«**СОГЛАСОВАНО»**

**Директор**

**«УТВЕРЖДАЮ» ДИРЕКТОР**

« » 20 года.

« » 20 года.

Меню завтраков, обедов, полдников для обучающихся 1-4-х классов в лагере с дневным пребыванием общеобразовательных учреждений города Твери

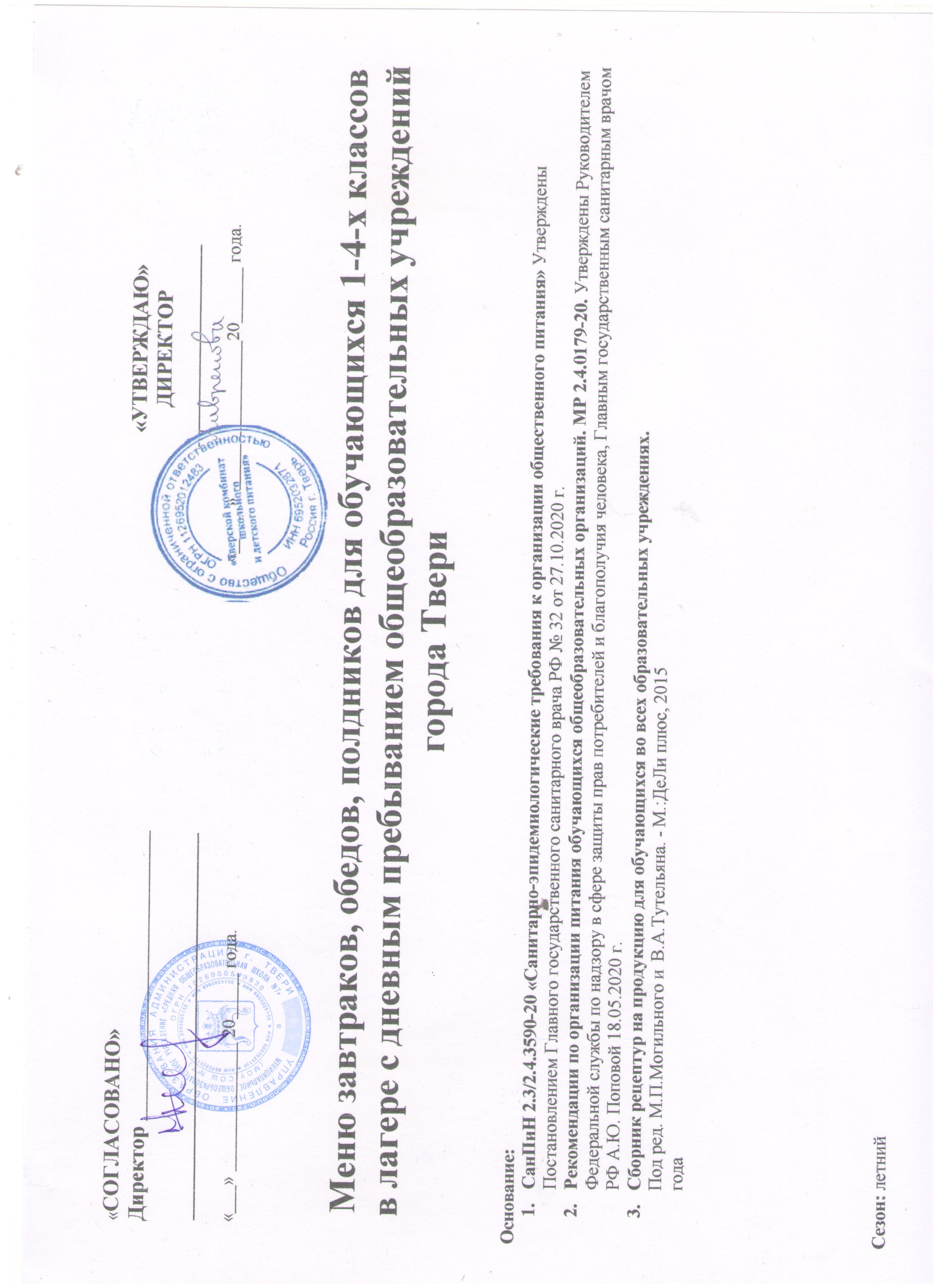


**Основание:**

1. **СанПиН 2.3/2.4.3590-20 «Санитарно-эпидемиологические требования к организации общественного питания»** Утверждены Постановлением Главного государственного санитарного врача РФ № 32 от 27.10.2020 г.
2. **Рекомендации по организации питания обучающихся общеобразовательных организаций. МР 2.4.0179-20.** Утверждены Руководителем Федеральной службы по надзору в сфере защиты прав потребителей и благополучия человека, Главным государственным санитарным врачом РФ А.Ю. Поповой 18.05.2020 г.
3. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**

Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года

**Сезон:** летний



**Возрастная категория:** 7-11 лет

Понедельник Первая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
|  |  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  | | | |  |  | | | | | | | |
| **174** | **Каша рисовая молочная** | **200** | **6** | **10,85** | **42,95** | **294** | **0,06** | **0,96** | **54,8** |  | **128,57** | **157,44** | **36,46** | **0,6** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **209** | **Яйцо отварное** | **40** | **11,9** | **10,1** | **0,6** | **141,4** | **0,05** | **-** | **156** | **-** | **48,4** | **167,04** | **10,44** | **2,18** |
| **1** | **Бутерброд** | **40** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **30** | **2,25** | **0,84** | **15,42** | **70,2** | **0,03** | **-** | **-** | **0,39** | **6,9** | **26,1** | **9,9** |  |
| **14** | **Масло сливочное** | **10** | **0,08** | **7,24** | **0,26** | **66** | **-** | **-** | **40** | **0,1** | **2,4** | **3** | **-** | **0,2** |
| **б/н** | **Хлеб ржаной** | **20** | **1,4** | **0,4** | **7,8** | **42** | **0,04** | **-** | **-** | **0,36** | **9,2** | **42,4** | **10** | **1,24** |
|  | **ИТОГО за прием пищи** | **500** | **24,8** | **39,37** | **82,84** | **714,2** | **0,22** | **2,26** | **270,8** | **0,85** | **321,25** | **485,9** | **80,8** | **4,35** |
|  | **ОБЕД** |  | | | |  |  | | | | | | | |
| **71** | **Свежий огурец** | **60** | **0,42** | **0,06** | **1,14** | **7,2** | **0,02** | **2,94** | **-** | **0,06** | **10,2** | **18** | **8,4** | **0,3** |
| **88** | **Щи из свежей капусты на курином бульоне** | **200** | **4,96** | **4,25** | **13,8** | **113,29** | **0,06/** | **12,89** | **10,5** | **1,92** | **40,6** | **64,85** | **30,6** | **0,87** |
| **294** | **Котлеты рубленые из мяса птицы** | **90** | **15,69** | **15,08** | **14,65** | **257,4** | **0,17** | **0,81** | **30,26** | **61,56** | **53,79** | **72** | **19,98** | **3,26** |
| **309** | **Макароны отварные с масл. Сл.** | **150** | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32** | **132,8** | **0,02** | **0,73** | **-** | **0,5** | **32,47** | **23,4** | **17,45** | **0,68** |
| **б/н** | **Хлеб ржаной** | **40** | **2,8** | **0,8** | **15,6** | **84** | **0,08** | **-** | **-** | **0,72** | **18,4** | **84,8** | **20** | **2,48** |
| **б/н** | **Батон нарезной** | **30** | **2,25** | **0,84** | **15,42** | **70,2** | **0,03** | **-** | **-** | **0,39** | **6,9** | **26,1** | **9,9** |  |
|  | **ИТОГО за прием пищи** | **770** | **32,37** | **29,26** | **119,12** | **866,34** | **0,44** | **14,43** | **40,76** | **66,12** | **158,22** | **114,9** | **127,45** | **8,73** |
|  | **ПОЛДНИК** |  | | | |  |  | | | | | | | |
| **0** | **Плюшка с сахаром** | **100** | **7,76** | **4,72** | **47,1** | **262** | **0,14** | **-** | **-** | **-** | **22** | **74** | **29** | **13,8** |
| **389** | **сок** | **200** | **1** | **-** | **20,2** | **84,8** | **0,08** | **4** |  |  | **14,8** | **14** | **8** | **2,8** |
|  | **Соль иодированная** | **3** |  |  |  |  |  |  |  |  |  |  |  |  |

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|  | **ИТОГО за прием пищи** | **300** | **8,76** | **4,72** | **67,3** | **346,8** | **0,22** | **4** |  |  | **36,8** | **88** | **37** | **16,6** |
| **ИТОГО** |  | **1570** | **65,93** | **73,35** | **269,26** | **1927,34** | **0,88** | **20,66** | **311,56** | **67,09** | **516,27** | **688,8** | **245,2** | **29,68** |

Вторник первая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **401**  **376** | **Оладьи с повидлом** | **250** | **17,5** | **17,3**  **0,02** | **108** | **659** |  | **0,95** | **-** | **-** | **193,7** | **282,8** | **75,62** | **3,46** |
| **0,01** | **-** | **-** |
| **Чай с сахаром** | **200** | **0,1** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **2** | **Бутерброд** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **20** | **1,5** | **0,56** | **10,28** | **46,8** | **0,02** | **-** | **-** | **0,26** | **4,6** | **17,4** | **6,6** |  |
| **16** | **Колбаса полукопченая** | **30** | **4,5** | **12** | **0,09** | **126,9** | **0,06** |  |  | **1,8** | **7,8** | **60,6** | **7,5** | **0,66** |
|  | **ИТОГО за прием пищи** | **500** | **23,6** | **29,88** | **127,57** | **869,5** | **0,09** | **2,55** | **-** | **3,06** | **221,4** | **356,2** | **92,12** | **4,42** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **45** | **Салат из белокочанной 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 кур.б-не.** | **200** | **5,15** | **4,36** | **9,64** | **102,75** | **0,08** | **6,97** | **10,5** | **1,91** | **24,52** | **71,03** | **32,24** | **0,95** |
| **255** | **Печень по - строгоновски говядина)** | **90 (50/40)** | **13,09** | **15,1** | **2,59** | **198,9** | **0,02** | **0,83** | **-** | **2,35** | **19,63** | **138,73** | **19,82** | **2,75** |
| **302** | **Каша рассыпчатая (гречка)** | **150** | **8,68** | **9,72** | **38,7** | **276,75** | **0,21** | **-** | **-** | **0,61** | **16,2** | **203,93** | **135,83** | **5,57** |
| **388** | **Напиток из шиповника** | **200** | **0,67** | **0,27** | **20,7** | **88,2** | **0,01** | **100** | **-** | **0,7** | **21,3** | **3,4** | **3,4** | **0,55** |
|  | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |

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|  | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | **770** | **33,42** | **33,03** | **107,17** | **858,21** | **0,43** | **118,1** | **10,5** | **6,65** | **120,7** | **538,58** | **229,36** | **14,79** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Банан** | **220** | **2,7** | **-** | **37,8** | **172,8** | **0,07** | **18** |  |  | **14,4** | **50,4** | **75,6** | **1,08** |
| **389** | **сок** | **100** | **0,5** | **-** | **10,1** | **42,4** | **0,04** | **2** | **-** | **-** | **7,4** | **7** | **4** | **1,4** |
| **б/н** | **Шоколад Аленка** | **15** | **1,2** | **5** | **8** | **80,7** |  |  |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | **335** | **3,2** | **-** | **47,9** | **295,9** | **0,11** | **20** |  |  | **21,8** | **57,4** | **79,6** | **2,48** |
|  | **Соль йодированная** | **3** |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1605** | **60,22** | **62,91** | **282,5** | **2023,63** | **0,63** | **140,65** | **10,5** | **9,71** | **363,9** | **952,1** | **401,02** | **21,69** |

среда первая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **173** | **Каша вязкая молочная из овсяной**  **крупы с маслом** | **250** | **10,76** | **16** | **47,8** | **378,5** | **0,25** | **1,14** | **65,2** | **-** | **188,8** | **315,3** | **85,7** | **2,5** |
| **382** | **Какао с молоком** | **200** | **6,5** | **1,3** | **26** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
| **3** | **Бутерброд:** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ***Батон нарезной*** | ***30*** | ***2,25*** | ***0,84*** | ***15,51*** | ***70,2*** | ***0,3*** | ***-*** | ***-*** | ***0,39*** | ***6,9*** | ***26,1*** | ***9,9*** | ***0,33*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| **15** | ***сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***23,03*** | ***26,19*** | ***89,37*** | ***660,8*** | ***0,61*** | ***2,55*** | ***148,6*** | ***0,52*** | ***464,1*** | ***542,4*** | ***127,35*** | ***5,08*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **52** | **Салат из свеклы отварной с раст.маслом** | **60** | **0,8** | **3,6** | **4,9** | **55,68** | **0,01** | **3,9** | **0,01** | **1,6** | **21,27** | **24,3** | **12,4** | **0,8** |

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| **81** | **Борщ на курином бульоне** | **200** | **4,9** | **4,63** | **7,02** | **94,81** | **0,03** | **9,02** | **17,61** | **1,95** | **46,7** | **55,34** | **31,67** | **1,1** |
| **234** | **Котлета рыбная** | **90** | **11,63** | **7,38** | **14,13** | **120** | **-** | **0,57** | **8,39** | **4,38** | **64,67** | **154,64** | **37,35** | **1,32** |
| **312** | **Картофельное пюре** | **150** | **3,06** | **4,8** | **20,44** | **137,25** | **0,14** | **18,16** | **-** | **0,18** | **36,98** | **86,59** | **27,75** | **1,01** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***26,09*** | ***22,17*** | ***110,14*** | ***695,94*** | ***0,3*** | ***32,35*** | ***26,01*** | ***9,69*** | ***226,17*** | ***448,92*** | ***159,12*** | ***7,08*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **424** | **Булочка домашняя** | **100** | **7,28** | **12,52** | **43,92** | **318** | **0,12** | **-** | **4** | **4,66** | **19,8** | **70** | **27,4** | **1,3** |
| **386** | **Кефир** | **200** | **5,8** | **6,4** | **8,2** | **113,6** | **0,06** | **1,6** | **44** | **-** | **240** | **190** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,08*** | ***18,92*** | ***52,12*** | ***431,6*** | ***0,08*** | ***1,6*** | ***48*** | ***4,66*** | ***259,8*** | ***260*** | ***55,4*** | ***1,5*** |
|  | Соль йодированная | 3 |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1570** | **62,2** | **67,28** | **251,63** | **1788,34** | **0,99** | **36,5** | **222,61** | **14,87** | **950,07** | **1251,32** | **341,87** | **13,66** |

Четверг первая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **212** | **Омлет с вареной колбасой** | **200** | **13,94** | **24,83** | **2,64** | **289,65** | **0,11** | **0,26** | **324,57** | **-** | **289,65** | **215,77** | **16,14** | **2,64** |
| **376** | **Чай с сахаром** | **200** | **0,1** | **0,02** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **б/н** | **Хлеб ржаной** | **50** | **3,5** | **1** | **19,5** | **105** | **0,1** | **-** | **-** | **0,9** | **23** | **106** | **25** | **3,1** |
| **429** | **Булочка «веснушка»** | **50** | **3,9** | **3,06** | **23,9** | **139** | **0,07** | **-** | **3** | **1,41** | **11,3** | **39,2** | **15,2** | **0,73** |
|  | **ИТОГО за прием пищи** | ***500*** | ***21,71*** | ***25,85*** | ***55,24*** | ***570,45*** | ***0,34*** | ***1,86*** | ***327,87*** | ***2,01*** | ***339,25*** | ***365,37*** | ***58,74*** | ***6,77*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| ***б/н*** | **Свежий помидор порцион.** | **60** | **0,66** | **0,12** | **2,28** | **12,84** | **0,03** | **1,5** | **79,8** | **-** | **8,4** | **15,6** | **12** | **0,54** |
| **103** | **Суп картофельный с вермишелью** (на курином бульоне) | **200** | **2,15** | **2,27** | **13,97** | **94,6** | **0,09** | **6,6** | **-** | **11,4** | **23,36** | **54,06** | **21,82** | **0,9** |
|  |
| **291** | **Плов с курицей** | **235** | **19,9** | **9,9** | **41,9** | **358,8** | **0,13** | **7,08** | **22,8** | **0,6** | **54,45** | **137,3** | **63,5** | **2,29** |
| ***348*** | **Компот из яблок с изюм.** | **200** | **0,3** | **0,07** | **29,85** | **122,2** | **0,02** | **-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **Б/Н** | **Хлеб ржаной** | **40** | **2,8** | **0,8** | **15,6** | **84** | **0,08** | **-** | **-** | **0,72** | **18,4** | **84,8** | **20** | **2,48** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***28,4*** | ***14,43*** | ***121,65*** | ***754,34*** | ***0,39*** | ***15,45*** | ***113,1*** | ***2,71*** | ***134,18*** | ***367,22*** | ***149,89*** | ***6,87*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **сок** | **200** | **1** | **-** | **20,2** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |
| **338** | **Яблоко свежее** | **120** | **0,4** | **0,48** | **11,76** | **56,4** | **0,036** | **12** | **-** | **0,24** | **19,2** | **/13,2** | **10,8** | **2,64** |
| **б/н** | **Вафли** | **30** | **0,84** | **7,36** | **15,3** | **139,16** |  | **15** |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | ***350*** | ***1,4*** | ***0,4*** | ***30*** | ***280,36*** | ***0,11*** | ***14*** | ***-*** | ***0,44*** | ***30,8*** | ***25*** | ***17*** | ***5*** |
|  | Соль йодированная | 3 |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1620** | **51,51** | **78,05** | **209,84** | **1605,1** | **0,77** | **32,21** | **440,6** | **5,16** | **504,15** | **757,59** | **225,54** | **18,64** |

Пятница первая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **188** | **Запеканка рисовая с творогом с повидлом** | **225** | **9,69** | **7,58** | **84,3** | **448,3** | **0,05** | **14,2** | **32,9** | **1,8** | **70,9** | **153,4** | **37,5** | **1,3** |
| **382** | **Какао с молоком** | **200** | **6,5** | **1,3** | **26** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
|  | **Бутерброд:** | ***75*** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |

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| **16** | ***Колбаса полукопченая*** | ***25*** | ***3,75*** | ***10*** | ***0,075*** | ***105,75*** | ***0,05*** | **-** | **-** | ***1,5*** | ***6,5*** | ***50,5*** | ***6,25*** | ***0,55*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***23,69*** | ***20,28*** | ***136,22*** | ***796,15*** | ***0,65*** | ***15,5*** | ***57,3*** | ***3,95*** | ***224,1*** | ***371,9*** | ***85,25*** | ***4,4*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **67** | **Винегрет** | **60** | **0,85** | **6** | **0,43** | **75,06** | **0,03** | **5,7** | **-** | **2,7** | **18,7** | **25,9** | **11,7** | **0,5** |
| **104** | **Суп картофельный с мясными фрикадельками** | **240** | **9,65** | **6,9** | **12,6** | **163,24** | **2,93** | **9,06** | **8** | **1,27** | **32,36** | **140,78** | **36,54** | **9,58** |
| **243** | **Сосиска отварная** | **50** | **6,56** | **14,3** | **6,23** | **157,2** | **0,11** | **-** | **-** | **0,24** | **19,32** | **95,4** | **12** | **0,96** |
| **309** | **Макароны отварные** | **150** | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,9** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
| **388** | **Напиток из шиповника** | **200** | **0,67** | **0,27** | **20,7** | **88,2** | **0,01** | **100** | **-** | **0,7** | **21,3** | **3,4** | **3,4** | **0,55** |
|  | **ИТОГО за прием пищи** | ***770*** | ***28,38*** | ***37,3*** | ***98,11*** | ***840,48*** | ***3,24*** | ***114,76*** | ***8*** | ***3,24*** | ***121,89*** | ***407,3*** | ***101,81*** | ***14,88*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Банан** | **220** | **2,7** | **-** | **37,8** | **172,8** | **0,07** | **18** |  |  | **14,4** | **50,4** | **75,6** | **1,08** |
| **389** | **сок** | **100** | **0,5** | **-** | **10,1** | **42,4** | **0,04** | **2** | **-** | **-** | **7,4** | **7** | **4** | **1,4** |
| **424** | **Булочка домашняя** | **50** |  |  |  | **159** |  |  |  |  |  |  |  |  |
|  | **ИТОГО за прием пищи** | ***370*** | ***3,2*** | ***-*** | ***47,9*** | ***374,2*** | ***0,11*** | ***20*** |  |  | ***21,8*** | ***57,4*** | ***79,6*** | ***2,48*** |
|  | Соль йодированная | 3 |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1640** | **55,27** | **57,58** | **282,2**  **3** | **2010,83** | **4** | **150,2** | **65,3** | **7,19** | **367,79** | **801** | **266,65** | **21,68** |

Понедельник вторая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **175** | **Каша вязкая молочная из риса и пшена «Дружба» с маслом слив. и сахаром** | **250** | **6,9** | **12,7** | **49,3** | **340,9** | **0,11** | **1,1** | **62,2** | **0,2** | **151,9** | **177,5** | **42,3** | **0,9** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **3** | **Бутерброд** | ***50*** |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Б/Н*** | ***Батон нарезной*** | ***35*** | ***2,6*** | ***0,98*** | ***17,99*** | ***81,83*** | ***0,03*** | ***-*** | ***-*** | ***0,45*** | ***8,05*** | ***30,45*** | ***11,55*** |  |
| ***15*** | ***Сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***16,15*** | ***20,79*** | ***83,24*** | ***577,33*** | ***0,19*** | ***2,51*** | ***121,2*** | ***0,73*** | ***417,65*** | ***372,95*** | ***73,1*** | ***1,18*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **59** | **Салат из моркови с яблоками** | **60** | **0,63** | **0,1** | **5,1** | **23,94** | **0,03** | **2,6** | **5340,3** | **0,2** | **14,39** | **26,7** | **18,2** | **0,6** |
| **102** | **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/**  **315** | **Ленивые голубцы с мясом птицы** | **240** | **21,06** | **13,5** | **29,7** | **328,5** | **0,12** | **7,5** | **48** | **2,88** | **90** | **66,1** | **4,9** | **2,4** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **Б/Н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **Б/Н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,83** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***34,09*** | ***17,26*** | ***117,25*** | ***759,67*** | ***0,46*** | ***14,84*** | ***5388,3*** | ***18,9*** | ***194,84*** | ***281,95*** | ***96,84*** | ***7,55*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **422** | **Булочка ванильная** | **100** | **7,9** | **8,12** | **44,48** | **283** | **1,14** | **-** | **14** | **16** | **22,4** | **76,6** | **28,4** | **1,4** |
| **386** | **Ряженка** | **200** | **5,9** | **5** | **8,4** | **102** | **0,04** | **0,6** | **40** | **-** | **248** | **184** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,8*** | ***13,12*** | ***52,88*** | ***385*** | ***1,18*** | ***0,6*** | ***54*** | ***16*** | ***270,4*** | ***260*** | ***56,4*** | ***1,6*** |
|  | Соль йодированная | 3 |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1570** | **64,04** | **51,17** | **253,32** | **1758,54** | **1,83** | **17,95** | **5563,5** | **35,63** | **882,8** | **914,9** | **226,34** | **10,33** |

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Вторник вторая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **204** | **Макароны отварные с сыром** | **200** | **13,5** | **15,8** | **34,1** | **334,4** | **0,08** | **0,2** | **115,2** | **1** | **295,2** | **202,1** | **20,32** | **1,2** |
| **377** | **Чай с сахаром и лимоном** | **200** | **0,12** | **0,02** | **14,7** | **50,5** | **-** | **2,56** | **-** | **0,01** | **14,8** | **4,7** | **2,3** | **0,4** |
| **6** | **Бутерброд** | **80** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |
| **16** | ***Колбаса полукопченая*** | ***30*** | ***4,5*** | ***12*** | ***0,09*** | ***126,9*** | ***0,06*** |  |  | ***1,8*** | ***7,8*** | ***60,6*** | ***7,5*** | ***0,66*** |
| **б/н** | **вафли** | **30** | **0,84** | **7,36** | **15,3** | **139,16** | **0,04** |  | **28,8** | **0,52** | **50** | **34,8** | **6** | **0,4** |
|  | **ИТОГО за прием пищи** | ***510*** | ***22,71*** | ***36,58*** | ***90,04*** | ***767,96*** | ***0,68*** | ***2,76*** | ***144*** | ***3,98*** | ***379,3*** | ***345,7*** | ***51,12*** | ***3,21*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **48** | **Салат витаминный (1 вар.)** | **60** | **0,49** | **3,6** | **5,2** | **57,42** | **0,03** | **5,3** | **-** | **0,18** | **11,6** | **18,4** | **10,9** | **0,6** |
| **106,1** | **Суп рыбный** | **200** | **12,8** | **0,6** | **9,2** | **105,5** | **0,08** | **5,9** | **0,02** | **0,44** | **48,6** | **32,4** | **177,7** | **0,6** |
| **259** | **Жаркое по- домашнему (мясо свинина)** | **250** | **17,6** | **42,1** | **23,6** | **547,1** | **0,5** | **9,65** | **-** | **4,4** | **98,6** | **257,5** | **61,2** | **4,3** |
| **342** | **Компот из свежих плодов** | **200** | **0,16** | **0,15** | **23,88** | **97,6** | **0,02** | **1,8-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **,**  **Б/Н** | **Хлеб ржаной**  **Батон нарезной** | **35**  **35** | **2,45**  **2,6** | **0,7**  **0,98** | **13,65**  **17,99** | **73,5**  **81,83** | **0,07**  **0,03** | **-**  **-** | **-**  **-** | **0,63**  **0,45** | **16,1**  **8,05** | **74,2**  **30,45** | **17,5**  **11,55** | **2,17** |
|  | **ИТОГО за прием пищи** | ***780*** | ***36,1*** | ***48,085*** | ***93,52*** | ***962,95*** | ***0,73*** | ***22,65*** | ***0,02*** | ***6,17*** | ***203,27*** | ***432,31*** | ***286,97*** | ***8,12*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **424** | **Булочка домашняя (с сахаром)** | **100** | **7,28** | **12,52** | **43,92** | **318** | **0,12** | **-** | **4** | **4,66** | **19,8** | **70** | **27,4** | **1,3** |
| **386** | **Кефир** | **200** | **5,8** | **6,4** | **8,2** | **113,6** | **0,06** | **1,6** | **44** | **-** | **240** | **190** | **28** | **0,2** |
|  | **ИТОГО за прием пищи** | ***300*** | ***13,08*** | ***18,92*** | ***52,12*** | ***431,6*** | ***0,08*** | ***1,6*** | ***48*** | ***4,66*** | ***259,8*** | ***260*** | ***55,4*** | ***1,5*** |
|  | Соль йодированная | 3 |  | | |  |  | | | | | | | |
| **ИТОГО:** | | **1590** | **71,89** | **103,58** | **235,68** | **2043,86** | **1,49** | **27,01** | **192,02** | **14,81** | **842,37** | **1038** | **393,42** | **12,83** |

Среда вторая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **182** | **Каша пшенная на молоке с маслом слив.** | **200** | **7,3** | **4,3** | **38,27** | **220,98** | **0,19** | **-** | **5** | **2,9** | **4,1** | **131** | **45** | **2,58** |
| **379** | **Кофейный напиток** | **200** | **3,17** | **2,68** | **15,95** | **100,6** | **0,04** | **1,3** | **20** | **-** | **125,78** | **90** | **14** | **0,13** |
| **209** | **Яйцо отварное** | **40** | **11,9** | **10,1** | **0,6** | **141,4** | **0,05** | **-** | **156** | **-** | **48,4** | **167,04** | **10,44** | **2,18** |
| **3** | **Бутерброд:** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | **Батон нарезной** | **40** | **3** | **1,12** | **20,56** | **93,6** | **0,04** | **-** | **-** | **0,52** | **9,2** | **34,8** | **13,2** | **-** |
| **15** | **Сыр** | **20** | **4,64** | **5,9** | **-** | **71,66** | **0,01** | **0,14** | **52** | **0,1** | **176** | **100** | **7** | **0,2** |
|  | **ИТОГО за прием пищи** | ***500*** | ***30,01*** | ***24,1*** | ***75,38*** | ***628,24*** | ***0,33*** | ***1,44*** | ***233*** | ***3,52*** | ***363,4*** | ***522,8*** | ***89,64*** | ***5,09*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Свежий огурец** | **60** | **0,42** | **0,06** | **1,14** | **7,2 7,20** | **0,02** | **2,94** | **-** | **0,06** | **10,2** | **18** | **8,4** | **0,3** |
| **82** | **Борщ на курином бульоне** | **200** | **4,9** | **4,63** | **7,02** | **94,81** | **0,03** | **9,02** | **17,61** | **1,95** | **46,7** | **55,34** | **31,67** | **1,1** |
| **278, 1**  **вариант** | **Тефтели из мяса птицы (50/40)** | **90** | **15,69** | **15,08** | **14,65** | **257,4** | **0,17** | **0,81** | **30,26** | **61,56** | **53,79** | **72** | **19,98** | **3,26** |
| **304** | **Рис отварной** | **150** | **3,67** | **5,42** | **36,67** | **210,11** | **0,03** | **-** | **27** | **0,6** | **2,61** | **61,5** | **19,01** | **0,53** |

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| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***30,39*** | ***22,28*** | ***123,13*** | ***857,12*** | ***0,37*** | ***13,47*** | ***74,877*** | ***66,2*** | ***159,56*** | ***357,49*** | ***129,01*** | ***8,04*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **сок** | **200** | **1** | **-** | **349** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |
| **338** | **Яблоко свежее** | **120** | **0,48** | **0,48** | **11,76** | **56,4** | **0,036** | **12** | **-** | **0,24** | **19,2** | **13,2** | **10,8** | **2,64** |
|  | **Булочка Школьная** | **50** | **8,35** | **3,2** | **44,85** | **241,6** | **0,15** |  |  | **2,2** | **22,5** | **76,8** | **32,3** | **1,4** |
|  | **ИТОГО за прием пищи** | ***370*** | ***1,4*** | ***0,4*** | ***30*** | ***131,8*** | ***0,11*** | ***14*** | ***-*** | ***0,44*** | ***30,8*** | ***25*** | ***17*** | ***5*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1640** | **61,89** | **46,78** | **228,51** | **1654,76** | **0,81** | **28,91** | **307,8** | **70,16** | **527,2** | **905,2** | **235,65** | **18,13** |

Четверг вторая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **120** | **Суп молочный с макаронными изделиями** | **200** | **4,4** | **3,8** | **14,4** | **120** | **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** | **125,1** | **0,05** | **1,3** | **24,4** | **-** | **135,2** | **124,5** | **26,5** | **2** |
| **2** | **Бутерброд** |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **б/н** | ***Батон нарезной*** | ***50*** | ***3,75*** | ***1,4*** | ***25,85*** | ***117*** | ***0,5*** | ***-*** | ***-*** | ***0,65*** | ***11,5*** | ***43,5*** | ***15*** | ***0,55*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| **16** | ***Колбаса полукопченая*** | ***25*** | ***3,75*** | ***10*** | ***0,075*** | ***105,75*** | ***0,05*** | **-** | **-** | ***1,5*** | ***6,5*** | ***50,5*** | ***6,25*** | ***0,55*** |
| **б/н** | **Сушки** | **20** | **2,14** | **0,24** | **14,24** | **67,8** | **0,03** |  |  | **0,32** | **4,8** | **18,2** | **3,6** | **0,32** |
|  | **ИТОГО за прием пищи** | ***500*** | ***20,58*** | ***20,36*** | ***80,63*** | ***568,65*** | ***0,7*** | ***1,96*** | ***70,8*** | ***2,82*** | ***289,6*** | ***347,7*** | ***72,69*** | ***4,04*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **67** | **Винегрет** | **60** | **0,85** | **6** | **0,43** | **75,06** | **0,03** | **5,7** | **-** | **2,7** | **18,7** | **25,9** | **11,7** | **0,5** |
| **102** | **Суп гороховый** | **200** | **6,7** | **1,9** | **18,8** | **119,1** | **0,19** | **0,64** |  | **14,24** | **33,9** | **61,1** | **23,7** | **1,7** |
| **271** | **Котлета домашняя** | **90** | **10,9** | **20,8** | **8,2** | **264,1** | **0,13** | **0,2** | **41,8** | **2,36** | **0,17** | **107,5** | **16** | **1,7** |
| **309** | **Макароны отварные со сливочным маслом** | **150** | **5,6** | **8,15** | **26,51** | **201,45** | **0,06** | **-** | **-** | **0,97** | **6,06** | **37,17** | **21,12** | **1,12** |
| **348** | **Компот из изюма** | **200** | **0,34** | **0,07** | **29,85** | **122,2** | **0,02** | **-** | **-** | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | ***770*** | ***29,44*** | ***38,6*** | ***115,43*** | ***936,68*** | ***0,53*** | ***6,54*** | ***112,6*** | ***21,42*** | ***103,3*** | ***355,958*** | ***138,29*** | ***7,52*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **386** | **Ряженка** | **200** | **5,9** | **5** | **8,4** | **102** | **0,04** | **0,6** | **40** | **-** | **248** | **184** | **28** | **0,2** |
| **б/н** | **Зефир** | **100** | **1,2** | **0,2** | **119,7** | **489** | **0,1** | **15** | ***-*** | **0,1** | **37,5** | **18** | **9** | **2,1** |
|  | **ИТОГО за прием пищи** | **300** | ***7,1*** | ***5,2*** | ***128,1*** | ***591*** | ***0,14*** | ***15,6*** | ***40*** | ***0,1*** | ***285,5*** | ***202*** | ***37*** | ***2,3*** |
|  | Соль йодированная | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **1570** | **57,12** | **64,16** | **324,16** | **2096,33** | **1,37** | **23,93** | **222,8** | **17,34** | **678,4** | **905,3** | **247,98** | **16,86** |

Пятница вторая

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| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
|  |  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **223** | **Запеканка из творога с повидлом** | **250** | **35,36** | **24,16** | **66,5** | **618,6** | **0,09** | **0,77** | **144,4** | **1** | **262,64** | **434,74** | **50,66** | **2,29** |
| **376** | **Чай с сахаром** | **200** | **0,1** | **0,02** | **9,2** | **36,8** | **-** | **1,6** | **-** | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **3** | **Бутерброд:** | **50** |  |  |  |  |  |  |  |  |  |  |  |  |
| **б/н** | ***Батон нарезной*** | ***30*** | ***2,25*** | ***0,84*** | ***15,51*** | ***70,2*** | ***0,3*** | ***-*** | ***-*** | ***0,39*** | ***6,9*** | ***26,1*** | ***9,9*** | ***0,33*** |
| **14** | ***Масло сливочное*** | ***5*** | ***0,04*** | ***3,62*** | ***0,06*** | ***33*** | ***-*** | ***-*** | ***20*** | ***0,05*** | ***1,2*** | ***1,5*** | ***-*** | ***0,1*** |
| ***15*** | ***Сыр*** | ***15*** | ***3,48*** | ***4,43*** | ***-*** | ***54*** | ***0,01*** | ***0,11*** | ***39*** | ***0,08*** | ***132*** | ***75*** | ***5,25*** | ***0,15*** |
|  | **ИТОГО за прием пищи** | ***500*** | ***41,23*** | ***33,07*** | ***91,27*** | ***812,6*** | ***0,4*** | ***2,48*** | ***183,42*** | ***1,52*** | ***418,04*** | ***541,74*** | ***68,21*** | ***3,17*** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***б/н*** | **Свежий помидор порцион.** | **60** | **0,66** | **0,12** | **2,28** | **12,84** | **0,03** | **1,5** | **79,8** | **-** | **8,4** | **15,6** | **12** | **0,54** |
| **104** | **Суп картофельный с мясными фрикадельками** | **200** | **9,65** | **6,9** | **12,6** | **163,24** | **2,93** | **9,06** |  | **1,27** | **32,36** | **57,8** | **36,54** | **9,58** |
| **289** | **Рагу из птицы с овощами** | **75/25** | **2,4** | **6** | **13,8** | **114,6** | **0,06** | **26,8** | **1,1** | **1,4** | **24,4** | **32,8** | **15,8** | **0,3** |
| **302** | **Каша рассыпчатая (гречка)** | **150** | **8,68** | **9,72** | **38,7** | **276,75** | **0,21** | **-** | **-** | **0,61** | **16,2** | **203,93** | **135,83** | **5,57** |
| **349** | **Компот из сухофруктов** | **200** | **0,65** | **0,08** | **32,01** | **132,8** | **0,02** | **0,7** | **-** | **0,5** | **32,4** | **23,4** | **20,9** | **0,68** |
| **б/н** | **Хлеб ржаной** | **35** | **2,45** | **0,7** | **13,65** | **73,5** | **0,07** | **-** | **-** | **0,63** | **16,1** | **74,2** | **17,5** | **2,17** |
| **б/н** | **Батон нарезной** | **35** | **2,6** | **0,98** | **17,99** | **81,3** | **0,03** | **-** | **-** | **0,45** | **8,05** | **30,45** | **11,55** |  |
|  | **ИТОГО за прием пищи** | **780** | ***27,9*** | ***24,5*** | ***131,03*** | ***855,03*** | ***3,35*** | ***38,06*** | ***88,9*** | ***4,86*** | ***105,55*** | ***438,13*** | ***250,12*** | ***18,84*** |
|  | **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **428** | **Булочка « Школьная»** | **100** | **8,35** | **3,2** | **44,85** | **241,6** | **0,15** | **-** | **-** | **2,2-**  **22,5** | **22,5** | **76,8** | **32,3** | **1,4** |
| **389** | **сок** | **200** | **1** | **-** | **349** | **84,8** | **0,08** | **4** | **-** | **-** | **14,8** | **14** | **8** | **2,8** |

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|  | **ИТОГО за прием пищи** | ***300*** | ***9,35*** | ***3,2*** | ***393,85*** | ***326,4*** | ***0,23*** | ***4*** |  | ***2,2*** | ***37,3*** | ***90,8*** | ***40,3*** | ***4,2*** |
|  | **Соль йодированная** | **3** |  | |  | |  | | | | | | | |
| **ИТОГО:** | | **1580** | **77,67** | **60,77** | **615,7** | **1994,03** | **3,98** | **44,54** | **272,32** | **8,58** | **560,89** | **1070,6** | **358,63** | **26,21** |
|  |  | |