**Меню по организации второго завтрака обучающихся 1-4 классов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рец.** | **Приём пищи, наименование**  **блюда** | **Масса**  **порции** | | **Пищевые вещества (г)** | | | **Энергетическая ценность (ккал)** | | **Витамины**  **(мг)** | | | | | | | | | | | | | | **Минеральные вещества (мг)** | | | | |
| **Б** | **Ж** | **У** | **В1** | | | | **С** | | | **А** | | | **Е** | | | | **Са** | **Р** | **Мg** | **Fe** | |
| **Первая неделя (понедельник)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| ***215*** | ***Омлет на пару*** | | ***75*** | *16.05* | *11.29* | *1.56* | *140.00* | | *0.04* | | | | *0.14* | | | *173.74* | | | *0.38* | | | | *61.58* | *135.81* | *10.36* | *1.49* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.40* | *2.80* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | *132.00* | *29.33* | *2.40* | |
|  | ***Батон нарезной*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | *17.40* | *0.60* | *0.22* | |
| **ИТОГО:** | | | | | | | **341.96** | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Первая неделя (вторник)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| ***223*** | ***Запеканка творожная*** | | ***75*** | *17.47* | *8.10* | *15.07* | *166.80* | | *0.04* | | | | *0.15* | | | *45.00* | | | *0.60* | | | | *97.50* | *141.00* | *16.50* | *0.67* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2.24* | *0.88* | *20.76* | *91.96* | | *0.04* | | | |  | | |  | | | *0.36* | | | | *9.20* | *42.40* | *10.00* | *1.24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0.53* |  | *9.87* | *41.60* | |  | | | | *2.13* | | |  | | |  | | | | *15.33* | *23.20* | *12.27* | *2.13* | |
| **ИТОГО:** | | | | | | | **300.36** | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Первая неделя (среда)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| ***295*** | ***Котлета, рубленная из птицы*** | | ***40*** | *11.67* | *5.49* | *5.40* | *94.88* | | *0.03* | | | | *0.08* | | | *8* | | | *0.15* | | | | *17.6* | *38.40* | *10.4* | *0.88* | |
| ***321*** | ***Тушёная капуста*** | | ***100*** | *3.02* | *8.11* | *22.14* | *172.16* | | *0.04* | | | | *21.6* | | |  | | | *1.1* | | | | *75.8* | *59.5* | *28.6* | *2.3* | |
|  | ***Батон нарезной*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | *17.40* | *6.60* | *0.22* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.2* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | *132.00* | *29.33* | *2.40* | |
| **ИТОГО:** | | | | | | | **469.00** | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Первая неделя (четверг)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| ***312*** | ***Пюре картофельное*** | | ***100*** | *2.08* | *2.33* | *12.75* | *73.15* | | *0.77* | | | | *2.50* | | | *22.10* | | | *0.10* | | | | *25.50* | *51.30* | *17.80* | *0.57* | |
| ***234*** | ***Котлеты или биточки рыбные*** | | ***40/19*** | *14.89* | *2.65* | *5.52* | *76.91* | | *0.03* | | | | *0.24* | | | *7.15* | | | *0.36* | | | | *31.77* | *100.66* | *15.41* | *0.43* | |
|  | ***Батон нарезной*** | | ***20*** | *1.58* | *0.40* | *9.66* | *46.76* | | *0.02* | | | |  | | |  | | | *0.26* | | | | *4.60* | *17.40* | *6.60* | *0.22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0.53* |  | *9.47* | *40.00* | |  | | | | *0.27* | | |  | | |  | | | | *13.60* | *22.13* | *11.73* | *2.13* | |
| **ИТОГО:** | | | | | | | **236.82** | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Первая неделя (пятница)** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Второй завтрак** | | | | | | | | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| ***183*** | ***Каша молочная из гречневой крупы*** | | ***200/10*** | *8.4* | *8.58* | *29.20* | *202.00* | | *0.16* | | | |  | | |  | | | *1.80* | | | | *24.00* | *144.00* | *98.00* | *3.20* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2.24* | *0.88* | *19.76* | *91.96* | | *0.04* | | | |  | | |  | | | *0.36* | | | | *9.20* | *42.40* | *10.00* | *1.24* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | |  | | | | *158.67* | *132.00* | *29.33* | *2.40* | |
| **ИТОГО:** | | | | | | | **449.16** | |  | | | |  | | |  | | |  | | | |  |  |  |  | |
| **Вторая неделя (понедельник)** | | | | | | | | |  | | | |  | |  | | |  | | | |  | |  |  |  | |
| **Второй завтрак** | | | | | | | | | | | | |  | | |  | |  | | | |  | |  |  | |  |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | | | *71,60* | | | | | *0,40* | *92,30* | | *128,00* | *26,70* | | *1,30* |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | |  | | | |  | | | | | *0,36* | *9,20* | | *42,40* | *10,00* | | *1,24* |
| ***382*** | ***Какао с молоком*** | | ***200*** | *6,56* | *1,34* | *26,00* | *125,11* | | *0,02* | | | *1,33* | | | |  | | | | |  | *133,33* | | *111,11* | *25,56* | | *2,00* |
| **ИТОГО:** | | | | | | | **400.47** | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Вторая неделя (вторник)** | | | | | | | | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Второй завтрак** | | | | | | | | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| ***309*** | ***Макароны отварные с маслом*** | | ***100*** | *3,40* | *10,00* | *19,00* | *134,60* | | *0,04* | | |  | | | |  | | | | | *1,30* | *8,00* | | *23,00* | *5,00* | | *0,50* |
| ***288*** | ***Птица (курица) отварная*** | | ***50*** | *21,67* | *6,66* |  | *103,33* | | *0,02* | | |  | | | | *10,00* | | | | | *0,08* | *20,00* | | *71,66* | *10,00* | | *1,00* |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | | | |  | | | | |  | *15,33* | | *23,20* | *12,27* | | *2,13* |
| **ИТОГО:** | | | | | | | **326.29** | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Вторая неделя (среда)** | | | | | | | | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Второй завтрак** | | | | | | | | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| ***284*** | ***Запеканка картофельная с мясом и маслом*** | | ***125*** | *15,07* | *7,34* | *17,18* | *162,42* | | *0,07* | | | *0,62* | | | | *31,26* | | | | | *0,46* | *37,65* | | *110,15* | *29,21* | | *1,25* |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* |
| ***382*** | ***Какао с молоком*** | | ***200*** | *6,56* | *1,34* | *26,00* | *125,11* | | *0,02* | | | *1,33* | | | |  | | | | |  | *133,33* | | *111,11* | *25,56* | | *2,00* |
| **ИТОГО:** | | | | | | | **334.29** | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Вторая неделя (четверг)** | | | | | | | | | |  | | |  | | |  | | | | |  |  | |  |  | |  |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | | |  |  | |  |  | |  |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | | | *71,60* | | | | | *0,40* | *92,30* | | *128,00* | *26,70* | | *1,30* |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | |  | | | |  | | | | | *0,36* | *9,20* | | *42,40* | *10,00* | | *1,24* |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | | | |  | | | | |  | *15,33* | | *23,20* | *12,27* | | *2,13* |
| **ИТОГО:** | | | | | | | **316.96** | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Вторая неделя (пятница)** | | | | | | | | | |  | | |  | | |  | | | | |  |  | |  |  | |  |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | | |  |  | |  |  | |  |
| ***295*** | ***Котлета, рубленная из птицы*** | | ***40*** | *11,67* | *5,49* | *5,4* | *94,88* | | *0,03* | | | *0,08* | | | | *8* | | | | | *0,15* | *17,6* | | *38,40* | *10,4* | | *0,88* |
| ***302*** | ***Каша гречневая рассыпчатая*** | | ***150*** | *8,93* | *6,5* | *39,84* | *231,86* | | *0,20* | | |  | | | |  | | | | |  | *14,60* | | *210,00* | *140,00* | | *5,01* |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | | | |  | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | | | |  | | | | |  | *13,60* | | *22,13* | *11,73* | | *2,13* |
| **ИТОГО:** | | | | | | | **413.50** | |  | | |  | | | |  | | | | |  |  | |  |  | |  |
| **Третья неделя (понедельник)** | | | | | | | | | | |  | |  | | |  | | | | |  |  | |  |  | |  |
| **Второй завтрак** | | | | | | | | | | |  | |  | | |  | | | | |  |  | |  |  | |  |
| ***309*** | ***Макароны отварные с маслом*** | | ***100*** | *3,40* | *10,00* | *19,00* | *134,60* | | *0,04* | | |  | | | |  | | | | | *1,30* | *8,00* | | *23,00* | *5,00* | | *0,50* |
| ***267*** | ***Котлета, мясная натуральная рубленная*** | | ***40*** | *9,00* | *8,80* | *4,40* | *115,33* | | *0,04* | | | *0,13* | | | | *2,33* | | | | | *0,46* | *17,26* | | *70,00* | *13,33* | | *0,93* |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | *11,73* | | *2,13* | |
| **ИТОГО:** | | | | | | | **336.69** | |  | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Третья неделя (вторник)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| ***215*** | ***Омлет на пару*** | | ***75*** | *16.05* | *11.29* | *1.56* | *140.00* | | *0.04* | | | *0.14* | | *173.74* | | | | | | | *0.38* | *61.58* | | *135.81* | *10.36* | | *1.49* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | *1.47* | |  | | | | | | |  | *158.67* | | *132.00* | *29.33* | | *2.40* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| **ИТОГО:** | | | | | | | **341.96** | |  | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Третья неделя (среда)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| ***288*** | ***Птица (курица) отварная*** | | ***50*** | *21,67* | *6,66* |  | *103,33* | | *0,02* | | |  | | *10,00* | | | | | | | *0,08* | *20,00* | | *71,66* | *10,00* | | *1,00* | |
| ***304*** | ***Рис отварной*** | | ***100*** | *2,49* | *3,96* | *24,44* | *140,02* | | *0,02* | | |  | | *18,00* | | | | | | | *0,4* | *1,74* | | *41,00* | *12,67* | | *0,35* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| ***377*** | ***Чай с лимоном*** | | ***20015/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | *2,13* | |  | | | | | | |  | *15,33* | | *23,20* | *12,27* | | *2,13* | |
| **ИТОГО:** | | | | | | | **331.71** | |  | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Третья неделя (четверг)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| ***175*** | ***Каша из пшена и риса молочная*** | | ***200*** | *0,40* | *9,30* | *31,10* | *183,40* | | *0,40* | | | *1,90* | | *71,60* | | | | | | | *0,40* | *92,30* | | *128,00* | *26,70* | | *1,30* | |
| ***409*** | ***Пирожки печёные (с яблоком)*** | | ***50*** | *3,48* | *1,63* | *26,59* | *129,20* | | *0,04* | | | *1,56* | |  | | | | | | | *0,44* | *8,95* | | *31,61* | *5,29* | | *0,74* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | *11,73* | | *2,13* | |
| **ИТОГО:** | | | | | | | **352.60** | |  | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Третья неделя (пятница)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| ***321*** | ***Тушёная капуста*** | | ***100*** | *3.02* | *8.11* | *22.14* | *172.16* | | *0.04* | | | *21.6* | |  | | | | | | | *1.1* | *75.8* | | *59.5* | *28.6* | | *2.3* | |
| ***278*** | ***Тефтели мясные паровые*** | | ***40/18*** | *8.35* | *5.60* | *8.01* | *100.92* | | *0.02* | | | *1.16* | | *16.90* | | | | | | | *0.29* | *23.28* | | *118.65* | *15.80* | | *2.17* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | *0,27* | |  | | | | | | |  | *13,60* | | *22,13* | *11,73* | | *2,13* | |
| **ИТОГО:** | | | | | | | **359.84** | |  | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Четвёртая неделя (понедельник)** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | |  | | | |  | |  | | | | | | |  |  | |  |  | |  | |
| ***173*** | ***Каша вязкая на молоке (из хлопьев овсяных)*** | | ***200*** | *10,68* | *7,06* | *36,96* | *208,24* | | *0,22* | | | *2,08* | | *32,00* | | | | | | | *0,86* | *221,60* | | *315,40* | *79,60* | | *2,10* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | *1.47* | |  | | | | | | |  | *158.67* | | *132.00* | *29.33* | | *2.40* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | |  | |  | | | | | | | *0,26* | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| **ИТОГО:** | | | | | | | **410.20** | |  | | | |  | | |  |  | | | | |  | |  |  | |  | |
| **Четвёртая неделя (вторник)** | | | | | | | | | |  | | |  | | |  |  | | | | |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| ***312*** | ***Пюре картофельное*** | | ***100*** | *2.08* | *2.33* | *12.75* | *73.15* | | *0.77* | | | | *2.50* | | | *22.10* | | | | *0.10* | | *25.50* | | *51.30* | *17.80* | | *0.57* | |
| ***234*** | ***Котлеты или биточки рыбные*** | | ***40/19*** | *14.89* | *2.65* | *5.52* | *76.91* | | *0.03* | | | | *0.24* | | | *7.15* | | | | *0.36* | | *31.77* | | *100.66* | *15.41* | | *0.43* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | | |  | | |  | | | | *0,36* | | *9,20* | | *42,40* | *10,00* | | *1,24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | | *2,13* | | |  | | | |  | | *15,33* | | *23,20* | *12,27* | | *2,13* | |
| **ИТОГО:** | | | | | | | **283.62** | |  | | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Четвёртая неделя (среда)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| ***183*** | ***Каша жидкая молочная из гречневой крупы*** | | ***200/10*** | *8.4* | *8.58* | *29.20* | *202.00* | | *0.16* | | | |  | | |  | | | | *1.80* | | *24.00* | | *144.00* | *98.00* | | *3.20* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | | |  | | |  | | | | *0,26* | | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| ***379*** | ***Напиток кофейный на молоке*** | | ***200*** | *6.4* | *2.8* | *29.20* | *155.20* | | *0.03* | | | | *1.47* | | |  | | | |  | | *158.67* | | *132.00* | *29.33* | | *2.40* | |
| **ИТОГО:** | | | | | | | **403.96** | |  | | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Четвёртая неделя (четверг)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| ***223*** | ***Запеканка творожная*** | | ***75*** | *17.47* | *8.10* | *15.07* | *166.80* | | *0.04* | | | | *0.15* | | | *45.00* | | | | *0.60* | | *97.50* | | *141.00* | *16.50* | | *0.67* | |
|  | ***Батон нарезной*** | | ***20*** | *1,58* | *0,40* | *9,66* | *46,76* | | *0,02* | | | |  | | |  | | | | *0,26* | | *4,60* | | *17,40* | *6,60* | | *0,22* | |
| ***376*** | ***Чай с сахаром*** | | ***200/15*** | *0,53* |  | *9,47* | *40,00* | |  | | | | *0,27* | | |  | | | |  | | *13,60* | | *22,13* | *11,73* | | *2,13* | |
| **ИТОГО:** | | | | | | | **253.56** | |  | | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Четвёртая неделя (пятница)** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| **Второй завтрак** | | | | | | | | | |  | | |  | | |  | | | |  | |  | |  |  | |  | |
| ***302*** | ***Каша гречневая рассыпчатая*** | | ***150*** | *8,93* | *6,50* | *39,84* | *231,86* | | *0,20* | | | |  | | |  | | | |  | | *14,60* | | *210,00* | *140,00* | | *5,01* | |
| ***295*** | ***Котлета рубленная из птицы*** | | ***40*** | *11,67* | *5,49* | *5,4* | *94,88* | | *0,03* | | | | *0,08* | | | *8* | | | | *0,15* | | *17,6* | | *38,40* | *10,4* | | *0,88* | |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | | *0,04* | | | |  | | |  | | | | *0,36* | | *9,20* | | *42,40* | *10,00* | | *1,24* | |
| ***377*** | ***Чай с лимоном*** | | ***200/15/7*** | *0,53* |  | *9,87* | *41,60* | |  | | | | *2,13* | | |  | | | |  | | *15,33* | | *23,20* | *12,27* | | *2,13* | |
|  | | | | | | | **460.30** | |  | | | |  | | |  | | | |  | |  | |  |  | |  | |

**Меню по организации горячего обеда для обучающихся из семей, находящихся в трудной жизненной ситуации**

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| **День:** | понедельник |  |  |  |  |  |  | |  | |  | |  |  | |  | |  | |  |
| **Неделя:** | первая |  |  |  |  |  |  | |  | |  | |  |  | |  | |  | |  |
| **Сезон:** | осенне-зимний |  |  |  |  |  |  | |  | |  | |  |  | |  | |  | |  |
| **Возрастная категория:** | 7-11 лет |  |  |  |  |  |  | |  | |  | |  |  | |  | |  | |  |
| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | | | | **Минеральные вещества (мг.)** | | | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | | **А** | | **Е** | | **Са** | **Р** | | **Мg** | | **Fe** |
| **Обед** | | | | | | | | | | | | | | | | | | | |
| ***59*** | ***Салат из моркови с яблоками*** | ***100*** | *1,06* | *0,17* | *8,52* | *39,90* | *0,05* | *4,38* | |  | | *0,35* | | *23,99* | *44,53* | | *30,39* | | *1,07* |
| ***96*** | ***Рассольник ленинградский с крупой пшеничной на мясокостном бульоне*** | ***250*** | *2,82* | *5,29* | *11,98* | *142,25* | *0,09* | *8,38* | |  | | *2,35* | | *31,15* | *56,73* | | *24,18* | | *0,93* |
| ***309*** | ***Макароны отварные с маслом*** | ***150*** | *5,52* | *4,52* | *26,45* | *168,45* | *0,06* |  | |  | | *0,97* | | *4,86* | *37,17* | | *21,12* | | *1,11* |
| ***246*** | ***Гуляш из отварного мяса (говядины) в томатно-сметанном соусе*** | ***100*** | *13,36* | *14,08* | *0,85* | *164,00* | *0,01* | *1,20* | |  | |  | | *23,60* | *117,03* | | *20,27* | | *2,00* |
| ***348*** | ***Компот из кураги*** | ***200*** | *0,78* | *0,05* | *27,63* | *114,80* | *0,02* | *0,60* | |  | | *0,82* | | *32,32* | *21,90* | | *17,56* | | *0,48* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  | |  | | *0,36* | | *9,20* | *42,40* | | *10,00* | | *1,24* |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  | |  | | *0,52* | | *9,20* | *34,80* | | *13,20* | | *0,44* |
| **ИТОГО:** |  |  | **28,94** | **25,38** | **114,51** | **814,88** |  |  | |  | |  | |  |  | |  | |  |

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| **День:** | | вторник | | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |  | |  | |  | | |
| **Неделя:** | | первая | | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |  | |  | |  | | |
| **Сезон:** | | осенне-зимний | | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |  | |  | |  | | |
| **№ рец.** | | **Приём пищи, наименование блюда** | | **Масса порции** | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | |
| **Б** | | **Ж** | | **У** | | **В**1 | | **С** | | **А** | | | **Е** | | **Са** | | **Р** | | **Мg** | | **Fe** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***67*** | | ***Винегрет овощной с растительным маслом (лук репчатый)*** | | ***100*** | *1,40* | | *10,04* | | *7,29* | | *125,10* | | *0,04* | | *9,63* | | |  | | *4,50* | | *31,23* | | *43,27* | | *19,53* | | *0,83* | |
| ***82*** | | ***Борщ с капустой и картофелем на мясокостном бульоне*** | | ***250*** | *2,60* | | *5,12* | | *10,93* | | *138,75* | | *0,05* | | *10,68* | | |  | | *2,40* | | *51,73* | | *54,60* | | *26,13* | | *1,23* | |
| ***229*** | | ***Рыба тушеная в томате с овощами (минтай)*** | | ***100*** | *9,75* | | *4,95* | | *3,80* | | *105,00* | | *0,05* | | *3,73* | | | *5,82* | | *2,52* | | *39,07* | | *162,19* | | *48,53* | | *0,85* | |
| ***312*** | | ***Пюре картофельное*** | | ***150*** | *3,07* | | *0,02* | | *20,44* | | *137,25* | | *0,14* | | *18,16* | | |  | | *0,18* | | *36,98* | | *86,60* | | *27,75* | | *1,01* | |
| ***389*** | | ***Сок фруктовый (яблочный)*** | | *200* | *1* | | *0* | | *20,2* | | *84,8* | | *0,022* | | *6* | | | *0* | | *0,2* | | *14* | | *14* | | *8* | | *2,8* | |
|  | | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | | *0,88* | | *19,76* | | *91,96* | | *0,04* | |  | | |  | | *0,36* | | *9,20* | | *42,40* | | *10,00* | | *1,24* | |
|  | | ***Батон нарезной*** | | ***40*** | *3,16* | | *0,40* | | *19,32* | | *93,52* | | *0,04* | |  | | |  | | *0,52* | | *9,20* | | *34,80* | | *13,20* | | *0,44* | |
| **ИТОГО:** | |  | |  | *23,22* | | *21,41* | | *101,74* | | *776,38* | |  | |  | | |  | |  | |  | |  | |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **День:** | среда | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |
| **Неделя:** | | | первая | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |
| **Сезон:** | | осенне-зимний | | | | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |
| **Возрастная категория:** | | 7-11 лет | | | | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |

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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **Обед** | | | | | | | | | | | | | | |
| ***61*** | ***Салат из моркови с яблоками и курагой*** | ***100*** | *1,50* | *5,01* | *13,02* | *103,70* | *0,06* | *3,57* |  | *8,25* | *37,92* | *56,22* | *39,10* | *1,06* |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | *57,73* | *23,80* | *1,00* |
| ***295*** | ***Котлета, рубленная из птицы 2 шт. по 50 гр*** | ***105*** | *15,30* | *29,40* | *15,46* | *388,00* | *0,10* | *1,04* | *91,40* | *2,90* | *55,54* | *97,54* | *20,80* | *1,42* |
| ***139*** | ***Капуста тушеная*** | ***100*** | *2,04* | *3,68* | *7,89* | *77,00* | *0,04* | *17,08* | *-* | *1,95* | *58,75* | *40,69* | *20,85* | *0,83* |
| ***389*** | ***Сок фруктовый (абрикосовый)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **28,61** | **42,35** | **111,34** | **982,98** |  |  |  |  |  |  |  |  |

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| **День:** | четверг |
| **Неделя:** | первая |
| **Сезон:** | осенне-зимний |
| **Возрастная категория:** | 7-11 лет |

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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **Обед** | | | | | | | | | | | | | | |
| ***54*** | ***Салат из свеклы отварной с яблоками*** | ***100*** | *1,90* | *6,08* | *11,20* | *103,90* | *0,02* | *6,44* |  | *10,60* | *29,27* | *31,80* | *16,83* | *1,48* |
| ***88*** | ***Щи из свежей капусты с картофелем на мясокостном бульоне*** | ***250*** | *2,57* | *5,15* | *7,90* | *124,75* | *0,06* | *15,78* |  | *2,35* | *51,25* | *49,00* | *22,13* | *0,83* |
| ***302*** | ***Каша гречневая рассыпчатая*** | ***150*** | *8,60* | *6,09* | *38,64* | *243,75* | *0,21* |  |  | *0,61* | *14,82* | *203,93* | *135,83* | *4,56* |
| ***278*** | ***Тефтели мясные паровые*** | ***110*** | *7,83* | *8,75* | *10,25* | *151,00* | *0,05* | *0,72* | *33,92* | *0,55* | *27,95* | *88,37* | *18,33* | *0,87* |
| ***389*** | ***Сок фруктовый (грушевый)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | 27,29 | 27,35 | 127,27 | 893,68 |  |  |  |  |  |  |  |  |

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| --- | --- |
| **День:** | пятница |
| **Неделя:** | первая |
| **Сезон:** | осенне-зимний |
| **Возрастная категория:** | 7-11 лет |

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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |
|  |  |  |  |  |  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |
| ***45*** | ***Салат из белокочанной капусты с морковью*** | ***100*** | *1,31* | *3,25* | *6,50* | *60,40* | *0,02* | *17,01* |  | *8,39* | *24,97* | *28,30* | *15,09* | *0,47* |  |  |  |  |
| ***102*** | ***Суп картофельный с фасолью на мясокостном бульоне*** | ***250*** | *5,60* | *10,84* | *19,23* | *144,43* | *0,15* | *5,83* |  | *2,45* | *43,23* | *137,78* | *38,25* | *1,83* |  |  |  |  |
| ***261*** | ***Печень свиная тушеная в соусе*** | ***100*** | *13,26* | *8,82* | *2,62* | *160,00* | *0,19* | *24,77* | *2 337,00* | *2,59* | *25,62* | *245,55* | *16,83* | *13,51* |  |  |  |  |
| ***312*** | ***Пюре картофельное*** | ***150*** | *3,07* | *0,02* | *20,44* | *137,25* | *0,14* | *18,16* |  | *0,18* | *36,98* | *86,60* | *27,75* | *1,01* |  |  |  |  |
| ***375*** | ***Чай*** | ***200*** | *0,40* | *0,10* | *0,08* | *6,40* | *0,00* | *0,20* | *-* | *-* | *19,62* | *16,48* | *8,80* | *1,64* |  |  |  |  |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |  |  |  |  |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |  |  |  |  |
| **ИТОГО:** |  |  | **29,04** | **24,31** | **87,95** | **693,96** |  |  |  |  |  |  |  |  |  |  |  |  |

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| --- | --- |
| **День:** | понедельник |
| **Неделя:** | вторая |
| **Сезон:** | осенне-зимний |
| **Возрастная категория:** | 7-11 лет |

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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | | **Мg** | | **Fe** |
| **Обед** | | | | | | | | | | | | | | | | |
| ***67*** | ***Винегрет овощной с растительным маслом (лук репчатый)*** | ***100*** | *1,40* | *10,04* | *7,29* | *125,10* | *0,04* | *9,63* |  | *4,50* | *31,23* | | *43,27* | | *19,53* | *0,83* |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | | *57,73* | | *23,80* | *1,00* |
| ***227*** | ***Рыба припущенная (минтай) с маслом*** | ***110*** | *17,12* | *8,22* | *0,92* | *146,00* | *0,08* | *0,84* | *49,00* | *0,48* | *15,46* | | *195,68* | | *45,84* | *0,90* |
| ***304*** | ***Рис отварной*** | ***150*** | *3,65* | *5,37* | *36,68* | *209,70* | *0,03* |  |  | *0,28* | *1,37* | | *60,95* | | *16,34* | *0,53* |
| ***342*** | ***Компот из свежих яблок*** | ***200*** | *0,16* | *0,16* | *27,88* | *114,60* | *0,06* | *0,90* | *-* | *0,08* | *14,18* | | *4,40* | | *5,14* | *0,95* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | | *42,40* | | *10,00* | *1,24* |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | | *34,80* | | *13,20* | *0,44* |

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| --- | --- |
| **День:** | вторник |
| **Неделя:** | вторая |
| **Сезон:** | осенне-зимний |
| **Возрастная категория:** | 7-11 лет |

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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **Обед** | | | | | | | | | | | | | | | | |
| ***61*** | ***Салат из моркови с яблоками и курагой*** | | ***100*** | | *1,50* | *5,01* | *13,02* | *103,70* | *0,06* | *3,57* |  | *8,25* | *37,92* | *56,22* | *39,10* | *1,06* |
| ***88*** | ***Щи из свежей капусты с картофелем на мясокостном бульоне*** | | ***250*** | | *2,57* | *5,15* | *7,90* | *124,75* | *0,06* | *15,78* |  | *2,35* | *51,25* | *49,00* | *22,13* | *0,83* |
| ***309*** | ***Макароны отварные с маслом*** | | ***150*** | | *5,52* | *4,52* | *26,45* | *168,45* | *0,06* |  |  | *0,97* | *4,86* | *37,17* | *21,12* | *1,11* |
| ***246*** | ***Гуляш из отварного мяса (говядины) в томатно-сметанном соусе*** | | ***100*** | | *13,36* | *14,08* | *0,85* | *164,00* | *0,01* | *1,20* |  |  | *23,60* | *117,03* | *20,27* | *2,00* |
| ***389*** | ***Сок фруктовый (абрикосовый)*** | | *200* | | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Батон нарезной*** | | ***40*** | | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  | |  | | **29,34** | **30,04** | **107,50** | **831,18** |  |  |  |  |  |  |  |  |

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| **День:** | | | среда | | | | |
| **Неделя:** | | | вторая | | | | |
| **Сезон:** | | | осенне-зимний | | | | |
| **Возрастная категория:** | | | 7-11 лет | | | | |
| **№ рец.** | **Приём пищи, наименование блюда** | | | **Масса порции** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **Обед** | | | | | | | | | | | | | | | | | |
| ***45*** | | ***Салат из белокочанной капусты с морковью*** | | ***100*** | *1,31* | *3,25* | *6,50* | | *60,40* | *0,02* | *17,01* |  | *8,39* | *24,97* | *28,30* | *15,09* | *0,47* |
| ***82*** | | ***Борщ с капустой и картофелем на мясокостном бульоне*** | | ***250*** | *2,60* | *5,12* | *10,93* | | *138,75* | *0,05* | *10,68* |  | *2,40* | *51,73* | *54,60* | *26,13* | *1,23* |
| ***302*** | | ***Каша гречневая рассыпчатая*** | | ***150*** | *8,60* | *6,09* | *38,64* | | *243,75* | *0,21* |  |  | *0,61* | *14,82* | *203,93* | *135,83* | *4,56* |
| ***261*** | | ***Печень свиная тушеная в соусе*** | | ***100*** | *13,26* | *8,82* | *2,62* | | *160,00* | *0,19* | *24,77* | *2 337,00* | *2,59* | *25,62* | *245,55* | *16,83* | *13,51* |
| ***348*** | | ***Компот из кураги*** | | ***200*** | *0,78* | *0,05* | *27,63* | | *114,80* | *0,02* | *0,60* |  | *0,82* | *32,32* | *21,90* | *17,56* | *0,48* |
|  | | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | | ***Батон нарезной*** | | ***40*** | *3,16* | *0,40* | *19,32* | | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** | |  | |  | **31,95** | **24,61** | **125,40** | | **903,18** |  |  |  |  |  |  |  |  |

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| **День:** | | четверг | | | | | | | | | |
| **Неделя:** | | вторая | | | | | | | | | |
| **Сезон:** | | осенне-зимний | | | | | | | | | |
| **Возрастная категория:** | | 7-11 лет | | | | | | | | | |
| **№ рец.** | **Приём пищи, наименование блюда** | | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | | |  |  |  |  |
| ***54*** | ***Салат из свеклы отварной с яблоками*** | | ***100*** | *1,90* | *6,08* | *11,20* | *103,90* | *0,02* | *6,44* |  | *10,60* | | *29,27* | *31,80* | *16,83* | *1,48* |  |  |  |  |
| ***98*** | ***Суп крестьянский с крупой (перловой) на мясокостном бульоне*** | | ***250*** | *2,28* | *5,12* | *6,09* | *111,25* | *0,04* | *9,88* |  | *2,30* | | *37,88* | *33,58* | *14,18* | *0,58* |  |  |  |  |
| ***234*** | ***Котлеты рыбные (треска) 2 шт.*** | | ***110*** | *13,98* | *7,42* | *19,94* | *240,00* | *0,09* | *1,76* | *30,00* | *5,22* | | *81,84* | *184,62* | *55,12* | *1,54* |  |  |  |  |
| ***139*** | ***Капуста тушеная*** | | ***100*** | *2,04* | *3,68* | *7,89* | *77,00* | *0,04* | *17,08* | *-* | *1,95* | | *58,75* | *40,69* | *20,85* | *0,83* |  |  |  |  |
|  | ***Хлеб ржано-пшеничный*** | | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | | *9,20* | *42,40* | *10,00* | *1,24* |  |  |  |  |
| ***389*** | ***Сок фруктовый (яблочный)*** | | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | | *14* | *14* | *8* | *2,8* |  |  |  |  |
|  | ***Батон нарезной*** | | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | | *9,20* | *34,80* | *13,20* | *0,44* |  |  |  |  |
| **ИТОГО:** |  | |  | **26,60** | **23,58** | **104,40** | **802,43** |  |  |  |  | |  |  |  |  |  |  |  |  |

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| --- | --- |
| **День:** | пятница |
| **Неделя:** | вторая |
| **Сезон:** | осенне-зимний |
| **Возрастная категория:** | 7-11 лет |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ рец.** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| ***67*** | ***Винегрет овощной с растительным маслом (лук репчатый)*** | ***100*** | *1,40* | *10,04* | *7,29* | *125,10* | *0,04* | *9,63* |  | *4,50* | *31,23* | *43,27* | *19,53* | *0,83* |  |  |  |  |  |  |  |  |  |  |  |  |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | *57,73* | *23,80* | *1,00* |  |  |  |  |  |  |  |  |  |  |  |  |
| ***288*** | ***Куриные окорочка отварные с маслом*** | ***110*** | *23,46* | *25,82* | *0,50* | *328,00* | *0,04* | *23,50* | *96,20* | *0,42* | *56,00* | *167,10* | *20,28* | *1,82* |  |  |  |  |  |  |  |  |  |  |  |  |
| ***312*** | ***Пюре картофельное*** | ***150*** | *3,07* | *0,02* | *20,44* | *137,25* | *0,14* | *18,16* |  | *0,18* | *36,98* | *86,60* | *27,75* | *1,01* |  |  |  |  |  |  |  |  |  |  |  |  |
| ***388*** | ***Напиток из плодов шиповника*** | ***200*** | *0,68* | *0,28* | *20,76* | *88,20* | *0,01* | *100,00* |  | *0,76* | *21,34* | *3,44* | *3,44* | *0,63* |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ***Батон нарезной*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО** |  |  | **37,38** | **40,42** | **103,76** | **1 008,03** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |