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| |  |  | | --- | --- | | «**СОГЛАСОВАНО»**  **Директор \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  «\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20\_\_\_\_\_ года. | **«УТВЕРЖДАЮ»**  **ДИРЕКТОР ООО «ЛИМАН»**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_А.И.Митрякова**    «\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_\_\_ года. | |  | |  |
| **Меню 2-х разового питания**  **в пришкольных лагерях 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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| **День:**  **Неделя:** | | Понедельник  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** | |  | |  | | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **174** | | **Каша рисовая молочная** | | **200,0** | | **6,0** | | | **10,85** | | **42,95** | | **294** | | **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** | |
| **б/н** | | **Яйцо отварное** | | **40,0** | | **11,9** | | | **10,1** | | **0,6** | | **141,4** | | **0,05** | | | **-** | | | **156** | | | **-** | | | | **48,4** | | | **167,04** | | | **10,44** | **2,18** | |
|  | | **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*** | | | ***14,5*** | | ***0,26*** | | ***66,0*** | | ***-*** | | | ***-*** | | | ***40,0*** | | | ***0,22*** | | | | ***4,8*** | | | ***6.00*** | | | ***-*** | ***0.40*** | |
| **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** | | ***500,0*** | | ***24,8*** | | | ***39,37*** | ***82,98*** | | | ***729,8*** | | | ***0,22*** | | ***2,26*** | | | ***270,8*** | | | ***0,97*** | | | | ***252,08*** | | | ***241,5*** | | | ***80,76*** | ***4,55*** | |
|  | | **ОБЕД** | |  | |  | | |  |  | | |  | | |  | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **71** | | **Свежий огурец** | | **60,0 60** | | **0.42** | | | **0.06** | **1.14** | | | **7.20** | | | **0.02** | | **2.94** | | | **-** | | | **0.06** | | | | **10.20** | | | **18.00** | | | **8.40** | **0,30 0.30** | |
| **88** | | **Щи из свежей капусты на курином бульоне** | | **200** | | **4,96** | | | **4,25** | **13,8** | | | **113,29** | | | **0.06/** | | **12,89** | | | **10.50** | | | **1.92** | | | | **40,60** | | | **64,85** | | | **30,6**  **12.90** | **0,87**  **0.21** | |
| **294** | | **Котлеты рубленые из птицы**  **птицы** | |  | |  | | |  |  | | |  | | |  | |  | | |  | | |  | | | |  | | |  | | |  |  | |
|  | | **Мяса птицы** | | **90**  **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**  **со сливочным маслом**  **. сл.** | | **150,0** | | **5.60** | | | **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** | **32,0** | | | **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** | | ***770,0*** | | ***32,37*** | | | ***29,26*** | ***119,12*** | | | ***881,94*** | | | ***0,44*** | | ***14,43*** | | | ***40,76*** | | | ***66,12*** | | | | ***158,22*** | | | ***114,9*** | | | ***127,45*** | ***8,73*** | |
|  | | Соль иодированная | | 3,0 | |  | | |  |  | | |  | | |  | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **ИТОГО** | | | | **1270** | | **57,17** | | | **68,63** | | **202,1** | | **1611,74** | | **0,66** | | | **16,66** | | | **311,56** | | | **67,09** | | | | **410,3** | | | **356,4** | | | **208,16** | **13,28** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** | | **17,5** | | | **17,3**  **-** | | | | **108,0** | | | **659,0** | | | **0,01** | **0,95** | | | | **-**  **-** | | | **-**  **-** | | | **193,7** | | | | **282,8** | | | **75,62** | | | **3,46** | | | |
| **377** | | | | **Чай с сахаром** | | | | | | **200** | | **0,1** | | | **0,02** | | | | **9,2** | | | **36,8** | | | **-** | **1,6** | | | | **-** | | | **-** | | | **15,3** | | | | **4,4** | | | **2,4** | | | **0,3** | | | |
|  | | | | **Бутерброд** | | | | | | **50** | |  | | |  | | | |  | | |  | | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | | |
| ***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** | | | | | | **60** | | **0,78** | | | **1,9** | | | | **3,9** | | | **36,24** | | | **0,01** | **10,3** | | | | **-** | | | **-** | | | **14,9** | | | | **16,9** | | | **9,05** | | | **2,8** | | | |
| **96** | | | | **Рассольник «ленинградский» на курином бульоне.** | | | | | | **200** | | **5,15** | | | **4,36** | | | | **9,64** | | | **102,75** | | | **0,08** | **6,97** | | | | **10.50** | | | **1,91** | | | **24,52** | | | | **71,03** | | | **32,24** | | | **0,95** | | | |
| **255** | | | | **Печень по -строгоновски** 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** | | | |
| **302** | | | | **Каша рассыпчатая (гречка)** | | | | | | **150** | | **8.68** | | | **9.72** | | | | **38.70** | | | **276.75** | | | **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** | | | |
|  | | | | **Хлеб ржаной** | | | | | | **35,0** | | **2,45** | | | **0,70** | | | | **13,65** | | | **73,5** | | | **0.07** | **-** | | | | **-** | | | **0.63** | | | **16,1** | | | | **74,2** | | | **17,5** | | | **2,17** | | | |
|  | | | | **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** | | | | | | **770** | | ***33,42*** | | | ***33,03*** | | | | ***107,17*** | | | ***876,44*** | | | ***0,43*** | ***118,1*** | | | | ***10,50*** | | | ***6,65*** | | | ***120,7*** | | | | ***538,58*** | | | ***229,36*** | | | ***14,79*** | | | |
|  | | | | Соль йодированная | | | | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | | | **1270** | | **57,02** | | | **62,91** | | | | **234,61756,34** | | | **1756,34** | | | **0,52** | **120,65** | | | | **10,5** | | | **9,71** | | | **342,1** | | | | **894,7** | | | **321,42** | | | **20,21** | | | |
| **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** | | | |
|  | | | | **Бутерброд:** | | | | | | **50,0** | |  | | |  | | | |  | | |  | | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | | |
|  | | | | ***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*** | | | |
| **16** | | | | ***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** | | | | | | **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** | | | | | | **200,0** | | **4.90** | | | **4.63** | | | | **7.02** | | | **94.81** | | | **0.03** | **9.02** | | | | **17.61** | | | **1.95** | | | **46.70** | | | | **55.34** | | | **31.67** | | | **1.10** | | | |
| **234** | | | | **Котлета рыбная** | | | | | | **90,0** | | **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** | | | | | | **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** | | | | | | ***770*** | | ***26,09*** | | | ***22,17*** | | | | ***110,14*** | | | ***714,14*** | | | ***0,3*** | ***32,35*** | | | | ***26,01*** | | | ***9,69*** | | | ***226,17*** | | | | ***448,92*** | | | ***159,12*** | | | ***7,08*** | | | |
|  | | | | Соль йодированная | | | | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | | | **1270** | | **49,12** | | | **48,36** | | | | **199,51** | | | **1390,54** | | | **0,91** | **34,9** | | | | **174,6** | | | **10,21** | | | **690,27** | | | | **991,32** | | | **286,47** | | | **12,16** | | | |
| **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** | | | |  | | |  | | |  | | | |  | |  | | | |  |  | | | | |  | |  | |  | | | |  | | | |  | | |  | |
| **210** | | | | **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** | |
| **377** | | | | **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** | | | **2,34** | | | **0,78** | | | | **13,0** | | **70,0** | | | | **0,06** | **-** | | | | | **-** | | **0,6** | | **15,3** | | | | **70,6** | | | | **16,6** | | | **2,0** | |
| **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*** | | | ***20,55*** | | | ***25,63*** | | | | ***48,74*** | | ***535,45*** | | | | ***0,24*** | ***1,86*** | | | | | ***327,57*** | | ***2,01*** | | ***331,55*** | | | | ***329,97*** | | | | ***50,34*** | | | ***5,67*** | |
|  | | | | **ОБЕД** | | | |  | | |  | | |  | | | |  | |  | | | |  |  | | | | |  | |  | |  | | | |  | | | |  | | |  | |
| ***б/н*** | | | | **Свежий помидор порцион.** | | | | **60,0** | | | **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/**  **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** | |
| **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** | | | | **40,0** | | | **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** | | | | ***770*** | | | ***28,4*** | | | ***14,43*** | | | | ***121,65*** | | ***789,49*** | | | | ***0,39*** | ***15,45*** | | | | | ***113,1*** | | ***2,71*** | | ***134,18*** | | | | ***367,22*** | | | | ***149,89*** | | | ***6,87*** | |
|  | | | | Соль йодированная | | | | 3 | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | **1270** | | | **48,95** | | | **40,06** | | | | **170,34** | | **1324,94** | | | | **0,63** | **17,31** | | | | | **440** | | **4,72** | | **465,6** | | | | **697,19** | | | | **200,14** | | | **12,54** | |

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| **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** | | **175/50** | **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** | | **60** | **0,85** | **6,0** | **0,43** | | **75,06** | **0,03** | **5,7** | **-** | **2,7** | **18,7** | **25,9** | **11,7** | **0,5** |
| **104** | **Суп картофельный с мясными фрикадельками** | | **200/40** | **1,75**  **/7,9** | **2,2**  **/4,7** | **12,3**  **/0,3** | | **84,8 /**  **78,44** | **0,09/**  **2,84** | **8,86/**  **0,2** | **-/**  **8,0** | **1,02/**  **0,25** | **23,76/**  **8,6** | **57,78/**  **83,0** | **23,74/**  **12,8**  **0,6** | **8,98/**  **0,6** |
| **243** | **Сосиска отварная** | | **50** | **6.56** | **14.30** | **6.23** | | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | **12.00** | **0.96** |
| **309** | **Макароны отварные**  **со сливочным маслом** | | **150** | **5.60** | **8.15** | **26.51** | | **201.45** | **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*** | | ***858,75*** | ***3,24*** | ***114,76*** | ***8,0*** | ***3,24*** | ***121,89*** | ***407,3*** | ***101,81*** | ***14,88*** |
|  | Соль йодированная | | 3 |  | | | | | | | | | | | | |
| **ИТОГО:** | | | **1270** | **52,07** | **57,48** | **234,33** | | **1680,9** | **3,89** | **130,2** | **65,3** | **7,19** | **345,99** | **779,2** | **187,05** | **18,8** |

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| **День**: п**онедельник 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** | **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** | **100.60** | **0.04** | **1.30** | **20.00** | **-** | | **125.78** | | **90.00** | **14.00** | **0.13** |
|  | **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*** |  |
| ***16*** | ***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** | | **60** | **0,63** | **0,1** | **5,1** | **23,94** | **0,03** | **2,6** | **-** | **0,2** | | **14,39** | | **26,7** | **18,2** | **0,6** |
| **119** | **Суп с бобовыми** (горох)  **на курином бульоне** | | **200** | **6,7** | **1,9** | **18,8** | **119,1** | **0,19** | **0,64** | **-** | **14,24** | | **33,9** | | **61,1** | **23,7** | **1,7** |
| **43** | **Ленивые голубцы с мясом птицы** | | **240** | **21,06** | **13,5** | **29,7** | **328,5** | **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** | | ***770*** | ***34,09*** | ***17,26*** | ***117,25*** | ***777,94*** | ***0,46*** | ***14,84*** | ***48,0*** | ***18,9*** | | ***194,84*** | | ***281,95*** | ***96,84*** | ***7,55*** |
|  | Соль йодированная | | 3 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | **1270** | **50,24** | **38,05** | **200,44** | **1374,54** | **0,65** | **17,35** | **169,2** | **19,63** | **612,4** | | **654,9** | | **169,94** | **8,73** |

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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** | | | | | | | **180/20** | | | **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** | | | | |
|  | | **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.)** | | | | | | | **60,0** | | | **0,49** | | | | | **3,6** | | | **5,2** | | | | **57,42** | | | | | **0,03** | | **5,3** | **-** | | | | | **0,18** | | | | | **11,6** | | | | | | **18,4** | | | | **10,9** | | | | **0,6** | | | | |
| **б/н** | | **Суп рыбный** | | | | | | | **200,0** | | | **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)** | | | | | | | **250,0** | | | **17,6** | | | | | **42,1** | | | **23,6** | | | | **547,1** | | | | | **0,5** | | **9,65** | **-** | | | | | **4,4** | | | | | **98,6** | | | | | | **257,5** | | | | **61,2** | | | | **4,3** | | | | |
| **348** | | **Компот из свежих плодов** | | | | | | | **200** | | | **0,3** | | | | | **0,07** | | | **29,85** | | | | **122,2** | | | | | **0,02** | | **-** | **-** | | | | | **0,07** | | | | | **20,32** | | | | | | **19,36** | | | | **8,12** | | | | **0,45** | | | | |
| **,**  **,,,,,,,,,,,,,,,,,,,,,,,,,,** | | **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** | | | | | | | ***780*** | | | ***36,24*** | | | | | ***48,05*** | | | ***99,49*** | | | | ***842,9*** | | | | | ***0,73*** | | ***20,85*** | ***0,02*** | | | | | ***6,17*** | | | | | ***203,27*** | | | | | | ***432,31*** | | | | ***286,97*** | | | | ***8,12*** | | | | |
|  | | Соль йодированная | | | | | | | 3 | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | | **1290** | | | **58,95** | | | | | **84,63** | | | **189,53** | | | | **1636,86** | | | | | **1,41** | | **23,61** | **144,02** | | | | | **10,15** | | | | | **582,57** | | | | | | **778,0** | | | | **338,02** | | | | **11,33** | | | | |
| **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** | | | | |
| **б/н** | | **Яйцо отварное** | | | | | | | | **40,0** | | | | **11,9** | | | **10,1** | | | | | **0,6** | | | | **141,4** | | | **0,05** | | **-** | | | **156** | | | | | **-** | | | | | **48,4** | | | | | | **167,04** | | | | **10,44** | | | **2,18** | | | | |
|  | | **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** | | | **-** | | | | |
| **16** | | **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** | | | | | | | | **60,0** | | | | **0.42** | | | **0.06** | | | | | **1.14** | | | | **7.20** | | | **0.02** | | **2.94** | | | **-** | | | | | **0.06** | | | | | **10,2** | | | | | | **18.00** | | | | **8.40** | | | **0,30** | | | | |
| **81** | | **Борщ на курином бульоне** | | | | | | | | **200,0** | | | | **4.90** | | | **4.63** | | | | | **7.02** | | | | **94.81** | | | **0.03** | | **9.02** | | | **17.61** | | | | | **1.95** | | | | | **46.70** | | | | | | **55.34** | | | | **31.67** | | | **1.10** | | | | |
| **294** | | **тефтели из мяса птицы** | | | | | | | | **90 (**50/40) | | | | **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** | | | | | | | | **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** | | | | **1,16** | | | **0,3** | | | | | **47,26** | | | | **196,38** | | | **0,02** | | **0,8** | | | **-** | | | | | **0,2** | | | | | **5,84** | | | | | | **46,0** | | | | **33,0** | | | **0,96** | | | | |
| **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** | | | | | | | | ***770*** | | | | ***30,89*** | | | ***22,5*** | | | | | ***138,38*** | | | | ***939,5*** | | | ***0,37*** | | ***13,57*** | | | ***74,87*** | | | | | ***65,9*** | | | | | ***133,09*** | | | | | | ***357,49*** | | | | ***141,11*** | | | ***8,32*** | | | | |
|  | | Соль йодированная | | | | | | | | 3 | | | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | | | | |  | | | | |  | | | | | |  | | | |  | | |  | | | | |
| **ИТОГО:** | | | | | | | | | | **1270** | | | | **60,9** | | | **46,6** | | | | | **213,73** | | | | **1588,54** | | | **0,7** | | **15,01** | | | **307,8** | | | | | **69,42** | | | | | **496,4** | | | | | | **880,2** | | | | **230,75** | | | **13,41** | | | | |
| **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** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | **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** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | **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** | | | | | | | | **60** | | | | | | **0,85** | **6,0** | | | | | **0,43** | | | | **75,06** | | | **0,03** | | **5,7** | | | **-** | | | | **2,7** | | | | | **18,7** | | | | | | **25,9** | | | | **11,7** | | | | **0,5** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **119** | | **Суп гороховый** | | | | | | | | **200** | | | | | | **6,0** | **2,6** | | | | | **13,8** | | | | **102,6** | | | **0,012** | | **0,8** | | |  | | | | **0,8** | | | | | **66,0** | | | | | | **262,0** | | | | **38,0** | | | | **1,8** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **271** | | **Котлета домашняя** | | | | | | | | **90** | | | | | | **10,9** | **20,8** | | | | | **8,2** | | | | **264,1** | | | **0,13** | | **0,2** | | | **41,8** | | | | **2,36** | | | | | **0,17** | | | | | | **107,5** | | | | **16,0** | | | | **1,7** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **309** | | **Макароны отварные со сливочным маслом** | | | | | | | | **150** | | | | | | **5.60** | **8.15** | | | | | **26.51** | | | | **201.45** | | | **0.06** | | **-** | | | **-** | | | | **0.97** | | | | | **6.06** | | | | | | **37.17** | | | | **21.12** | | | | **1.12** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | **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** | | | | | | | | ***770*** | | | | | | ***28,74*** | ***39,3*** | | | | | ***110,43*** | | | | ***939,01*** | | | ***0,35*** | | ***6,7*** | | | ***112,6*** | | | | ***7,98*** | | | | | ***135,4*** | | | | | | ***556,58*** | | | | ***123,99*** | | | | ***7,62*** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | Соль йодированная | | | | | | | | 3 | | | | | |  |  | | | | |  | | | |  | | |  | |  | | |  | | | |  | | | | |  | | | | | |  | | | |  | | | |  | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | | | **1270** | | | | | | **49,32** | **59,66** | | | | | **191,06** | | | | **1533,66** | | | **1,05** | | **8,66** | | | **182,8** | | | | **10,8** | | | | | **425,0** | | | | | | **904,2** | | | | **196,68** | | | | **1,66** | | | | |  | |  | | | | | |  | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **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** | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
|  | | | | **ЗАВТРАК** | | | | | | | |  | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | | |  | | | | | | |  | | | |  | | | |  | | |  | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
| **223** | | | | **Запеканка из творога с повидлом** | | | | | | | | **200/50** | | | | **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** | | | | | | |
|  | | | | **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*** | | | | | | |
| ***16*** | | | | ***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.** | | | | | | | | **60,0** | | | | **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** | | | | **1,75**  **/7,9** | | | | **2,2**  **/4,7** | | | | **12,3**  **/0,3** | | | | **84,8 /**  **78,44** | | | **0,09/**  **2,84** | | | **8,86/**  **0,2** | | | **-/**  **8,0** | | | | **1,02/**  **0,25** | | | | | | | **23,76/**  **8,6** | | | | **57,8**  **/**  **83,0** | | | | **23,74/**  **12,8, /** | | | **8,98/**  **0,6** | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
| **289** | | | | **Рагу из птицы с овощами** | | | | | | | | **75/25** | | | | **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)** | | | | | | | | **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** | | | | | | | | **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** | | | | | | | | **780** | | | | ***27,9*** | | | | ***24,5*** | | | | ***131,03*** | | | | ***873,83*** | | | ***3,35*** | | | ***38,06*** | | | ***88,9*** | | | | ***4,86*** | | | | | | | ***105,55*** | | | | ***438,13*** | | | | ***250,12*** | | | ***18,84*** | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
|  | | | | Соль йодированная | | | | | | | | 3 | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
| **ИТОГО:** | | | | | | | | | | | | **1280** | | | | **69,13** | | | | **57,57** | | | | **222,27** | | | | | **1702,03** | | **3,75** | | | **40,54** | | | **272,3** | | | | **6,38** | | | | | | **523,5** | | | | | **979** | | | | **318,33** | | | **21,97** | | | | | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |

**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 | 68,63 | 202,1 | 1611,74 |
| **2 день** | 57,02 | 62,91 | 234,6 | 1756,34 |
| **3 день** | 49,12 | 48,36 | 199,51 | 1390,54 |
| **4 день** | 48,95 | 40,06 | 170,34 | 1324,94 |
| **5 день** | 52,07 | 57,48 | 234,33 | 1680,9 |
| **6 день** | 50,24 | 38,05 | 200,44 | 1374,54 |
| **7 день** | 58,95 | 84,63 | 189,53 | 1636,86 |
| **8 день** | 60,9 | 46,6 | 213,73 | 1588,54 |
| **9 день** | 49,32 | 59,66 | 191,06 | 1533,66 |
| **10 день** | 69,13 | 57,57 | 222,27 | 1702,03 |
| **Итого за весь период:** | 553,05 | 564,4 | 2057,91 | 15600,09 |
| **Итого в среднем за 1день (прием пищи):** | **55,3** | **56,4** | **205,79** | **1560,0** |
| **Итого норма калорийности на 1 ребенка в день – 50%-60% 1175 - 1404-ккал, с учетом 10% -1292-1544 ккал** | Норма на 1 ребенка в день 38,5 -46,2г (завтрак , обед, ) с учетом 10% 42,2 -50,8г | Норма на 1 ребенка в день 39,5 - 47,45г (завтрак, обед,) с учетом 10% 43,45- 52,3 | Норма на 1 ребенка в день -167,5 -201 г (завтрак, обед,) с учетом 10% 184,25-221,1 г | **Норма калорийности на 1 ребенка в день – 50%-60% -1175- 1404 ккал, с учетом 10% - 1292-1544ккал (завтрак, обед,)** |