*Приложение №1.1 к заданию на оказание услуг*

**Меню**

**второго завтрака для обучающихся 1-4 классов**

**общеобразовательных школ г. Твери**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рец.** | **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** | |
| **Первая неделя (понедельник)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| ***215*** | ***Омлет на пару*** | | ***75*** | *16.05* | *11.29* | *1.56* | *140.00* | | *0.04* | | | | *0.14* | | | *173.74* | | | *0.38* | | | | *61.58* | | *135.81* | | | *10.36* | | *1.49* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.40* | *2.80* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | | *132.00* | | | *29.33* | | *2.40* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | | *17.40* | | | *0.60* | | *0.22* | |
| **ИТОГО:** | | | | | | | **341.96** | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Первая неделя (вторник)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| ***223*** | ***Запеканка творожная*** | | ***75*** | *17.47* | *8.10* | *15.07* | *166.80* | | *0.04* | | | | *0.15* | | | *45.00* | | | *0.60* | | | | *97.50* | | *141.00* | | | *16.50* | | *0.67* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2.24* | *0.88* | *20.76* | *91.96* | | *0.04* | | | |  | | |  | | | *0.36* | | | | *9.20* | | *42.40* | | | *10.00* | | *1.24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0.53* |  | *9.87* | *41.60* | |  | | | | *2.13* | | |  | | |  | | | | *15.33* | | *23.20* | | | *12.27* | | *2.13* | |
| **ИТОГО:** | | | | | | | **300.36** | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Первая неделя (среда)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| ***295*** | ***Котлета, рубленная из птицы*** | | ***40*** | *11.67* | *5.49* | *5.40* | *94.88* | | *0.03* | | | | *0.08* | | | *8* | | | *0.15* | | | | *17.6* | | *38.40* | | | *10.4* | | *0.88* | |
| ***321*** | ***Тушёная капуста*** | | ***100*** | *3.02* | *8.11* | *22.14* | *172.16* | | *0.04* | | | | *21.6* | | |  | | | *1.1* | | | | *75.8* | | *59.5* | | | *28.6* | | *2.3* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | | *17.40* | | | *6.60* | | *0.22* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.2* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | | *132.00* | | | *29.33* | | *2.40* | |
| **ИТОГО:** | | | | | | | **469.00** | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Первая неделя (четверг)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| ***312*** | ***Пюре картофельное*** | | ***100*** | *2.08* | *2.33* | *12.75* | *73.15* | | *0.77* | | | | *2.50* | | | *22.10* | | | *0.10* | | | | *25.50* | | *51.30* | | | *17.80* | | *0.57* | |
| ***234*** | ***Котлеты или биточки рыбные*** | | ***40/19*** | *14.89* | *2.65* | *5.52* | *76.91* | | *0.03* | | | | *0.24* | | | *7.15* | | | *0.36* | | | | *31.77* | | *100.66* | | | *15.41* | | *0.43* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | | *17.40* | | | *6.60* | | *0.22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0.53* |  | *9.47* | *40.00* | |  | | | | *0.27* | | |  | | |  | | | | *13.60* | | *22.13* | | | *11.73* | | *2.13* | |
| **ИТОГО:** | | | | | | | **236.82** | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Первая неделя (пятница)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| ***183*** | ***Каша молочная из гречневой крупы*** | | ***200/10*** | *8.4* | *8.58* | *29.20* | *202.00* | | *0.16* | | | |  | | |  | | | *1.80* | | | | *24.00* | | *144.00* | | | *98.00* | | *3.20* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2.24* | *0.88* | *19.76* | *91.96* | | *0.04* | | | |  | | |  | | | *0.36* | | | | *9.20* | | *42.40* | | | *10.00* | | *1.24* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | | *132.00* | | | *29.33* | | *2.40* | |
| **ИТОГО:** | | | | | | | **449.16** | |  | | | |  | | |  | | |  | | | |  | |  | | |  | |  | |
| **Вторая неделя (понедельник)** | | | | | | | | |  | | | |  | |  | | |  | | | |  | |  | | |  | |  | |
| **Второй завтрак** | | | | | | | | | | | | |  | | |  | |  | | | |  | | |  | |  | | |  |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | | | *71,60* | | | | | *0,40* | *92,30* | | | *128,00* | | *26,70* | | | *1,30* |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | |  | | | |  | | | | | *0,36* | *9,20* | | | *42,40* | | *10,00* | | | *1,24* |
| ***382*** | ***Какао с молоком*** | | ***200*** | *6,56* | *1,34* | *26,00* | *125,11* | | *0,02* | | | *1,33* | | | |  | | | | |  | *133,33* | | | *111,11* | | *25,56* | | | *2,00* |
| **ИТОГО:** | | | | | | | **400.47** | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Вторая неделя (вторник)** | | | | | | | | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Второй завтрак** | | | | | | | | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| ***309*** | ***Макароны отварные с маслом*** | | ***100*** | *3,40* | *10,00* | *19,00* | *134,60* | | *0,04* | | |  | | | |  | | | | | *1,30* | *8,00* | | | *23,00* | | *5,00* | | | *0,50* |
| ***288*** | ***Птица (курица) отварная*** | | ***50*** | *21,67* | *6,66* |  | *103,33* | | *0,02* | | |  | | | | *10,00* | | | | | *0,08* | *20,00* | | | *71,66* | | *10,00* | | | *1,00* |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | | *17,40* | | *6,60* | | | *0,22* |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | | | |  | | | | |  | *15,33* | | | *23,20* | | *12,27* | | | *2,13* |
| **ИТОГО:** | | | | | | | **326.29** | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Вторая неделя (среда)** | | | | | | | | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Второй завтрак** | | | | | | | | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| ***284*** | ***Запеканка картофельная с мясом и маслом*** | | ***125*** | *15,07* | *7,34* | *17,18* | *162,42* | | *0,07* | | | *0,62* | | | | *31,26* | | | | | *0,46* | *37,65* | | | *110,15* | | *29,21* | | | *1,25* |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | | *17,40* | | *6,60* | | | *0,22* |
| ***382*** | ***Какао с молоком*** | | ***200*** | *6,56* | *1,34* | *26,00* | *125,11* | | *0,02* | | | *1,33* | | | |  | | | | |  | *133,33* | | | *111,11* | | *25,56* | | | *2,00* |
| **ИТОГО:** | | | | | | | **334.29** | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Вторая неделя (четверг)** | | | | | | | | | |  | | |  | | |  | | | | |  |  | | |  | |  | | |  |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | | |  |  | | |  | |  | | |  |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | | | *71,60* | | | | | *0,40* | *92,30* | | | *128,00* | | *26,70* | | | *1,30* |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | |  | | | |  | | | | | *0,36* | *9,20* | | | *42,40* | | *10,00* | | | *1,24* |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | | | |  | | | | |  | *15,33* | | | *23,20* | | *12,27* | | | *2,13* |
| **ИТОГО:** | | | | | | | **316.96** | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Вторая неделя (пятница)** | | | | | | | | | |  | | |  | | |  | | | | |  |  | | |  | |  | | |  |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | | |  |  | | |  | |  | | |  |
| ***295*** | ***Котлета, рубленная из птицы*** | | ***40*** | *11,67* | *5,49* | *5,4* | *94,88* | | *0,03* | | | *0,08* | | | | *8* | | | | | *0,15* | *17,6* | | | *38,40* | | *10,4* | | | *0,88* |
| ***302*** | ***Каша гречневая рассыпчатая*** | | ***150*** | *8,93* | *6,5* | *39,84* | *231,86* | | *0,20* | | |  | | | |  | | | | |  | *14,60* | | | *210,00* | | *140,00* | | | *5,01* |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | | *17,40* | | *6,60* | | | *0,22* |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | | | |  | | | | |  | *13,60* | | | *22,13* | | *11,73* | | | *2,13* |
| **ИТОГО:** | | | | | | | **413.50** | |  | | |  | | | |  | | | | |  |  | | |  | |  | | |  |
| **Третья неделя (понедельник)** | | | | | | | | | | |  | |  | | |  | | | | |  |  | | |  | |  | | |  |
| **Второй завтрак** | | | | | | | | | | |  | |  | | |  | | | | |  |  | | |  | |  | | |  |
| ***309*** | ***Макароны отварные с маслом*** | | ***100*** | *3,40* | *10,00* | *19,00* | *134,60* | | *0,04* | | |  | | | |  | | | | | *1,30* | *8,00* | | | *23,00* | | *5,00* | | | *0,50* |
| ***267*** | ***Котлета, мясная натуральная рубленная*** | | ***40*** | *9,00* | *8,80* | *4,40* | *115,33* | | *0,04* | | | *0,13* | | | | *2,33* | | | | | *0,46* | *17,26* | | | *70,00* | | *13,33* | | | *0,93* |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | | *6,60* | | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | | *11,73* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **336.69** | |  | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Третья неделя (вторник)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| ***215*** | ***Омлет на пару*** | | ***75*** | *16.05* | *11.29* | *1.56* | *140.00* | | *0.04* | | | *0.14* | | *173.74* | | | | | | | *0.38* | *61.58* | | *135.81* | | *10.36* | | | *1.49* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | *1.47* | |  | | | | | | |  | *158.67* | | *132.00* | | *29.33* | | | *2.40* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | | *6,60* | | | *0,22* | |
| **ИТОГО:** | | | | | | | **341.96** | |  | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Третья неделя (среда)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| ***288*** | ***Птица (курица) отварная*** | | ***50*** | *21,67* | *6,66* |  | *103,33* | | *0,02* | | |  | | *10,00* | | | | | | | *0,08* | *20,00* | | *71,66* | | *10,00* | | | *1,00* | |
| ***304*** | ***Рис отварной*** | | ***100*** | *2,49* | *3,96* | *24,44* | *140,02* | | *0,02* | | |  | | *18,00* | | | | | | | *0,4* | *1,74* | | *41,00* | | *12,67* | | | *0,35* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | | *6,60* | | | *0,22* | |
| ***377*** | ***Чай с лимоном*** | | ***20015/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | |  | | | | | | |  | *15,33* | | *23,20* | | *12,27* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **331.71** | |  | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Третья неделя (четверг)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | *71,60* | | | | | | | *0,40* | *92,30* | | *128,00* | | *26,70* | | | *1,30* | |
| ***409*** | ***Пирожки печёные (с яблоком)*** | | ***50*** | *3,48* | *1,63* | *26,59* | *129,20* | | *0,04* | | | *1,56* | |  | | | | | | | *0,44* | *8,95* | | *31,61* | | *5,29* | | | *0,74* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | | *11,73* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **352.60** | |  | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Третья неделя (пятница)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| ***321*** | ***Тушёная капуста*** | | ***100*** | *3.02* | *8.11* | *22.14* | *172.16* | | *0.04* | | | *21.6* | |  | | | | | | | *1.1* | *75.8* | | *59.5* | | *28.6* | | | *2.3* | |
| ***278*** | ***Тефтели мясные паровые*** | | ***40/18*** | *8.35* | *5.60* | *8.01* | *100.92* | | *0.02* | | | *1.16* | | *16.90* | | | | | | | *0.29* | *23.28* | | *118.65* | | *15.80* | | | *2.17* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | | *6,60* | | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | | *11,73* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **359.84** | |  | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Четвёртая неделя (понедельник)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  | |  | | |  | |
| ***173*** | ***Каша вязкая на молоке (из хлопьев овсяных)*** | | ***200*** | *10,68* | *7,06* | *36,96* | *208,24* | | *0,22* | | | *2,08* | | *32,00* | | | | | | | *0,86* | *221,60* | | *315,40* | | *79,60* | | | *2,10* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | *1.47* | |  | | | | | | |  | *158.67* | | *132.00* | | *29.33* | | | *2.40* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | | *6,60* | | | *0,22* | |
| **ИТОГО:** | | | | | | | **410.20** | |  | | | |  | | |  |  | | | | |  | | |  |  | | |  | |
| **Четвёртая неделя (вторник)** | | | | | | | | | |  | | |  | | |  |  | | | | |  | | |  |  | | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| ***312*** | ***Пюре картофельное*** | | ***100*** | *2.08* | *2.33* | *12.75* | *73.15* | | *0.77* | | | | *2.50* | | | *22.10* | | | | *0.10* | | *25.50* | | | *51.30* | *17.80* | | | *0.57* | |
| ***234*** | ***Котлеты или биточки рыбные*** | | ***40/19*** | *14.89* | *2.65* | *5.52* | *76.91* | | *0.03* | | | | *0.24* | | | *7.15* | | | | *0.36* | | *31.77* | | | *100.66* | *15.41* | | | *0.43* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | | |  | | |  | | | | *0,36* | | *9,20* | | | *42,40* | *10,00* | | | *1,24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | | *2,13* | | |  | | | |  | | *15,33* | | | *23,20* | *12,27* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **283.62** | |  | | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Четвёртая неделя (среда)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| ***183*** | ***Каша жидкая молочная из гречневой крупы*** | | ***200/10*** | *8.4* | *8.58* | *29.20* | *202.00* | | *0.16* | | | |  | | |  | | | | *1.80* | | *24.00* | | | *144.00* | *98.00* | | | *3.20* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | | |  | | |  | | | | *0,26* | | *4,60* | | | *17,40* | *6,60* | | | *0,22* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | | |  | | *158.67* | | | *132.00* | *29.33* | | | *2.40* | |
| **ИТОГО:** | | | | | | | **403.96** | |  | | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Четвёртая неделя (четверг)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| ***223*** | ***Запеканка творожная*** | | ***75*** | *17.47* | *8.10* | *15.07* | *166.80* | | *0.04* | | | | *0.15* | | | *45.00* | | | | *0.60* | | *97.50* | | | *141.00* | *16.50* | | | *0.67* | |
|  | ***Хлеб пшеничный*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | | |  | | |  | | | | *0,26* | | *4,60* | | | *17,40* | *6,60* | | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | | *0,27* | | |  | | | |  | | *13,60* | | | *22,13* | *11,73* | | | *2,13* | |
| **ИТОГО:** | | | | | | | **253.56** | |  | | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Четвёртая неделя (пятница)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | | |  |  | | |  | |
| ***302*** | ***Каша гречневая рассыпчатая*** | | ***150*** | *8,93* | *6,50* | *39,84* | *231,86* | | *0,20* | | | |  | | |  | | | |  | | *14,60* | | | *210,00* | *140,00* | | | *5,01* | |
| ***295*** | ***Котлета рубленная из птицы*** | | ***40*** | *11,67* | *5,49* | *5,4* | *94,88* | | *0,03* | | | | *0,08* | | | *8* | | | | *0,15* | | *17,6* | | | *38,40* | *10,4* | | | *0,88* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | | |  | | |  | | | | *0,36* | | *9,20* | | | *42,40* | *10,00* | | | *1,24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | | *2,13* | | |  | | | |  | | *15,33* | | | *23,20* | *12,27* | | | *2,13* | |
|  | | | | | | | **460.30** | |  | | | |  | | |  | | | |  | |  | | |  |  | | |  | |

|  |  |
| --- | --- |
| **ИТОГО за 20 дней:** | **7123.25** |
| **ИТОГО средняя за день:** | **356.16** |