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| |  |  | | --- | --- | | **«СОГЛАСОВАНО»**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **«УТВЕРЖДАЮ»**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |  |  |
| **Примерное меню обедов для обучающихся 1-4-х классов**    **Основание:**   1. **Санитарно-эпидемиологические правила и нормы СанПиН 2.3/2.4.3590-20.** Утверждены постановлением Главного государственного санитарного врача Российской Федерации от 27 октября 2020г. №32 2. **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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| **Разработано: Общество с ограниченной ответственностью «Тверской комбинат школьного питания» 2020 год.**  **Исполнитель (автор исполнения): Заместитель Генерального директора по питанию Мовилэ А.А.** |
|  |

**Сезон:** осенне - зимний

**Возрастная категория:** 7-10 лет

**День:**  понедельник **Неделя**: первая

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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** |
| **71** | **Овощи свежие (**огурец) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | **8.40** | **0.30** |
| **119** | **Суп с бобовыми** (горох) | **200** | **6.24** | **38.42** | **12.75** | **441.80** | **0.24** | **0.80** | **-** | **17.80** | **42.42** | **76.34** | **29.62** | **2.14** |
| **294** | **Котлеты рубленые** (из птицы) | **90** | **15.69** | **15.08** | **14.65** | **257.40** | **0.17** | **0.81** | **30.26** | **61.56** | **53.79** | **72.00** | **19.98** | **3.26** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** |  | **0.68** | **19.21** | **3.09** | **3.10** | **0.50** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | |  |  | | --- | --- | | 1 | 1 | |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **745** | **33.81** | **63.42** | **106.51** | **1159.93** | **0.76** | **94.55** | **30.26** | **81.87** | **150.08** | **287.60** | **103.82** | **9.40** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День:** | | вторник | | | |  | | |  | | | |  | | |  | |  | | |  | | | |  | |  | | |  | |  | | |  | | |
| **Неделя:** | | первая | | | |  | | |  | | | |  | | |  | |  | | |  | | | |  | |  | | |  | |  | | |  | | |
| **№ рецептуры** | | | **Приём пищи, наименование блюда** | | | **Масса порции** | | | **Пищевые вещества (г.)** | | | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | |
| **Б** | | | **Ж** | | **У** | | | **В**1 | | | **С** | | **А** | | **Е** | | | **Са** | | | | **Р** | | | **Мg** | | | **Fe** | |
| **52** | | | **Салат из свеклы с р/м** | | | **60** | | | **0.85** | | | **3.61** | | **4.96** | | | **55.68** | | | | **0.01** | | | **3.99** | | **-** | | **1.62** | | | **21.28** | | | | **24.38** | | | **12.42** | | | **0.79** | |
| **88** | | | **Щи из свежей капусты с** картофелем и курицей | | | **200/10** | | | **1.42/**  **3.54** | | | **3.96/**  **0.29** | | **6.32/**  **0.06** | | | **71.80/**  **16.95** | | | | **0.05/**  **0.01** | | | **12.62/**  **0.27** | | **-/**  **10.50** | | **1.88/**  **0.03** | | | **39.40/**  **1.20** | | | | **39.20/**  **25.65** | | | **17.70/**  **12.90** | | | **0.66/**  **0.21** | |
| **243** | | | **Сосиска отварная (1шт.)** | | | **50-60** | | | **6.56** | | | **14.30** | | **0.23** | | | **157.20** | | | | **0.11** | | | **-** | | **-** | | **0.24** | | | **19.32** | | | | **95.40** | | | **12.00** | | | **0.96** | |
| **312** | | | **Картофельное пюре** | | | **150** | | | **3.06** | | | **4.80** | | **20.44** | | | **137.25** | | | | **0.14** | | | **18.16** | | **-** | | **0.18** | | | **36.98** | | | | **86.59** | | | **27.75** | | | **1.01** | |
| **348** | | | **Компот из плодов сушеных** (курага) | | | **180** | | | **0.70** | | | **0.04** | | **24.86** | | | **103.32** | | | | **0.01** | | | **0.54** | | **-** | | **0.74** | | | **145.44** | | | | **19.71** | | | **15.80** | | | **0.43** | |
| **б/н** | | | **Батон нарезной** | | | **20** | | | **1.50** | | | **0.56** | | **10.28** | | | **57.20** | | | | **0.20** | | | **-** | | **-** | | **0.26** | | | **4.60** | | | | **17.40** | | | **6.60** | | | **0.22** | |
| **б/н** | | | **Хлеб ржаной** | | | **30** | | | **2.10** | | | **0.60** | | **11.70** | | | **63.00** | | | | **0.06** | | | **-** | | **-** | | **0.54** | | | **13.80** | | | | **63.60** | | | **15.00** | | | **1.86** | |
| **338** | | | **Яблоко свежее** | | | **100-150** | | | **0.40** | | | **0.40** | | **9.80** | | | **47.00** | | | | **0.03** | | | **10.00** | | **-** | | **0.20** | | | **16.00** | | | | **11.00** | | | **9.00** | | | **2.20** | |
|  | | | |  |  | | --- | --- | | Соль йодированная | 1 | | | | |  |  | | --- | --- | |  | 1 | | | |  | | |  | |  | | |  | | | |  | | |  | |  | |  | | |  | | | |  | | |  | | |  | |
| **ИТОГО:** | | | | | | **800-850**    **-940** | | | **20.1328** | | | **28.56** | | **88.65** | | | **709.40** | | | | **0.63** | | | **45.58** | | **10.50** | | **5.69** | | | **298.02** | | | | **382.93** | | | **129.17** | | | **8.34** | |
| **День:** среда **Неделя:** первая | | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | | |
| **№ 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** | |
| **43** | | | **Салат из овощей** | | | **60** | | | **1.56** | | | **4.43** | | **1.94** | | | **53.88** | | | | **0.02** | | | **10.37** | | **17.76** | | **1.74** | | | **19.93** | | | | **29.89** | | | **9.03** | | | **0.52** | |  |  |  |  |
| **103** | | | **Суп картофельный с вермишелью** (на курином бульоне) | | | **200** | | | **2.15/**  **3.54** | | | **2.27/**  **0.29** | | **13.97/**  **0.06** | | | **94.60/**  **16.95** | | | | **0.09/**  **0.01** | | | **6.60/**  **0.27** | | **-/**  **10.50** | | **1.14/**  **0.03** | | | **23.36/**  **1.20** | | | | **54.06/**  **25.65** | | | **21.82/**  **12.90** | | | **0.90/**  **0.21** | |
| **250** | | | **Бефстроганов** (говядина) | | | **90**(50/40) | | | **13.68** | | | **44.95** | | **9.21** | | | **261.00** | | | | **0.01** | | | **1.33** | | **9.22** | | **1.00** | | | **38.99** | | | | **48.14** | | | **40.41** | | | **4.32** | |
| **302** | | | **Каша рассыпчатая** (греча) | | | **150** | | | **8.68** | | | **9.72** | | **38.70** | | | **276.75** | | | | **0.21** | | | **-** | | **-** | | **0.61** | | | **16.20** | | | | **203.93** | | | **135.83** | | | **5.57** | |
| **349** | | | **Компот из сухофруктов** | | | **180** | | | **0.59** | | | **0.08** | | **28.81** | | | **119.52** | | | | **0.02** | | | **0.66** | | **-** | | **0.46** | | | **29.23** | | | | **21.10** | | | **15.71** | | | **0.62** | |
| **б/н** | | | **Батон нарезной** | | | **20** | | | **1.50** | | | **0.56** | | **10.28** | | | **57.20** | | | | **0.20** | | | **-** | | **-** | | **0.26** | | | **4.60** | | | | **17.40** | | | **6.60** | | | **0.22** | |
| **б/н** | | | **Хлеб ржаной** | | | **30** | | | **2.10** | | | **0.60** | | **11.70** | | | **63.00** | | | | **0.06** | | | **-** | | **-** | | **0.54** | | | **13.80** | | | | **63.60** | | | **15.00** | | | **1.86** | |
| **б/н** | | | **Печенье затяжное** | | | **20** | | | **0.42** | | | **3.68** | | **7.65** | | | **69.58** | | | | **0.02** | | | **-** | | **14.40** | | **0.26** | | | **25.00** | | | | **17.40** | | | **3.00** | | | **0.20** | |
|  | | | |  |  | | --- | --- | | Соль йодированная | 1 | | | | |  |  | | --- | --- | | 1 | 1 | | | |  | | |  | |  | | |  | | | |  | | |  | |  | |  | | |  | | | |  | | |  | | |  | |
| **ИТОГО:** | | | | | | **750** | | | **34.22** | | | **66.58** | | **122.32** | | | **1012.48** | | | | **0.64** | | | **19.23** | | **51.88** | | **6.04** | | | **172.31** | | | | **481.17** | | | **260.30** | | | **14.42** | |

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| **День:** | | четверг | | | | |
| **Неделя:** | | первая | | | | |
| **№ 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** |
| **б/н** | | **Икра кабачковая** (производственная) | | | **60** | **1.64** | **4.31** | | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **84** | | **Борщ с картофелем, фасолью на кур. бульоне** | | | **200** | **2.84/**  **3.54** | **4.09/**  **0.29** | | **11.33/**  **0.06** | **102.20/**  **16.95** | **0.08/**  **0.01** | **5.36/**  **0.27** | **-/**  **10.50** | **1.94/**  **0.03** | **43.34/**  **1.20** | **79.60/**  **25.65** | **27.56/**  **12.90** | **1.73/**  **0.21** |
| **278** | | **Тефтели** (изптицы**)** | | | **90**(70/20) | **12.70** | **9.29** | | **12.17** | **183.72** | **0.04** | **3.87** | **32.87** | **3.29** | **62.33** | **-** | **47.59** | **1.09** |
| **304** | | **Рис отварной** | | | **150** | **3.65** | **5.37** | | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | **16.34** | **0.53** |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **345** | | **Компот из ягод (**клюква) зам.**)** | | | **180** | **0.47** | **0.81** | | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | | **Батон нарезной** | | | **20** | **1.50** | **0.56** | | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | | **Хлеб ржаной** | | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **338** | | **Яблоко свежее** | | | **100-150** | **0.40** | **0.40** | | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | | |  |  | | --- | --- | | Соль йодированная | 1 | | | | |  |  | | --- | --- | | 1 | 1 | |  |  | |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | | | **830-880** | **28.84** | **25.72** | | **126.72** | **870.39** | **0.48** | **47.15** | **43.37** | **15.76** | **218.53** | **308.24** | **150.69** | **8.91** |
| **День:** пятница  **Неделя:** первая | | | |  | | | | |
| **№ 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** |  | |  | |  | |  | |
| **47** | | **Салат из квашеной капусты** | | | **60** | **1.02** | **3.00** | | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | **9.61** | **0.40** |
| **99** | | **Суп овощной с** мясными фрикадельками | | | **200/20** | **1.26/ 0.18** | **3.99/ 0.22** | | **7.32/ 1.23** | **76.20/ 8.48** | **0.06/**  **0.01** | **8.30/ 0.89** | **-/**  **-** | **1.86/**  **0.13** | **27.88/**  **2.38** | **39.42/**  **41.53** | **16.60/ 2.37** | **0.62/ 0.09** |  | |  | |  | |  | |
| **234** | | **Котлета рыбная** | | | **90** | **11.63** | **7.38** | | **14.13** | **120.00** | **-** | **0.57** | **8.39** | **4.38** | **64.67** | **154.64** | **37.35** | **1.32** |  | |  | |  | |  | |
| **312** | | **Картофельное пюре** | | | **150** | **3.06** | **4.80** | | **20.44** | **137.25** | **0.14** | **18.16** | **-** | **0.18** | **36.98** | **86.59** | **27.75** | **1.01** |
| **349** | | **Компот из сухофруктов** | | | **180** | **0.59** | **0.08** | | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | **15.71** | **0.62** |  | |  | |  | |  | |
| **б/н** | | **Батон нарезной** | | | **20** | **1.50** | **0.56** | | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | | **Хлеб ржаной** | | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | | **Сушки** | | | **15** | **1.65** | **0.30** | | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |  | |  | |  | |  | |
|  | | |  |  | | --- | --- | | Соль йодированная |  | | Соль йодированная | 1 | | | | |  |  | | --- | --- | |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |  | |
| **ИТОГО:** | | | | | **745** | **22.99** | **20.93** | | **109.78** | **685.57** | **0.50** | **40.47** | **8.39** | **17.05** | **210.89** | **444.65** | **130.99** | **6.14** |  | |  | |  | |  | |

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| **День:** понедельник | |  | | | |
| **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** |
| **71** | **Овощи свежие (**огурцы) | | **60** | **0.42** | **0.06** | | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | **8.40** | **0.30** |
| **81** | **Борщ с курицей и сметаной** | | **200/ 10/3**  **5** | **4.90** | **4.63** | | **7.02** | **94.81** | **0.03** | **9.02** | **17.61** | **1.95** | **46.70** | **55.34** | **31.67** | **1.10** |
| **243** | **Сосиска отварная (1шт.)** | | **50-60** | **6.56** | **14.30** | | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | **12.00** | **0.96** |
| **309** | **Макароны отварные** | | **150** | **5.60** | **8.15** | | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | **21.12** | **1.12** |
| **345** | **Компот из ягод** (черная сморода замороженная) | | **180** | **0.47** | **0.81** | | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | | **20** | **1.50** | **0.56** | | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | | **20** | **0.42** | **3.68** | | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.20** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | | |  |  | | --- | --- | | 1 | 1 | |  |  | |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | **720** | **21.97** | **32.79** | | **90.50** | **760.78** | **0.51** | **36.80** | **32.01** | **4.62** | **147.01** | **320.67** | **109.87** | **6.39** |
| **День:** вторник  **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** |
| **47** | **Салат из квашеной капусты** | | **60** | **1.02** | **3.00** | | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | **9.61** | **0.40** |
| **103** | **Суп картофельный с вермишелью** (на курином бульоне) | | **200** | **2.15/**  **3.54** | **2.27/**  **0.29** | | **13.97/**  **0.06** | **94.60/**  **16.95** | **0.09/**  **0.01** | **6.60/**  **0.27** | **-/**  **10.50** | **1.14/**  **0.03** | **23.36/**  **1.20** | **54.06/**  **25.65** | **21.82/**  **12.90** | **0.90/**  **0.21** |
| **290** | **Птица тушеная в соусе** | | **90**(60/30) | **8.87** | **18.01** | | **2.81** | **128.00** | **0.03** | **0.53** | **23.44** | **0.39** | **23.87** | **60.24** | **12.48** | **0.83** |
| **302** | **Каша рассыпчатая (греча)** | | **150** | **8.68** | **9.72** | | **38.70** | **276.75** | **0.21** | **-** | **-** | **0.61** | **16.20** | **203.93** | **135.83** | **5.57** |
| **348** | **Компот из плодов сухих (**изюм и кураги) | | **180** | **0.70** | **0.04** | | **24.86** | **103.32** | **0.01** | **0.54** | **-** | **0.74** | **145.44** | **19.71** | **15.80** | **0.43** |
| **б/н** | **Батон нарезной** | | **20** | **1.50** | **0.56** | | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | | **100-150** | **0.40** | **0.40** | | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | | |  |  | | --- | --- | | 1 | 1 | |  |  | |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | **830-880** | **28.96** | **34.89** | | **117.25** | **838.24** | **0.65** | **29.83** | **33.94**  **333** | **13.15** | **275.82** | **475.96** | **239.04** | **12.62** |

**День:** среда

**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** |
| **б/н** | **Икра кабачковая** (производственная) | **60** | **1.64** | **4.31** | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **99** | **Суп овощной** (на курином бульоне) | **200** | **1.26/**  **3.54** | **3.99/**  **0.29** | **7.32/**  **0.06** | **76.20/**  **16.95** | **0.06/**  **0.01** | **8.30/**  **0.27** | **-/**  **10.50** | **1.88/**  **0.03** | **27.88/**  **1.20** | **39.42/**  **25.65** | **16.60/**  **12.90** | **0.62/**  **0.21** |
| **268** | **Шницель** (свинина нежирная) | **90** | **17.51** | **12.53** | **6.93** | **418.50** | **0.42** | **-** | **2.43** | **4.06** | **13.64** | **163.47** | **29.28** | **2.43** |
| **312** | **Картофельное пюре** | **150** | **3.06** | **4.80** | **20.44** | **137.25** | **0.14** | **18.16** | **-** | **0.18** | **36.98** | **86.59** | **27.75** | **1.01** |
| **349** | **Компот из сухофруктов** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | |  |  | | --- | --- | | 1 | 1 | |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **745** | **32.85** | **27.46** | **105.07** | **1021.40** | **0.93** | **30.20** | **12.93** | **16.29** | **181.89** | **450.71** | **127.46** | **7.41** |

**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** |  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Овощи в нарезке** (огурец св.) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | **8.40** | **0.30** |  |  |  |  |  |  |  |  |  |  |  |  |
| **88** | **Щи из свежей капусты с** картофелем и курицей | **200/10** | **1.42/**  **3.54** | **3.96/**  **0.29** | **6.32/**  **0.06** | **71.80/**  **16.95** | **0.05/**  **0.01** | **12.62/**  **0.27** | **-/**  **10.50** | **1.88/**  **0.03** | **39.40/**  **1.20** | **39.20/**  **25.65** | **17.70/**  **12.90** | **0.66/**  **0.21** |
| **297** | **Фрикадельки (**изптиц**а)** | **90** | **12.27** | **11.89** | **7.18** | **185.40** | **0.03** | **0.91** | **35.82** | **0.18** | **41.41** | **93.69** | **12.97** | **0.84** |  |  |  |  |  |  |  |  |  |  |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | **16.34** | **0.53** |  |  |  |  |  |  |  |  |  |  |  |  |
| **345** | **Компот из ягод (**вишня зам.**)** | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | |  |  | | --- | --- | | 1 | 1 | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **830-880** | **25.77** | **23.94** | **109.13** | **768.59** | **0.44** | **51.58** | **46.32** | **3.77** | **149.31** | **346.05** | **110.99** | **7.45** |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День:** пятница  **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** |  |  |  |  |
| **43** | **Салат из овощей** | | **60** | **1.56** | **4.43** | **1.94** | **53.88** | **0.02** | **10.37** | **17.76** | **1.74** | **19.93** | **29.89** | **9.03** | **0.52** |  |  |  |  |
| **96** | **Рассольник ленинградский с курицей** | | **200/10** | **1.61/**  **3.54** | **4.07/**  **0.29** | **9.58/**  **0.06** | **85.80/**  **16.95** | **0.07/**  **0.01** | **6.70/**  **0.27** | **-/**  **10.50** | **1.88/**  **0.03** | **23.32/**  **1.20** | **45.38/**  **25.65** | **19.34/**  **12.90** | **0.74/**  **0.21** |
| **260** | **Гуляш** (говядина) | | **90** (50/40) | **13.09** | **15.10** | **2.59** | **198.90** | **0.02** | **0.83** | **-** | **2.35** | **19.63** | **138.73** | **19.82** | **2.75** |  |  |  |  |
| **309** | **Макароны отварные** | | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** | **-** | **0.68** | **19.21** | **3.09** | **3.10** | **0.50** |  |  |  |  |
| **б/н** | **Батон нарезной** | | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |  |  |  |  |
| **б/н** | **Хлеб ржаной** | | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.20** |
|  | |  |  | | --- | --- | | Соль йодированная | 1 | | | |  |  | | --- | --- | | 1 | 1 | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | **750** | **30.03** | **37.13** | **88.99** | **826.14** | **0.47** | **108.17** | **42.66** | **8.71** | **132.75** | **378.31** | **109.91** | **8.12** |  |  |  |  |