ***б/н*** | | | **Свежий помидор порцион.** | | | | **100,0** | | **0,66** | | **0,12** | | **2,28** | | **21,4** | | **0,03** | **1,5** | **79,8** | **-** | **8,4** | | **15,6** | | **12** | | **0,54** | |
| **103** | | | **Суп картофельный с вермишелью** (на курином бульоне) | | | | **250** | | **5,69** | | **2,56** | | **14,03** | | **139,5** | | **0,1** | **6,87** | **10,50** | **1,17** | **24,56** | | **79,71** | | **34,72** | | **1,11** | |
| **291** | | | **Плов с курицей** | | | | **250** | | **19,9** | | **9,9** | | **41,9** | | **381,75** | | **0,13** | **7,08** | **22,8** | **0,6** | **54,45** | | **137,3** | | **63,5** | | **2,29** | |
| ***348*** | | | **Компот из яблок с изюм.** | | | | **200** | | **0,3** | | **0,07** | | **29,85** | | **122,2** | | **0,02** | **-** | **-** | **0,07** | **20,32** | | **19,36** | | **8,12** | | **0,45** | |
| **б/н** | | | **Хлеб ржаной** | | | | **40,0** | | **2,8** | | **0,80** | | **15,6** | | **84,00** | | **0.08** | **-** | **-** | **0.72** | **18,4** | | **84,8** | | **20.00** | | **2,48** | |
| **б/н** | | | **Батон нарезной** | | | | **35,0** | | **2.6** | | **0.98** | | **17,99** | | **100,1** | | **0.03** | **-** | **-** | **0.45** | **8,05** | | **30,45** | | **11,55** | |  | |
|  | | | **ИТОГО за прием пищи** | | | | ***875*** | | ***28,4*** | | ***14,43*** | | ***121,65*** | | ***848,95*** | | ***0,39*** | ***15,45*** | ***113,1*** | ***2,71*** | ***134,18*** | | ***367,22*** | | ***149,89*** | | ***6,87*** | |
|  | | | **ПОЛДНИК** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **389** | | | **сок** | | | | **200** | | **1** | | **-** | | **20,2** | | **84,8** | | **0,08** | **4** | **-** | **-** | **14,8** | | **14** | | **8** | | **2,8** | |
| **338** | | | **Яблоко свежее** | | | | **120** | | **0,4** | | **0,48** | | **11,76** | | **56,4** | | **0,036** | **12** | **-** | **0,24** | **19,2** | | **/13,2** | | **10,8** | | **2,64** | |
| **б/н** | | | **Вафли** | | | | **30** | | **0,84** | | **7,36** | | **15,3** | | **139,16** | |  | **15** |  |  |  | |  | |  | |  | |
|  | | | **ИТОГО за прием пищи** | | | | **350** | | **1,4** | | **0,4** | | **30** | | **280,36** | | **0,11** | **14** | **-** | **0,44** | **30,8** | | **25** | | **17** | | **5** | |
|  | | | **Соль йодированная** | | | | **3** | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **ИТОГО:** | | | | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **День : пятница** | | | | | |  | | | | | | | |
| **Неделя: первая** | | | | | |  | | | | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | | | **Минеральные вещества (мг.)** | | |
| **Б** | **Ж** | | | **У** | | **В1** | | **С** | **А** | **Е** | | **Са** | | **Р** | | **Мg** | | **Fe** | |
|  | | **ЗАВТРАК** | | | | | |  |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |
| **188** | | **Пудинг творожно-рисовый с повидлом** | | | | | | **225** | **9,69** | **7,58** | | | **84,3** | | **448,3** | **0,05** | | **14,2** | **32,9** | **1,8** | | **70,9** | | **153,4** | | **37,5** | | **1,3** | |
| **382** | | **Какао с молоком** | | | | | | **200** | **6,5** | **1,3** | | | **26,0** | | **125,1** | **0,05** | | **1,3** | **24,4** | **-** | | **135,2** | | **124,5** | | **26,5** | | **2,0** | |
|  | | **Бутерброд:** | | | | | | ***75,0*** |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |
| **б/н** | | ***Батон нарезной*** | | | | | | ***50,0*** | ***3,75*** | ***1,4*** | | | ***25,85*** | | ***143*** | ***0,5*** | | ***-*** | ***-*** | ***0,65*** | | ***11,5*** | | ***43,5*** | | ***15,0*** | | ***0,55*** | |
| **16** | | ***Колбаса полукопченая*** | | | | | | ***25,0*** | ***3,75*** | ***10,00*** | | | ***0,075*** | | ***105,75*** | ***0,05*** | | **-** | **-** | ***1,5*** | | ***6,5*** | | ***50,5*** | | ***6,25*** | | ***0,55*** | |
|  | | **ИТОГО за прием пищи** | | | | | | ***500*** | ***23,69*** | ***20,28*** | | | ***136,22*** | | ***822,15*** | ***0,65*** | | ***15,5*** | ***57,3*** | ***3,95*** | | ***224,1*** | | ***371,9*** | | ***85,25*** | | ***4,4*** | |
|  | | **ОБЕД** | | | | | |  |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |
| **67** | | **Винегрет** | | | | | | **100** | **0,85** | **6,0** | | | **0,43** | | **125,1** | **0,03** | | **5,7** | **-** | **2,7** | | **18,7** | | **25,9** | | **11,7** | | **0,5** | |
| **104** | | **Суп картофельный с мясными фрикадельками** | | | | | | **250** | **9,65** | **6,9** | | | **12,6** | | **173,75** | **2,93** | | **9,06** | **8,0** | **1,27** | | **32,36** | | **140,78** | | **37,14** | | **9,58** | |
| **243** | | **Сосиска отварная 60/40** | | | | | | **100** | **6.56** | **14.30** | | | **6.23** | | **188,64** | **0.11** | | **-** | **-** | **0.24** | | **19.32** | | **95.40** | | **12.00** | | **0.96** | |
| **309** | | **Макароны отварные** | | | | | | **180** | **5.60** | **8.15** | | | **26.51** | | **241,74** | **0.06** | | **-** | **-** | **0.97** | | **6.06** | | **37.17** | | **21.12** | | **1.12** | |
| **Б/Н** | | **Хлеб ржаной** | | | | | | **35,0** | **2,45** | **0,70** | | | **13,65** | | **73,5** | **0.07** | | **-** | **-** | **0.63** | | **16,1** | | **74,2** | | **17,5** | | **2,17** | |
| **Б/Н** | | **Батон нарезной** | | | | | | **35,0** | **2.6** | **0.98** | | | **17,99** | | **100,1** | **0.03** | | **-** | **-** | **0.45** | | **8,05** | | **30,45** | | **11,55** | |  | |
| **388** | | **Напиток из шиповника** | | | | | | **200** | **0.67** | **0.27** | | | **20,7** | | **88,2** | **0.01** | | **100,0** | **-** | **0,7** | | **21,3** | | **3.4** | | **3.4** | | **0.55** | |
|  | | **ИТОГО за прием пищи** | | | | | | ***770*** | ***28,38*** | ***37,3*** | | | ***98,11*** | | ***991,03*** | ***3,24*** | | ***114,76*** | ***8,0*** | ***3,24*** | | ***121,89*** | | ***407,3*** | | ***101,81*** | | ***14,88*** | |
|  | | **ПОЛДНИК** | | | | | |  |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |
| **338** | | **Банан** | | | | | | **220** | **2,7** | **-** | | | **37,8** | | **172,8** | **0,07** | | **18** |  |  | | **14,4** | | **50,4** | | **75,6** | | **1,08** | |
| **389** | | **сок** | | | | | | **100** | **0,5** | **-** | | | **10,1** | | **42,4** | **0,04** | | **2** | **-** | **-** | | **7,4** | | **7** | | **4** | | **1,4** | |
| **424** | | **Булочка домашняя** | | | | | | **50** |  |  | | |  | | **159** |  | |  |  |  | |  | |  | |  | |  | |
|  | | **ИТОГО за прием пищи** | | | | | | **370** | **3,2** | **-** | | | **47,9** | | **374,2** | **0,11** | | **20** |  |  | | **21,8** | | **57,4** | | **79,6** | | **2,48** | |
|  | | **Соль йодированная** | | | | | | **3** |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |
| **ИТОГО:** | | | | | | | |  | **1640** | **55,27** | | | **57,58** | | **282,23** | **2010,83** | | **4** | **150,2** | **65,3** | | **7,19** | | **367,79** | | **801** | | **266,65** | |
| **День**: понедельник **Неделя: вторая** | | | | |
| **№ рецептуры** | | | **Приём пищи, наименование блюда** | | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  | | | | | |  |  |  |
| **Б** | | **Ж** | | **У** | | **В1** | **С** | **А** | **Е** | **Са** | | **Р** | | **Мg** | | **Fe** | |  | |  |  |  |
|  | | | **ЗАВТРАК** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |  | |  |  |  |
| **175** | | | **Каша вязкая молочная из риса и пшена «Дружба» с маслом слив. и сахаром** | | | | **250** | | **7,5** | | **12,5** | | **40,3** | | **297,5** | | **0,11** | **1,1** | **62,2** | **0,2** | **151,9** | | **177,5** | | **42,3** | | **0,9** | |  | |  |  |  |
| **379** | | | **Кофейный напиток** | | | | **200** | | **3.17** | | **2.68** | | **15.95** | | **100.60** | | **0.04** | **1.30** | **20.00** | **-** | **125.78** | | **90.00** | | **14.00** | | **0.13** | |  | |  |  |  |
| **3** | | | **Бутерброд** | | | | ***50,0*** | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |  | |  |  |  |
| ***Б/Н*** | | | ***Батон нарезной*** | | | | ***35,0*** | | ***2.6*** | | ***0.98*** | | ***17,99*** | | ***100,1*** | | ***0.03*** | ***-*** | ***-*** | ***0.45*** | ***8,05*** | | ***30,45*** | | ***11,55*** | |  | |  | |  |  |  |
| ***15*** | | | ***Сыр*** | | | | ***15*** | | ***3,48*** | | ***4,43*** | | ***-*** | | ***54*** | | ***0,01*** | ***0,11*** | ***39,0*** | ***0,08*** | ***132,0*** | | ***75,0*** | | ***5,25*** | | ***0,15*** | |  | |  |  |  |
|  | | | **ИТОГО за прием пищи** | | | | ***500*** | | ***16,15*** | | ***20,79*** | | ***83,24*** | | ***595,6*** | | ***0,19*** | ***2,51*** | ***121,2*** | ***0,73*** | ***417,65*** | | ***372,95*** | | ***73,1*** | | ***1,18*** | |  | |  |  |  |
|  | | | **ОБЕД** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |  | |  |  |  |
| **59** | | | **Салат из моркови с яблоками** | | | | **100** | | **0,63** | | **0,1** | | **5,1** | | **39,9** | | **0,03** | **2,6** | **5340,3** | **0,2** | **14,39** | | **26,7** | | **18,2** | | **0,6** | |  | |  |  |  |
| **102** | | | **Суп с бобовыми** (горох)  **на курином бульоне** | | | | **250** | | **6,7** | | **1,9** | | **18,8** | | **148,5** | | **0,19** | **0,64** | **-** | **14,24** | **33,9** | | **61,1** | | **23,7** | | **1,7** | |  | |  |  |  |
| **315** | | | **Ленивые голубцы с мясом птицы** | | | | **300** | | **21,06** | | **13,5** | | **29,7** | | **410,7** | | **0,12** | **7,5** | **48,0** | **2,88** | **90** | | **66,1** | | **4,9** | | **2,4** | |  | |  |  |  |
| **349** | | | **Компот из сухофруктов** | | | | **200** | | **0.65** | | **0.08** | | **32,01** | | **132,8** | | **0.02** | **0.7** | **-** | **0.5** | **32,4** | | **23,4** | | **20,9** | | **0.68** | |  | |  |  |  |
| **Б/Н** | | | **Хлеб ржаной** | | | | **35,0** | | **2,45** | | **0,70** | | **13,65** | | **73,5** | | **0.07** | **-** | **-** | **0.63** | **16,1** | | **74,2** | | **17,5** | | **2,17** | |  | |  |  |  |
| **Б/Н** | | | **Батон нарезной** | | | | **35,0** | | **2.6** | | **0.98** | | **17,99** | | **100,1** | | **0.03** | **-** | **-** | **0.45** | **8,05** | | **30,45** | | **11,55** | |  | |  | |  |  |  |
|  | | | **ИТОГО за прием пищи** | | | | ***920*** | | ***34,09*** | | ***17,26*** | | ***117,25*** | | ***905,5*** | | ***0,46*** | ***14,84*** | ***5388,3*** | ***18,9*** | ***194,84*** | | ***281,95*** | | ***96,84*** | | ***7,55*** | |  | |  |  |  |
|  | | | **ПОЛДНИК** | | | |  | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **422** | | | **Булочка ванильная** | | | | **100** | | **7,9** | | **8,12** | | **44,48** | | **283** | | **1,14** | **-** | **14** | **16** | **22,4** | | **76,6** | | **28,4** | | **1,4** | |
| **386** | | | **Ряженка** | | | | **200** | | **5,9** | | **5** | | **8,4** | | **102** | | **0,04** | **0,6** | **40** | **-** | **248** | | **184** | | **28** | | **0,2** | |
|  | | | **ИТОГО за прием пищи** | | | | ***300*** | | ***13,8*** | | ***13,12*** | | ***52,88*** | | ***385*** | | ***1,18*** | ***0,6*** | ***54*** | ***16*** | ***270,4*** | | ***260*** | | ***56,4*** | | ***1,6*** | |
|  | | | Соль йодированная | | | | 3 | |  | |  | |  | |  | |  |  |  |  |  | |  | |  | |  | |
| **ИТОГО:** | | | | | | | **1570** | | **64,04** | | **51,17** | | **253,32** | | **1758,54** | | **1,83** | **17,95** | **5563,5** | **35,63** | **882,8** | | **914,9** | | **226,34** | | **10,33** | |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День: вторник**  **Неделя: вторая** | | | | | | | | | |  | | | | | | | | | | | | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | | | | | | | **Масса порции (г)** | | | | **Пищевые вещества (г.)** | | | | | | | | | | | | | | **Энергетическая ценность (ккал)** | | | | | **Витамины (мг.)** | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | | |
| **Б** | | | | **Ж** | | | | | | **У** | | | | **В1** | **С** | | **А** | | **Е** | | | **Са** | | **Р** | | | **Мg** | | | **Fe** | | | | | |
|  | | **ЗАВТРАК** | | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **204** | | **Макароны отварные с сыром** | | | | | | | | | **200** | | | | **13,5** | | | | **15,8** | | | | | | **34,1** | | | | **334,4** | | | | | **0.08** | **0.2** | | **115,2** | | **1,0** | | | **295,2** | | **202,1** | | | **20,32** | | | **1,2** | | | | | |
| **377** | | **Чай с сахаром и лимоном** | | | | | | | | | **200,0** | | | | **0,12** | | | | **0,02** | | | | | | **14,7** | | | | **50,5** | | | | | **-** | **2,56** | | **-** | | **0,01** | | | **14,8** | | **4,7** | | | **2,3** | | | **0,4** | | | | | |
| **6** | | **Бутерброд** | | | | | | | | | **80,0** | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **б/н** | | ***Батон нарезной*** | | | | | | | | | ***50,0*** | | | | ***3,75*** | | | | ***1,4*** | | | | | | ***25,85*** | | | | ***143*** | | | | | ***0,5*** | ***-*** | | ***-*** | | ***0,65*** | | | ***11,5*** | | ***43,5*** | | | ***15,0*** | | | ***0,55*** | | | | | |
| **16** | | ***Колбаса полукопченая*** | | | | | | | | | ***30,0*** | | | | ***4,5*** | | | | ***12,0*** | | | | | | ***0,09*** | | | | ***126,9*** | | | | | ***0,06*** |  | |  | | ***1,8*** | | | ***7,8*** | | ***60,6*** | | | ***7,5*** | | | ***0,66*** | | | | | |
| **б/н** | | **вафли** | | | | | | | | | **30,0** | | | | **0,84** | | | | **7,36** | | | | | | **15,3** | | | | **139,16,** | | | | | **0,04** |  | | **28,8** | | **0,52** | | | **50,0** | | **34,8** | | | **6,0** | | | **0,4** | | | | | |
|  | | **ИТОГО за прием пищи** | | | | | | | | | ***510*** | | | | ***22,71*** | | | | ***36,58*** | | | | | | ***90,04*** | | | | ***793,96*** | | | | | ***0,68*** | ***2,76*** | | ***144*** | | ***3,98*** | | | ***379,3*** | | ***345,7*** | | | ***51,12*** | | | ***3,21*** | | | | | |
|  | | **ОБЕД** | | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **48** | | **Салат витаминный (1 вар.)** | | | | | | | | | **100,0** | | | | **0,49** | | | | **3,6** | | | | | | **5,2** | | | | **95,7** | | | | | **0,03** | **5,3** | | **-** | | **0,18** | | | **11,6** | | **18,4** | | | **10,9** | | | **0,6** | | | | | |
| **106** | | **Суп рыбный** | | | | | | | | | **250,0** | | | | **12,8** | | | | **0,6** | | | | | | **9,2** | | | | **132** | | | | | **0,08** | **5,9** | | **0,02** | | **0,44** | | | **48,6** | | **32,4** | | | **177,7** | | | **0,6** | | | | | |
| **259** | | **Жаркое по-домашнему (мясо свинина)** | | | | | | | | | **250,0** | | | | **17,6** | | | | **42,1** | | | | | | **23,6** | | | | **547,1** | | | | | **0,5** | **9,65** | | **-** | | **4,4** | | | **98,6** | | **257,5** | | | **61,2** | | | **4,3** | | | | | |
| **342** | | **Компот из свежих плодов** | | | | | | | | | **200** | | | | **0,16** | | | | **0,15** | | | | | | **23,88** | | | | **97,6** | | | | | **0,02** | **1,8-** | | **-** | | **0,07** | | | **20,32** | | **19,36** | | | **8,12** | | | **0,45** | | | | | |
| **б/н,**  **,,,,,,,,,,,,,,,,,,,,,,,,,,** | | **Хлеб ржаной** | | | | | | | | | **35,0** | | | | **2,45** | | | | **0,70** | | | | | | **13,65** | | | | **73,5** | | | | | **0.07** | **-** | | **-** | | **0.63** | | | **16,1** | | **74,2** | | | **17,5** | | | **2,17** | | | | | |
| **Б/Н** | | **Батон нарезной** | | | | | | | | | **35,0** | | | | **2.6** | | | | **0.98** | | | | | | **17,99** | | | | **100,1** | | | | | **0.03** | **-** | | **-** | | **0.45** | | | **8,05** | | **30,45** | | | **11,55** | | |  | | | | | |
|  | | **ИТОГО за прием пищи** | | | | | | | | | ***870*** | | | | ***36,1*** | | | | ***48,13*** | | | | | | ***93,52*** | | | | ***1046*** | | | | | ***0,73*** | ***22,65*** | | ***0,02*** | | ***6,17*** | | | ***203,27*** | | ***432,31*** | | | ***286,97*** | | | ***8,12*** | | | | | |
|  | | **ПОЛДНИК** | | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **424** | | **Булочка домашняя (с сахаром)** | | | | | | | | | **100** | | | | **7,28** | | | | **12,52** | | | | | | **43,92** | | | | **318** | | | | | **0,12** | **-** | | **4** | | **4,66** | | | **19,8** | | **70** | | | **27,4** | | | **1,3** | | | | | |
| **386** | | **Кефир** | | | | | | | | | **200** | | | | **5,8** | | | | **6,4** | | | | | | **8,2** | | | | **113,6** | | | | | **0,06** | **1,6** | | **44** | | **-** | | | **240** | | **190** | | | **28** | | | **0,2** | | | | | |
|  | | **ИТОГО за прием пищи** | | | | | | | | | **300** | | | | **13,08** | | | | **18,92** | | | | | | **52,12** | | | | **431,6** | | | | | **0,08** | **1,6** | | **48** | | **4,66** | | | **259,8** | | **260** | | | **55,4** | | | **1,5** | | | | | |
|  | | **Соль йодированная** | | | | | | | | | **3** | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **ИТОГО:** | | | | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | | |  |  | |  | |  | | |  | |  | | |  | | |  | | | | | |
| **День: среда**  **Неделя : вторая** | | | | | | | | | |  | | | | | | | | | | | | | |
|  | | | | | | | | | |
| **№ рецептуры** | | | | **Приём пищи, наименование блюда** | | | | | | | | | **Масса порции (г)** | | | | **Пищевые вещества (г.)** | | | | | | | | | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины (мг.)** | | | **Минеральные вещества (мг.)** | | | | | | | | | | | | | | | | | |
| **Б** | | | | **Ж** | | | | | | | **У** | | | **В1** | **С** | | **А** | | **Е** | | **Са** | | | | **Р** | | | **Мg** | | | **Fe** | | |
|  | | | | **ЗАВТРАК** | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
| **182** | | | | **Каша пшенная на молоке с маслом слив.** | | | | | | | | | **200** | | | | **7,3** | | | | **4,3** | | | | | | | **38,27** | | | **220,98** | | | | **0,19** | **-** | | **5,0** | | **2,9** | | **4,1** | | | | **131,0** | | | **45,0** | | | **2,58** | | |
| **379** | | | | **Кофейный напиток** | | | | | | | | | **200** | | | | **3.17** | | | | **2.68** | | | | | | | **15.95** | | | **100.60** | | | | **0.04** | **1.30** | | **20.00** | | **-** | | **125.78** | | | | **90.00** | | | **14.00** | | | **0.13** | | |
| **209** | | | | **Яйцо отварное** | | | | | | | | | **40,0** | | | | **11,9** | | | | **10,1** | | | | | | | **0,6** | | | **141,4** | | | | **0,05** | **-** | | **156** | | **-** | | **48,4** | | | | **167,04** | | | **10,44** | | | **2,18** | | |
| **3** | | | | **Бутерброд:** | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
| **б/н** | | | | **Батон нарезной** | | | | | | | | | **40,0** | | | | **3,0** | | | | **1,12** | | | | | | | **20,56** | | | **114,4** | | | | **0.04** | **-** | | **-** | | **0,52** | | **9,2** | | | | **34,8** | | | **13,2** | | | **-** | | |
| **15** | | | | **Сыр** | | | | | | | | | **20,0** | | | | **4,64** | | | | **5,9** | | | | | | | **-** | | | **71,66** | | | | **0,01** | **0,14** | | **52,0** | | **0,1** | | **176,0** | | | | **100,0** | | | **7,0** | | | **0,2** | | |
|  | | | | **ИТОГО за прием пищи** | | | | | | | | | ***500*** | | | | ***30,01*** | | | | ***24,1*** | | | | | | | ***75,38*** | | | ***649,04*** | | | | ***0,33*** | ***1,44*** | | ***233*** | | ***3,52*** | | ***363,4*** | | | | ***522,8*** | | | ***89,64*** | | | ***5,09*** | | |
|  | | | | **ОБЕД** | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
| **71** | | | | **Свежий огурец** | | | | | | | | | **100,0** | | | | **0.42** | | | | **0.06** | | | | | | | **1.14** | | | **7.20** | | | | **0.02** | **2.94** | | **-** | | **0.06** | | **10,2** | | | | **18.00** | | | **8.40** | | | **0,30** | | |
| **82** | | | | **Борщ на курином бульоне** | | | | | | | | | **250,0** | | | | **4.90** | | | | **4.63** | | | | | | | **7.02** | | | **94.81** | | | | **0.03** | **9.02** | | **17.61** | | **1.95** | | **46.70** | | | | **55.34** | | | **31.67** | | | **1.10** | | |
| **278 1 вариант** | | | | **Тефтели из мяса птицы(60/40)** | | | | | | | | | **100** | | | | **15,69** | | | | **15,08** | | | | | | | **14,65** | | | **257,4** | | | | **0,17** | **0,81** | | **30,26** | | **61,56** | | **53,79** | | | | **72,0** | | | **19,98** | | | **3,26** | | |
| **304** | | | | **Рис отварной** | | | | | | | | | **180** | | | | **3,67** | | | | **5,42** | | | | | | | **36,67** | | | **210,11** | | | | **0,03** | **-** | | **27** | | **0,6** | | **2,61** | | | | **61,5** | | | **19,01** | | | **0,53** | | |
| **349** | | | | **Компот из сухофруктов** | | | | | | | | | **200** | | | | **0,65** | | | | **0,08** | | | | | | | **32,01** | | | **132,8** | | | | **0,02** | **0,7** | | **-** | | **0,5** | | **32,4** | | | | **23,4** | | | **20,9** | | | **0,68** | | |
| **б/н** | | | | **Хлеб ржаной** | | | | | | | | | **35,0** | | | | **2,45** | | | | **0,70** | | | | | | | **13,65** | | | **73,5** | | | | **0.07** | **-** | | **-** | | **0.63** | | **16,1** | | | | **74,2** | | | **17,5** | | | **2,17** | | |
| **б/н** | | | | **Батон нарезной** | | | | | | | | | **35,0** | | | | **2.6** | | | | **0.98** | | | | | | | **17,99** | | | **100,1** | | | | **0.03** | **-** | | **-** | | **0.45** | | **8,05** | | | | **30,45** | | | **11,55** | | |  | | |
|  | | | | **ИТОГО за прием пищи** | | | | | | | | | ***900*** | | | | ***30,39*** | | | | ***22,28*** | | | | | | | ***123,13*** | | | ***875,92*** | | | | ***0,37*** | ***13,47*** | | ***74,87*** | | ***66,2*** | | ***159,56*** | | | | ***357,49*** | | | ***129,01*** | | | ***8,04*** | | |
|  | | | | **ПОЛДНИК** | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
| **389** | | | | **сок** | | | | | | | | | **200** | | | | **1** | | | | **-** | | | | | | | **349** | | | **84,8** | | | | **0,08** | **4** | | **-** | | **-** | | **14,8** | | | | **14** | | | **8** | | | **2,8** | | |
| **338** | | | | **Яблоко свежее** | | | | | | | | | **120** | | | | **0,48** | | | | **0,48** | | | | | | | **11,76** | | | **56,4** | | | | **0,036** | **12** | | **-** | | **0,24** | | **19,2** | | | | **13,2** | | | **10,8** | | | **2,64** | | |
|  | | | | **Булочка Школьная** | | | | | | | | | **50** | | | | **8,35** | | | | **3,2** | | | | | | | **44,85** | | | **241,6** | | | | **0,15** |  | |  | | **2,2** | | **22,5** | | | | **76,8** | | | **32,3** | | | **1,4** | | |
|  | | | | **ИТОГО за прием пищи** | | | | | | | | |  | | | | **1,4** | | | | **0,4** | | | | | | | **30** | | | **131,8** | | | | **0,11** | **14** | | **-** | | **0,44** | | **30,8** | | | | **25** | | | **17** | | | **5** | | |
|  | | | |  | | | | | | | | | **370** | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
|  | | | | | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | |  | | | |  | | |  | | |  | | |
| **День: четверг**  **Неделя : вторая** | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ рецептуры** | | | | | **Приём пищи, наименование блюда** | | | | | | | | **Масса порции** | | | | **Пищевые вещества (г.)** | | | | | | | | | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины (мг.)** | | | **Минеральные вещества (мг.)** | | | | | | | | | | | | | | | | | |  | | | | |  | | |  | |  | | | | | | | | | | | | | | | | |
| **Б** | | | | **Ж** | | | | | | | **У** | | | **В1** | **С** | | **А** | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | | | **Fe** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
|  | | | | | **ЗАВТРАК** | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **120** | | | | | **Суп молочный с макаронными изделиями** | | | | | | | | **200** | | | | **4,4** | | | | **3,8** | | | | | | | **14,4** | | | **120,0** | | | | **0,07** | **0,66** | | **26,4** | | **0,3** | | | **130,4** | | | **109,5** | | | **21,34** | | | | **0,52** | |
| **382** | | | | | **Какао с молоком** | | | | | | | | **200** | | | | **6,5** | | | | **1,3** | | | | | | | **26,0** | | | **125,1** | | | | **0,05** | **1,3** | | **24,4** | | **-** | | | **135,2** | | | **124,5** | | | **26,5** | | | | **2,0** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **2** | | | | | **Бутерброд** | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **б/н** | | | | | ***Батон нарезной*** | | | | | | | | ***50,0*** | | | | ***3,75*** | | | | ***1,4*** | | | | | | | ***25,85*** | | | ***143*** | | | | ***0,5*** | ***-*** | | ***-*** | | ***0,65*** | | | ***11,5*** | | | ***43,5*** | | | ***15,0*** | | | | ***0,55*** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **14** | | | | | ***Масло сливочное*** | | | | | | | | ***5,0*** | | | | ***0,04*** | | | | ***3,62*** | | | | | | | ***0,06*** | | | ***33*** | | | | ***-*** | ***-*** | | ***20,0*** | | ***0,05*** | | | ***1,2*** | | | ***1,5*** | | | ***-*** | | | | ***0,1*** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **16** | | | | | ***Колбаса полукопченая*** | | | | | | | | ***25,0*** | | | | ***3,75*** | | | | ***10,00*** | | | | | | | ***0,075*** | | | ***105,75*** | | | | ***0,05*** | **-** | | **-** | | ***1,5*** | | | ***6,5*** | | | ***50,5*** | | | ***6,25*** | | | | ***0,55*** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **б/н** | | | | | **Сушки** | | | | | | | | **20** | | | | **2,14** | | | | **0,24** | | | | | | | **14,24** | | | **67,8** | | | | **0,03** |  | |  | | **0,32** | | | **4,8** | | | **18,2** | | | **3,6** | | | | **0,32** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | ***500*** | | | | ***20,58*** | | | | ***20,36*** | | | | | | | ***80,63*** | | | ***594,65*** | | | | ***0,7*** | ***1,96*** | | ***70,8*** | | ***2,82*** | | | ***289,6*** | | | ***347,7*** | | | ***72,69*** | | | | ***4,04*** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
|  | | | | | **ОБЕД** | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **67** | | | | | **Винегрет** | | | | | | | | **100** | | | | **0,85** | | | | **6,0** | | | | | | | **0,43** | | | **125,1** | | | | **0,03** | **5,7** | | **-** | | **2,7** | | | **18,7** | | | **25,9** | | | **11,7** | | | | **0,5** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **102** | | | | | **Суп гороховый** | | | | | | | | **250** | | | | **6,7** | | | | **1,9** | | | | | | | **18,8** | | | **186,25** | | | | **0,19** | **0,64** | |  | | **14,24** | | | **33,90** | | | **61,1** | | | **23,7** | | | | **1,7** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **271** | | | | | **Котлета домашняя** | | | | | | | | **100** | | | | **10,9** | | | | **20,8** | | | | | | | **8,2** | | | **326** | | | | **0,13** | **0,2** | | **41,8** | | **2,36** | | | **0,17** | | | **107,5** | | | **16,0** | | | | **1,7** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **309** | | | | | **Макароны отварные со сливочным маслом** | | | | | | | | **180** | | | | **5.60** | | | | **8.15** | | | | | | | **26.51** | | | **241.74** | | | | **0.06** | **-** | | **-** | | **0.97** | | | **6.06** | | | **37.17** | | | **21.12** | | | | **1.12** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **348** | | | | | **Компот из изюма** | | | | | | | | **200** | | | | **0,34** | | | | **0,07** | | | | | | | **29,85** | | | **122,2** | | | | **0,02** | **-** | | **-** | | **0,07** | | | **20,32** | | | **19,36** | | | **8,12** | | | | **0,45** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **б/н** | | | | | **Хлеб ржаной** | | | | | | | | **35,0** | | | | **2,45** | | | | **0,70** | | | | | | | **13,65** | | | **73,5** | | | | **0.07** | **-** | | **-** | | **0.63** | | | **16,1** | | | **74,2** | | | **17,5** | | | | **2,17** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
| **б/н** | | | | | **Батон нарезной** | | | | | | | | **35,0** | | | | **2.6** | | | | **0.98** | | | | | | | **17,99** | | | **100,1** | | | | **0.03** | **-** | | **-** | | **0.45** | | | **8,05** | | | **30,45** | | | **11,55** | | | |  | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | ***900*** | | | | ***29,44*** | | | | ***38,6*** | | | | | | | ***115,43*** | | | ***1174,89*** | | | | ***0,53*** | ***6,54*** | | ***112,6*** | | ***21,42*** | | | ***103,3*** | | | ***355,9*** | | | ***138,29*** | | | | ***7,52*** | |  | | |  | | | |  | | | | | | |  | | | | | | | | | | | | | | | | | |
|  | | | | | **ПОЛДНИК** | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |
| **386** | | | | | **Ряженка** | | | | | | | | **200** | | | | **5,9** | | | | **5** | | | | | | | **8,4** | | | **102** | | | | **0,04** | **0,6** | | **40** | | **-** | | | **248** | | | **184** | | | **28** | | | | **0,2** | |
| **б/н** | | | | | **Зефир** | | | | | | | | **100** | | | | **1,2** | | | | **0,2** | | | | | | | **119,7** | | | **489** | | | | **0,1** | **15** | | ***-*** | | **0,1** | | | **37,5** | | | **18** | | | **9** | | | | **2,1** | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | **300** | | | | ***7,1*** | | | | ***5,2*** | | | | | | | ***128,1*** | | | ***591*** | | | | ***0,14*** | ***15,6*** | | ***40*** | | ***0,1*** | | | ***285,5*** | | | ***202*** | | | ***37*** | | | | ***2,3*** | |
|  | | | | | Соль йодированная | | | | | | | | 3 | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |
| **ИТОГО:** | | | | | | | | | | | | |  | | | |  | | | |  | | | | | | |  | | |  | | | |  |  | |  | |  | | |  | | |  | | |  | | | |  | |
| **День: пятница**  **Неделя: вторая** | | | | | | | |  | | | | | | | | | | | | | |
| **№ рецептуры** | | | | | | **Приём пищи, наименование блюда** | | | | | | | | **Масса порции** | | | | **Пищевые вещества (г.)** | | | | | | | | | | | | | | **Энергетическая ценность (ккал)** | | | |  | | **Минеральные вещества (мг.)** | | | | | | | | | | | | | | | | | |  | | | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |
|  | | | | |  | | | | | | | |  | | | | **Б** | | | | **Ж** | | | | | | **У** | | | |  | | | | **В1** | | **С** | | **А** | | | **Е** | | | **Са** | | | **Р** | | **Мg** | | **Fe** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
|  | | | | | **ЗАВТРАК** | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **223** | | | | | **Запеканка из творога с повидлом200/50** | | | | | | | | **250** | | | | **35,16/**  **0,2** | | | | **24,16/** | | | | | | **34,0/**  **32,5** | | | | **493,6/**  **125** | | | | **0,08**  **/0,01** | | **0,52**  **0,25** | | **144,4/** | | | **1,0/** | | | **255,64/**  **7,0** | | | **427,24**  **7,5** | | **47,16/**  **3,5** | | **1,64**  **0,65** | | | | |
| **377** | | | | | **Чай с сахаром** | | | | | | | | **200** | | | | **0,1** | | | | **0,02** | | | | | | **9,2** | | | | **36,8** | | | | **-** | | **1,6** | | **-** | | | **-** | | | **15,3** | | | **4,4** | | **2,4** | | **0,3** | | | | |
| **3** | | | | | **Бутерброд:** | | | | | | | | **50** | | | |  | | | |  | | | | | |  | | | |  | | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **б/н** | | | | | ***Батон нарезной*** | | | | | | | | ***30,0*** | | | | ***2,25*** | | | | ***0,84*** | | | | | | ***15,51*** | | | | ***85,8*** | | | | ***0,3*** | | ***-*** | | ***-*** | | | ***0,39*** | | | ***6,9*** | | | ***26,1*** | | ***9,9*** | | ***0,33*** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **14** | | | | | ***Масло сливочное*** | | | | | | | | ***5,0*** | | | | ***0,04*** | | | | ***3,62*** | | | | | | ***0,06*** | | | | ***33*** | | | | ***-*** | | ***-*** | | ***20,0*** | | | ***0,05*** | | | ***1,2*** | | | ***1,5*** | | ***-*** | | ***0,1*** | | | | |
| ***15*** | | | | | ***Сыр*** | | | | | | | | ***15*** | | | | ***3,48*** | | | | ***4,43*** | | | | | | ***-*** | | | | ***54*** | | | | ***0,01*** | | ***0,11*** | | ***39,0*** | | | ***0,08*** | | | ***132,0*** | | | ***75,0*** | | ***5,25*** | | ***0,15*** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | ***500*** | | | | ***41,23*** | | | | ***33,07*** | | | | | | ***91,27*** | | | | ***828,2*** | | | | ***0,4*** | | ***2,48*** | | ***183,42*** | | | ***1,52*** | | | ***418,04*** | | | ***541,74*** | | ***68,21*** | | ***3,17*** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
|  | | | | | **ОБЕД** | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| ***б/н*** | | | | | **Свежий помидор порцион.** | | | | | | | | **100,0** | | | | **0,66** | | | | **0,12** | | | | | | **2,28** | | | | **21,4** | | | | **0,03** | | **1,5** | | **79,8** | | | **-** | | | **8,4** | | | **15,6** | | **12** | | **0,54** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **104** | | | | | **Суп картофельный с мясными фрикадельками** | | | | | | | | **250** | | | | **9,65** | | | | **6,9** | | | | | | **12,6** | | | | **204** | | | | **2,93** | | **9,06** | | **8,0** | | | **1,27** | | | **32,36** | | | **57,8**  **83,0** | | **36,54** | | **9,58** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **289** | | | | | **Рагу из птицы с овощами** | | | | | | | | **100** | | | | **2,4** | | | | **6,0** | | | | | | **13,8** | | | | **114,6** | | | | **0,06** | | **26,8** | | **1,1** | | | **1,4** | | | **24,4** | | | **32,8** | | **15,8** | | **0,3** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **302** | | | | | **Каша рассыпчатая (гречка)** | | | | | | | | **180** | | | | **8.68** | | | | **9.72** | | | | | | **38.70** | | | | **332,1** | | | | **0.21** | | **-** | | **-** | | | **0.61** | | | **16.20** | | | **203.93** | | **135.83** | | **5.57** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **349** | | | | | **Компот из сухофруктов** | | | | | | | | **200** | | | | **0.65** | | | | **0.08** | | | | | | **32,01** | | | | **132,8** | | | | **0.02** | | **0.7** | | **-** | | | **0.5** | | | **32,4** | | | **23,4** | | **20,9** | | **0.68** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **б/н** | | | | | **Хлеб ржаной** | | | | | | | | **35,0** | | | | **2,45** | | | | **0,70** | | | | | | **13,65** | | | | **73,5** | | | | **0.07** | | **-** | | **-** | | | **0.63** | | | **16,1** | | | **74,2** | | **17,5** | | **2,17** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
| **б/н** | | | | | **Батон нарезной** | | | | | | | | **35,0** | | | | **2.6** | | | | **0.98** | | | | | | **17,99** | | | | **100,1** | | | | **0.03** | | **-** | | **-** | | | **0.45** | | | **8,05** | | | **30,45** | | **11,55** | |  | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | **900** | | | | ***27,9*** | | | | ***24,5*** | | | | | | ***131,03*** | | | | ***978,5*** | | | | ***3,35*** | | ***38,06*** | | ***88,9*** | | | ***4,86*** | | | ***105,55*** | | | ***438,13*** | | ***250,12*** | | ***18,84*** | | | | |  | | | |  | |  | |  | | | |  | |  | |  | |  | |  | |  | | |  | |  | |
|  | | | | | **ПОЛДНИК** | | | | | | | |  | | | |  | | | |  | | | | | |  | | | |  | | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | | |
| **428** | | | | | **Булочка « Школьная»** | | | | | | | | **100** | | | | **8,35** | | | | **3,2** | | | | | | **44,85** | | | | **241,6** | | | | **0,15** | | **-** | | **-** | | | **2,2-22,5** | | | **22,5** | | | **76,8** | | **32,3** | | **1,4** | | | | | |
| **389** | | | | | **сок** | | | | | | | | **200** | | | | **1** | | | | **-** | | | | | | **349** | | | | **84,8** | | | | **0,08** | | **4** | | **-** | | | **-** | | | **14,8** | | | **14** | | **8** | | **2,8** | | | | | |
|  | | | | | **ИТОГО за прием пищи** | | | | | | | | ***300*** | | | | ***9,35*** | | | | ***3,2*** | | | | | | ***393,85*** | | | | ***326,4*** | | | | ***0,23*** | | ***4*** | |  | | | ***2,2*** | | | ***37,3*** | | | ***90,8*** | | ***40,3*** | | ***4,2*** | | | | | |
|  | | | | | **Соль йодированная** | | | | | | | | **3** | | | |  | | | | | | | | | |  | | | | | | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | | |
| **ИТОГО:** | | | | | | | | | | | | |  | | | |  | | | | | |  | | | |  | | | | |  | | |  | |  | |  | | |  | | |  | | |  | |  | |  | | | | | |

**Основные показатели в пищевых веществах и энергетической ценности**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Основные показатели**    **Дни по меню** | **Пищевые вещества (г)** | | | **Энергетическая ценность (ккал)** |
| **Б** | **Ж** | **У** |
| **1 день** | 57,17 | 73,35 | 269,26 | 1958,54 |
| **2 день** | 60,22 | 62,91 | 282,5 | 1971,54 |
| **3 день** | 62,2 | 67,28 | 251,63 | 1822,14 |
| **4 день** | 51,51 | 78,05 | 209,84 | 1491,74 |
| **5 день** | 55,27 | 57,58 | 282,23 | 1896,1 |
| **6 день** | 64,04 | 51,17 | 253,32 | 1758,54 |
| **7 день** | 71,89 | 103,55 | 235,68 | 2043,86 |
| **8 день** | 61,89 | 46,78 | 228,51 | 1654,76 |
| **9 день** | 57,12 | 64,16 | 324,16 | 1769,54 |
| **10 день** | 77,67 | 60,77 | 615,7 | 1806,7 |
| **Итого за весь период:** | 627,74 | 665,63 | 2952,83 | 18766,81 |
| **Итого в среднем за 1день (прием пищи):** | **62,77** | **66,56** | **295,28** | **1876,68** |
| **Итого норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7%** | Норма на 1 ребенка в день 46,2 -57,75 (завтрак , обед, полдник,) с учетом 10% -50,8г-63,5г | Норма на 1 ребенка в день -47,4-59,25 (завтрак, обед, полдник) с учетом 10% 52,14 -65,17 г | Норма на 1 ребенка в день -201-251,25 (завтрак, обед, полдник) с учетом 10% -221,1 -276,38 | **Норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7ккал (завтрак, обед, полдник)** |