Приложение №1.1 к заданию на оказание услуг

**Меню по организации завтрака обучающихся в 1 смену 1-4 классов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День:** | | понедельник |  |  | | |  | | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  |
| **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** | | |
| **173** | | **Каша гречневая молочная** | | **200** | | **8.48** | | | **3.80** | **44.20** | | **246.00** | | **0.14** | | **0.96** | | | **54.80** | | | **0.77** | | | | **144.37** | | | **221.30** | | | **44.33** | **2.32** | | |
| **376** | | **Чай с сахаром** | | **200** | | **0.07** | | | **0.02** | **15.00** | | **60.00** | | **-** | | **0.03** | | | **-** | | | **-** | | | | **11.10** | | | **2,80** | | | **1.40** | **0.28** | | |
|  | | **Батон нарезной** | | **30** | | **2.25** | | | **0.84** | **15.42** | | **85.80** | | **0.30** | | **-** | | | **-** | | | **0.39** | | | | **6.90** | | | **26.10** | | | **9.90** | **0.33** | | |
| **14** | | **Масло сливочное** | | **10** | | **0.08** | | | **7.25** | **0.13** | | **66.00** | | **-** | | **-** | | | **40.00** | | | **0.11** | | | | **2.40** | | | **3.00** | | | **-** | **0.20** | | |
| **15** | | **Сыр (Российский и др.)** | | **15** | | **3.48** | | | **4.43** | **-** | | **54.00** | | **0,01** | | **0.11** | | | **39.00** | | | **0.08** | | | | **132.00** | | | **75.00** | | | **5.25** | **0.15** | | |
| **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 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | **555.00 - 605.00** | | **14.76** | | | **16.74** | **84.55** | | **558.80** | | **0.48** | | **11.13** | | | **133.80** | | | **2.90** | | | | **312.77** | | | **339.20** | | | **69.88** | **5.48** | | |

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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** | |
| **210** | | | **Омлет натуральный** | | | | **150** | | | | **13.94** | | | | **24.83** | | | **2.64** | | | **289.65** | | | **0.11** | | | **0.26** | | **324.57** | | **-** | | | **289.65** | | | **225.77** | | | **16.14** | | | **2.64** | |
| **131** | | | **Зелёный горошек отварной консервированный** | | | | **25** | | | | **0.81** | | | | **0.93** | | | **1.50** | | | **17.75** | | | **0.02** | | | **2.73** | | **4.76** | | **0.06** | | | **6.67** | | | **16.46** | | | **5.66** | | | **0.20** | |
| **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** | |
|  | | | **Батон отрубной** | | | | **30** | | | | **2.10** | | | | **0.60** | | | **11.70** | | | **63.00** | | | **0.06** | | | **-** | | **-** | | **0.54** | | | **13.80** | | | **63.60** | | | **15.00** | | | **1.86** | |
| **14** | | | **Масло сливочное** | | | | **10** | | | | **0.08** | | | | **7.25** | | | **0.13** | | | **66.00** | | | **-** | | | **-** | | **40.00** | | **0.11** | | | **2.40** | | | **3.00** | | | **-** | | | **0.20** | |
|  | | | **Йогурт** | | | | **115-125** | | | | **6.25** | | | | **4.00** | | | **4.38** | | | **85.00** | | | **0.05** | | | **0.75** | | **25.00** | | **-** | | | **152.50** | | | **120.00** | | | **18.75** | | | **0.13** | |
|  | | | Соль йодированная | | | | 1 | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | **540** | | | | **26.44** | | | | **40.29** | | | **36.30** | | | **622.00** | | | **0.28** | | | **5.04** | | **414.33** | | **0.71** | | | **590.80** | | | **518.83** | | | **69.55** | | | **5.16** | |
| **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** | |
| **294** | | | | **Котлеты рубленые из птицы**  **птицы** | | | | **80** | | | | **13.95** | | | **13.41** | | | **13.02** | | | **228.8** | | | **0.15** | | | **0.72** | | **26.9** | | **54.72** | | | **47.82** | | | **64.00** | | | **17.76** | | | **2.90** | |
| **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** | |
| **377** | | | | **Чай с лимоном** | | | | **200/7** | | | | **0.13** | | | **0.02** | | | **15.20** | | | **52.00** | | | **-** | | | **2.83** | | **-** | | **0.01** | | | **14.20** | | | **4.40** | | | **2.40** | | | **0.36** | |
|  | | | | **Батон нарезной** | | | | **30** | | | | **2.25** | | | **0.84** | | | **15.42** | | | **85.80** | | | **0.03** | | | **-** | | **-** | | **0.39** | | | **6.90** | | | **26.10** | | | **9.90** | | | **0.33** | |
| **14** | | | | **Масло сливочное** | | | | **10** | | | | **0.08** | | | **7.25** | | | **0.13** | | | **66.00** | | | **-** | | | **-** | | **40.00** | | **0.11** | | | **2.40** | | | **3.00** | | | **-** | | | **0.20** | |
| **338** | | | | **Груша свежая** | | | | **100-150** | | | | **0.40** | | | **0.30** | | | **10.30** | | | **47.00** | | | **0.02** | | | **5.00** | | **-** | | **0.40** | | | **19.00** | | | **16.00** | | | **12.00** | | | **2.30** | |
|  | | | | Соль йодированная | | | | 1 | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | **577.00 -627.00** | | | | **19.87** | | | **26.62** | | | **74.51** | | | **616.85** | | | **0.34** | | | **26.71** | | **66.90** | | **55.81** | | | **127.30** | | | **200.09** | | | **69.81** | | | **7.10** | |

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| **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** |
| **174** | | **Каша вязкая молочная рисовая** | | | **200** | **5.92** | **3.60** | | **42.82** | **228.00** | **0.06** | **0.96** | **14.8** | **0.12** | **128.27** | **154.44** | **36.46** | **0.40** |
| **382** | | **Какао с молоком** | | | **200** | **6.56** | **1.34** | | **26.00** | **125.11** | **0.06** | **1.33** | **24.40** | **-** | **133.33** | **124.56** | **25.56** | **2.00** |
|  | | **Батон отрубной** | | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | | **Масло сливочное** | | | **10** | **0.08** | **7.25** | | **0.13** | **66.00** | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |
|  | | **Печенье затяжное** | | | **20** | **0.42** | **3.68** | | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.4** | **3.00** | **0.20** |
|  | | Соль йодированная | | | 1 |  | | | | | | | | | | | | |
| **ИТОГО:** | | | | | **460.00** | **15.08** | **16.47** | | **88.30** | **551.69** | **0.20** | **2.29** | **93.6** | **1.03** | **302.80** | **363.00** | **80.02** | **4.66** |
| **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** |  |  |  |  |
| **224** | | **Запеканка из творога с морковью со сметанным соусом** | | | **150/15** | **17.55/**  **0.21** | **15.54/**  **0.75** | | **36.84/**  **0.88** | **358.53/**  **11.12** | **- /**  **0.01** | **3.84/**  **0.01** | **66.3/**  **10.14** | **3.12/**  **0.07** | **174.6/**  **4.10** | **240.99/**  **6.82** | **41.40/**  **0.79** | **0.96/**  **0.03** |  |  |  |  |
| **376** | | **Чай с сахаром** | | | **200** | **0.07** | **0.02** | | **15.00** | **60.00** | **-** | **0.03** | **-** | **-** | **11.10** | **2,80** | **1.40** | **0.28** |  |  |  |  |
|  | | **Батон нарезной** | | | **30** | **2.25** | **0.84** | | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |  |  |  |  |
| **14** | | **Масло сливочное** | | | **10** | **0.08** | **7.25** | | **0.13** | **66.00** | **-** | **-** | **40.0** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |  |  |  |  |
| **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** |  | **Яблоко свежее** | **100-150** |  |
|  | | Соль йодированная | | | 1 |  | | | | | | | | | | | | |  |  |  |  |
| **ИТОГО:** | | | | | **505.00 – 555.00** | **20.56** | **24.80** | | **78.07** | **628.45** | **0.07** | **13.88** | **116.37** | **3.89** | **215.1** | **290.71** | **62.49** | **4.00** |  |  |  |  |

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| **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** |
| **173** | **Каша пшённая молочная** | | **200** | **8.48** | **3.80** | | **44.20** | | **246.00** | **0.14** | **0.96** | **54.80** | **0.77** | **144.37** | **221.30** | **44.33** | **2.32** |
| **377** | **Чай с лимоном** | | **200/7** | **0.13** | **0.02** | | **15.20** | | **52.00** | **-** | **2.83** | **-** | **0.01** | **14.20** | **4.40** | **2.40** | **0.36** |
|  | **Батон нарезной** | | **30** | **2.25** | **0.84** | | **15.42** | | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | | **10** | **0.08** | **7.25** | | **0.13** | | **66,00** | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |
| **15** | **Сыр (Российский и др.)** | | **15** | **3.48** | **4.43** | | **-** | | **54,00** | **0.01** | **0.11** | **39.00** | **0.08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Груша свежая** | | **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 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | **562.00 – 612.00** | **14.82** | **16.74** | | **84.75** | | **550.08** | **0.21** | **13.90** | **133.80** | **1.56** | **315.87** | **340.80** | **70.88** | **5.56** |
| **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** |
| **204** | **Макароны отварные с сыром** | | **180** | **12.18** | **14.33** | | **30.70** | **300.96** | | **0.07** | **0.20** | **103.68** | **0.96** | **265.68** | **181.87** | **18.29** | **1.11** |
| **382** | **Какао с молоком** | | **200** | **6.56** | **1.34** | | **26.00** | **125.11** | | **0.06** | **1.33** | **24.40** | **-** | **133.33** | **124.56** | **25.56** | **2.00** |
|  | **Батон отрубной** | | **30** | **2.10** | **0.60** | | **11.70** | **63.00** | | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | **Масло сливочное** | | **10** | **0.08** | **7.25** | | **0.13** | **66.00** | | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |
|  | **Йогурт** | | **115-125** | **6.25** | **4.00** | | **4.38** | **85.00** | | **0.05** | **0.75** | **25.00** | **-** | **152.50** | **120.00** | **18.75** | **0.13** |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | **545.00** | **27.17** | **27.52** | | **72.91** | **640.07** | | **0.24** | **2.28** | **193.08** | **1.61** | **567.71** | **493.03** | **77.60** | **5.30** |

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| **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** |
| **173** | **Каша овсяная молочная** | | | **200** | **8.88** | **6.18** | | **40.04** | **252.00** | | **0.21** | **0.96** | **14.80** | **0.62** | **156.25** | **261.86** | **71.05** | **2.07** |
| **376** | **Чай с сахаром** | | | **200** | **0.07** | **0.02** | | **15.00** | **60.00** | | **-** | **0.03** | **-** | **-** | **11.10** | **2.80** | **1.40** | **0.28** |
|  | **Батон нарезной** | | | **30** | **2.25** | **0.84** | | **15.42** | **85.80** | | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | | | **10** | **0.08** | **7.25** | | **0.13** | **66.00** | | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |
| **15** | **Сыр (Российский и др.)** | | | **15** | **3.48** | **4.43** | | **-** | **54.00** | | **0.01** | **0.11** | **39.00** | **0,08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Яблоко свежее** | | | **100-150** | **0.40** | **0.30** | | **10.30** | **47.00** | | **0.02** | **5.00** | **-** | **0.40** | **19.00** | **16.00** | **12.00** | **2.30** |
|  | Соль йодированная | | | 1 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | | **555.00 – 605.00** | **15.16** | **19.02** | | **80.89** | **564.80** | | **0.27** | **1.02** | **93.80** | **1.60** | **327.65** | **384.76** | **99.60** | **5.33** |
| **День:** четвертый  **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** |  |  |  |  |
| **222** | **Пудинг творожный с изюмом** | | | **150** | **22.89** | **16.17** | | **36.33** | | **383.58** | **0.04** | **0.33** | **24.95** | **0.20** | **196.83** | **72.58** | **36.27** | **1.59** |  |  |  |  |
| **330** | **Соус сметанный** | | | **15** | **0.21** | **0.75** | | **0.88** | | **11.12** | **0.01** | **0.01** | **10.14** | **0.07** | **4.10** | **6.82** | **0.79** | **0.03** |
| **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** |  |  |  |  |
|  | **Батон отрубной** | | | **30** | **2.10** | **0.60** | | **11.70** | | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |  |  |  |  |
| **14** | **Масло сливочное** | | | **10** | **0.08** | **7.25** | | **0.13** | | **66.00** | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |  |  |  |  |
|  | **Печенье затяжное** | | | **20** | **0.42** | **3.68** | | **7.65** | | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.02** |  |  |  |  |
|  | Соль йодированная | | | 1 |  | | | | | | | | | | | | | |  |  |  |  |
| **ИТОГО:** | | | | **425.00** | **28.87** | **31.13** | | **72.64** | | **693.88** | **0.17** | **1.64** | **109.49** | **1.18** | **367.91** | **253.40** | **69.06** | **3.83** |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |  |  |  |  |  |  |  |
| **294** | **Котлеты (биточки) рубленые из птицы** | | **80** | **13.95** | | **13.41** | **13.02** | **228.8** | **0.15** | **0.72** | **26.90** | **54.72** | **47.82** | **64.00** | **17.76** | **2.90** |  |  |  |  |  |  |  |  |  |  |  |  |
| **302** | **Каша рассыпчатая (гречневая)** | | **150** | **8.68** | | **9.72** | **38.70** | **276.75** | **0.21** | **-** | **-** | **0.61** | **16.02** | **203.93** | **135.83** | **4.57** |
| **330** | **Соус сметанный** | | **50** | **0.70** | | **2.50** | **2.93** | **37.05** | **0.01** | **0.02** | **16.90** | **0.12** | **13.65** | **11.37** | **2.64** | **0.10** |
| **377** | **Чай с лимоном** | | **200/7** | **0.13** | | **0.02** | **15.20** | **52.00** | **-** | **2.83** | **-** | **0.01** | **14.20** | **4.40** | **2.40** | **0.36** |
|  | **Батон нарезной** | | **30** | **2.25** | | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** | **Масло сливочное** | | **10** | **0.08** | | **7.25** | **0.13** | **66.00** | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |
| **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** |  | **Яблоко свежее** | **100-150** |  |  |  |  |  |  |  |  |  |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | **627.00 – 677.00** | **26.19** | | **34.14** | **95.20** | **793.40** | **0.43** | **13.57** | **83.80** | **56.16** | **116.99** | **323,80** | **177.53** | **7.11** |  |  |  |  |  |  |  |  |  |  |  |  |