**Меню по организации завтрака обучающихся 1-4 классов (1 смена)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | понедельник |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Неделя:** | первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | **21.12** | **1.12** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.30** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | **12.00** | **0.96** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.30** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **338** | **Яблоко свежее (1 шт.)** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **527-577** | **14.99** | **28.78** | **65.73** | **584.55** | **0.50** | **12.55** | **28.00** | **1.89** | **62.74** | **175.73** | **54.18** | **5.07** |

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| **День:** | вторник |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Неделя:** | первая |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В**1 | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **210** | **Омлет натуральный** | **150** | **13.94** | **24.83** | **2.64** | **289.65** | **0.11** | **0.26** | **324.57** | **-** | **289.65** | **225.77** | **16.14** | **2.64** |
| **131** | **Зелёный горошек отварной консервированный** | **25** | **0.81** | **0.93** | **1.50** | **17.75** | **0.02** | **2.73** | **4.76** | **0.06** | **6.67** | **16.46** | **5.66** | **0.20** |
| **379** | **Кофейный напиток** | **180** | **2.85** | **2.41** | **14.36** | **90.54** | **0.03** | **1.17** | **18.00** | **-** | **113.20** | **81.00** | **12.60** | **0.11** |
| **б/н** | **Батон отрубной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **16** | **Колбаса полукопчёная** | **15** | **2.27** | **6.02** | **0.04** | **63.50** | **0.04** | **-** | **-** | **0.09** | **3.90** | **30.30** | **3.75** | **0.33** |
| **б/н** | **Йогурт с м.д.ж. не менее 2,5% с наполнителем** | **115-125**  (1шт.) | **3.22** | **2.87** | **14.95** | **98.90** | **0.03** | **1.84** | **26.45** | **-** | **125.35** | **97.75** | **16.26** | **0.12** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **522-532** | **25.25** | **42.74** | **45.28** | **669.54** | **0.29** | **6.00** | **401.78** | **0.77** | **554.25** | **516.98** | **69.40** | **5.40** |

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| **День:** среда  **Неделя:** первая | | | | | | | | | | | | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **294** | **Котлеты рубленые из птицы** | **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** |
| **312** | **Картофельное пюре** | **150** | **3.06** | **4.80** | **20.44** | **137.25** | **0.14** | **18.16** | **-** | **0.18** | **36.98** | **86.59** | **27.75** | **1.01** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **15** | **Сыр** | **15** | **3.48** | **4.43** | **-** | **54.00** | **0.01** | **0.11** | **39.00** | **0.08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Груша свежая(1 шт.)** | **100-150** | **0.40** | **0.30** | **10.30** | **47.00** | **0.02** | **5.00** | **-** | **0.40** | **19.00** | **16.00** | **12.00** | **2.30** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **572-622** | **25.06** | **30.54** | **74.58** | **674.45** | **0.37** | **26.63** | **97.26** | **62.70** | **263.13** | **281.75** | **77.04** | **7.51** |

**День:** четверг

**Неделя:** первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **174** | **Каша вязкая молочная из риса** (с маслом сливочным) | **200** | **5.92** | **5.78** | **42.82** | **247.83** | **0.06** | **0.96** | **14.80** | **0.12** | **129.17** | **154.44** | **36.47** | **0.41** |
| **382** | **Какао с молоком** | **180** | **5.90** | **1.21** | **23.40** | **112.59** | **0.05** | **1.20** | **21.96** | **-** | **119.99** | **112.10** | **23.00** | **1.80** |
| **б/н** | **Батон отрубной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **16** | **Ветчина** | **30** | **6.78** | **6.27** | **--** | **84.00** | **-** | **-** | **0.78** | **-** | **3.60** | **80.40** | **10.50** | **-** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **467** | **21.18** | **22.62** | **85.66** | **623.20** | **0.19** | **2.16** | **79.94** | **1.00** | **293.24** | **430.04** | **87.97** | **4.41** |

**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** |
| **223** | **Запеканка из творога с молоком сгущенным** | **150/10** | **26.37/**  **0.72** | **18.12/**  **0.85** | **25.50/**  **5.55** | **370.20/**  **32.80** | **0.06/**  **0.01** | **0.39/**  **0.10** | **108.30/**  **4.70** | **0.75/**  **0.02** | **191.73/**  **36.50** | **320.43/**  **21.90** | **35.37/**  **3.40** | **1.23/**  **0.02** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **15** | **Сыр** | **15** | **3.48** | **4.43** | **-** | **54.00** | **0.01** | **0.11** | **39.00** | **0.08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Яблоко свежее(1шт.)** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **492-542** | **33.40** | **29.73** | **70.04** | **682.80** | **0.14** | **13.15** | **180.00** | **1.53** | **397.59** | **460.49** | **65.08** | **4.39** |

**День:** понедельник

**Неделя:**вторая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | **16.34** | **0.53** |
| **278** | **Тефтели** (из птицы) | **90**  (70/20) | **12.70** | **9.29** | **12.17** | **183.72** | **0.04** | **3.87** | **32.87** | **3.29** | **62.33** | **-** | **47.59** | **1.09** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **338** | **Грушасвежая** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **557-607** | **19.18** | **20.99** | **87.84** | **619.22** | **0.13** | **16.42** | **60.87** | **4.25** | **101.06** | **104.11** | **84.99** | **4.61** |

**День:** вторник

**Неделя:** вторая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции**  **(г)** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **204** | **Макароны отварные с сыром** | **180** | **12.18** | **14.33** | **30.70** | **300.96** | **0.07** | **0.20** | **103.68** | **0.96** | **265.68** | **181.87** | **18.29** | **1.11** |
| **382** | **Какао с молоком** | **180** | **5.90** | **1.21** | **23.40** | **112.59** | **0.05** | **1.20** | **21.96** | **-** | **119.99** | **112.10** | **23.00** | **1.80** |
| **б/н** | **Батон отрубной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | **12.00** | **0.96** |
| **б/н** | **Йогурт с м.д.ж. не менее 2,5% с наполнителем** | **115-125**  (1шт.) | **3.22** | **2.87** | **14.95** | **98.90** | **0.03** | **1.84** | **26.45** | **-** | **125.35** | **97.75** | **16.26** | **0.12** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **572-582** | **30.02** | **38.39** | **81.07** | **778.85** | **0.32** | **3.24** | **180.09** | **1.82** | **545.82** | **552.82** | **84.55** | **5.99** |

**День:** среда

**Неделя:**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** |
| **173** | **Каша вязкая молочная из**  **пшенной крупы** (с маслом сливочным) | **200** | **8.48** | **5.98** | **44.24** | **265.83** | **0.14** | **0.96** | **54.80** | **0.77** | **145.27** | **221.30** | **44.34** | **2.33** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **16** | **Ветчина** | **30** | **6.78** | **6.27** | **-** | **84.00** | **-** | **-** | **0.78** | **-** | **3.60** | **80.40** | **10.50** | **-** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |
| **338** | **Яблоко свежее(1шт.)** | **100-150** | **0.40** | **0.30** | **10.30** | **47.00** | **0.02** | **5.00** | **-** | **0.40** | **19.00** | **16.00** | **12.00** | **2.30** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **562-612** | **19.74** | **18.78** | **94.53** | **628.13** | **0.19** | **8.51** | **83.58** | **1.65** | **189.23** | **349.86** | **78.90** | **5.42** |

**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** |
| **222** | **Пудинг творожный с**  **изюмом и молоком сгущенным** | **150/**  **10** | **22.89/**  **0.72** | **16.17/**  **0.85** | **36.33/**  **5.55** | **383.58/**  **32.80** | **0.04/**  **0.01** | **0.33/**  **0.10** | **24.95/**  **4.70** | **0.20/**  **0.02** | **196.83/**  **36.50** | **72.58/**  **21.90** | **36.27/**  **3.40** | **1.59/**  **0.02** |
| **379** | **Кофейный напиток** | **180** | **2.85** | **2.41** | **14.36** | **90.54** | **0.03** | **1.17** | **18.00** | **-** | **113.20** | **81.00** | **12.60** | **0.11** |
| **б/н** | **Батон отрубной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **15** | **Сыр** | **10** | **2.32** | **2.95** | **-** | **36.00** | **0.01** | **0.07** | **26.00** | **0.05** | **88.00** | **50.00** | **3.50** | **0.10** |
| **16** | **Колбаса полукопчёная** | **15** | **4.52** | **8.02** | **0.06** | **84.66** | **0.06** | **-** | **-** | **0.12** | **5.20** | **40.40** | **5.00** | **-** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.02** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **415** | **35.82** | **34.68** | **75.65** | **760.16** | **0.23** | **1.67** | **88.05** | **1.19** | **478.53** | **346.88** | **78.77** | **3.70** |

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| **День:** пятница | | | | | | | | | | | | | | |
| **Неделя:** вторая | | | | | | | | | | | | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | **Масса порции** | **Пищевые вещества (г.)** | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **294** | **Котлеты рубленые** из птицы | **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** |
| **302** | **Каша рассыпчатая**  **(гречневая)** | **150** | **8.68** | **9.72** | **38.70** | **276.75** | **0.21** | **-** | **-** | **0.61** | **16.02** | **203.93** | **135.83** | **4.57** |
| **377** | **Чай с лимоном** | **180/5** | **0.12** | **0.01** | **13.68** | **46.80** | **-** | **2.55** | **-** | **0.01** | **12.78** | **3.96** | **2.16** | **0.32** |
| **б/н** | **Батон нарезной** | **30** | **2.25** | **0.84** | **15.42** | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **14** | **Масло сливочное** | **7** | **0.06** | **5.08** | **0.09** | **46.20** | **-** | **-** | **28.00** | **0.08** | **1.68** | **2.10** | **-** | **0.14** |
| **16** | **Сыр** | **15** | **3.48** | **4.43** | **-** | **54.00** | **0.01** | **0.11** | **39.00** | **0.08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Яблоко свежее(1шт.)** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  | | | | | | | | | | | |
| **ИТОГО:** | | **572-622** | **30.68** | **35.56** | **92.34** | **813.95** | **0.45** | **13.47** | **97.26** | **62.93** | **239.17** | **394.09** | **182.12** | **10.97** |

*Приложение 1.2. к заданию на оказание услуг*

**Меню по организации обеда обучающихся 1-4 классов (2 смена)**

**День:** понедельник

**Неделя**: первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ 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** |
| **71** | **Овощи свежие (**огурец) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | | **8.40** | **0.30** |
| **119** | **Суп с бобовыми** (горох) | **200** | **6.24** | **38.42** | **12.75** | **441.80** | **0.24** | **0.80** | **-** | **17.80** | **42.42** | **76.34** | | **29.62** | **2.14** |
| **294** | **Котлеты рубленые**  (из птицы) | **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** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** |  | **0.68** | **19.21** | **3.09** | | **3.10** | **0.50** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | | **-** | **-** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **745** | **33.81** | **63.42** | **106.51** | **1159.93** | **0.76** | **94.55** | **30.26** | **81.87** | **150.08** | **287.60** | | **103.82** | **9.40** |

**День:** вторник

**Неделя:** первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **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** |
| **52** | **Салат из свеклы с р/м** | **60** | **0.85** | **3.61** | **4.96** | **55.68** | **0.01** | **3.99** | **-** | **1.62** | **21.28** | **24.38** | | **12.42** | **0.79** |
| **88** | **Щи из свежей капусты с**  картофелем и курицей | **200/10** | **1.42/**  **3.54** | **3.96/**  **0.29** | **6.32/**  **0.06** | **71.80/**  **16.95** | **0.05/**  **0.01** | **12.62/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **39.40/**  **1.20** | **39.20/**  **25.65** | | **17.70/**  **12.90** | **0.66/**  **0.21** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | | **12.00** | **0.96** |
| **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** |
| **348** | **Компот из плодов сушеных** (курага) | **180** | **0.70** | **0.04** | **24.86** | **103.32** | **0.01** | **0.54** | **-** | **0.74** | **145.44** | **19.71** | | **15.80** | **0.43** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |

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| **ИТОГО:** | | **800-850** | **20.13** | **28.56** | **88.65** | **709.40** | **0.63** | **45.58** | **10.50** | **5.69** | **298.02** | **382.93** | | | **129.17** | | **8.34** |  | |
| **День:** среда  **Неделя:** первая | | | | | | | | | | | | | | | | | | | |
| **№ 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** |
| **43** | **Салат из овощей** | **60** | **1.56** | **4.43** | **1.94** | **53.88** | **0.02** | **10.37** | **17.76** | **1.74** | **19.93** | **29.89** | | | **9.03** | | **0.52** |
| **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** |
| **250** | **Бефстроганов** (говядина) | **90**(50/40) | **13.68** | **44.95** | **9.21** | **261.00** | **0.01** | **1.33** | **9.22** | **1.00** | **38.99** | **48.14** | | | **40.41** | | **4.32** |
| **302** | **Каша рассыпчатая** (греча) | **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | | | **15.71** | | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | | **6.60** | | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | | **15.00** | | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | | | **3.00** | | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | | 1 | | |  | |
| **ИТОГО** | | **750** | **34.22** | **66.58** | **122.32** | **1012.48** | **0.64** | **19.23** | **51.88** | **6.04** | **172.31** | **481.17** | | | **260.30** | | **14.42** |  | |

**День:** четверг

**Неделя:** первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** |
| **б/н** | **Икра кабачковая** (производственная) | **60** | **1.64** | **4.31** | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **84** | **Борщ с картофелем,**  **фасолью на кур. бульоне** | **200** | **2.84/**  **3.54** | **4.09/**  **0.29** | **11.33/**  **0.06** | **102.20/**  **16.95** | **0.08/**  **0.01** | **5.36/**  **0.27** | **-/ 10.50** | **1.94/**  **0.03** | **43.34/**  **1.20** | **79.60/**  **25.65** | **27.56/**  **12.90** | **1.73/**  **0.21** |
| **278** | **Тефтели** (из птицы**)** | **90**(70/20) | **12.70** | **9.29** | **12.17** | **183.72** | **0.04** | **3.87** | **32.87** | **3.29** | **62.33** | **-** | **47.59** | **1.09** |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | **16.34** | **0.53** |
| **345** | **Компот из ягод (**клюква) | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **830-880** | **28.84** | **25.72** | **126.72** | **870.39** | **0.48** | **47.15** | **43.37** | **15.76** | **218.53** | **308.24** | **150.69** | **8.91** |

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| **День:** пятница  **Неделя:**первая | | | | | | | | | | | | | | | | |
| **№ 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** |
| **47** | **Салат из квашеной капусты** | **60** | **1.02** | **3.00** | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | | **9.61** | **0.40** |
| **99** | **Суп овощной с** мясными  фрикадельками | **200/20** | **1.26/**  **0.18** | **3.99/**  **0.22** | **7.32/**  **1.23** | **76.20/**  **8.48** | **0.06/**  **0.01** | **8.30/**  **0.89** | **-/**  **-** | **1.86/**  **0.13** | **27.88/**  **2.38** | **39.42/**  **41.53** | | **16.60/**  **2.37** | **0.62/**  **0.09** |
| **234** | **Котлета рыбная** | **90** | **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | | **-** | **-** |
|  | Соль йодированная |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **745** | **22.99** | **20.93** | **109.78** | **685.57** | **0.50** | **40.47** | **8.39** | **17.05** | **210.89** | **444.65** | | **130.99** | **6.14** |

**День:** понедельник

1

**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** |
| **71** | **Овощи свежие (**огурцы) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | | **8.40** | **0.30** |
| **81** | **Борщ с курицей и сметаной** | **200/**  **10/3** | **4.90** | **4.63** | **7.02** | **94.81** | **0.03** | **9.02** | **17.61** | **1.95** | **46.70** | **55.34** | | **31.67** | **1.10** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | | **12.00** | **0.96** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | | **21.12** | **1.12** |
| **345** | **Компот из ягод** (черная сморода замороженная) | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ИТОГО:** | **720** | **21.97** | **32.79** | **90.50** | **760.78** | **0.51** | **36.80** | **32.01** | **4.62** | **147.01** | **320.67** | **109.87** | **6.39** |

**День:** вторник

**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** |
| **47** | **Салат из квашеной капусты** | **60** | **1.02** | **3.00** | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | | **9.61** | **0.40** |
| **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** |
| **290** | **Птица тушеная в соусе** | **90**(60/30) | **8.87** | **18.01** | **2.81** | **128.00** | **0.03** | **0.53** | **23.44** | **0.39** | **23.87** | **60.24** | | **12.48** | **0.83** |
| **302** | **Каша рассыпчатая** | **150** | **8.68** | **9.72** | **38.70** | **276.75** | **0.21** | **-** | **-** | **0.61** | **16.20** | **203.93** | | **135.83** | **5.57** |
| **348** | **Компот из плодов сухих**  **(**изюм и кураги) | **180** | **0.70** | **0.04** | **24.86** | **103.32** | **0.01** | **0.54** | **-** | **0.74** | **145.44** | **19.71** | | **15.80** | **0.43** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **830-880** | **28.96** | **34.89** | **117.25** | **838.24** | **0.65** | **29.83** | **33.94** | **13.15** | **275.82** | **475.96** | | **239.04** | **12.62** |  |

**День:** среда

**Неделя:** вторая среда

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ 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** |
| **б/н** | **Икра кабачковая**  (производственная) | **60** | **1.64** | **4.31** | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **99** | **Суп овощной** (на курином бульоне) | **200** | **1.26/**  **3.54** | **3.99/**  **0.29** | **7.32/**  **0.06** | **76.20/**  **16.95** | **0.06/**  **0.01** | **8.30/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **27.88/**  **1.20** | **39.42/**  **25.65** | **16.60/**  **12.90** | **0.62/**  **0.21** |
| **268** | **Шницель** (свинина нежирная) | **90** | **17.51** | **12.53** | **6.93** | **418.50** | **0.42** | **-** | **2.43** | **4.06** | **13.64** | **163.47** | **29.28** | **2.43** |
| **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |
| **ИТОГО:** | | **745** | **32.85** | **27.46** | **105.07** | **1021.40** | **0.93** | **30.20** | **12.93** | **16.29** | **181.89** | **450.71** | | **127.46** | **7.41** |

**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** |
| **71** | **Овощи в нарезке** (огурец св.) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | | **8.40** | **0.30** |
| **88** | **Щи из свежей капусты с**  картофелем и курицей | **200/10** | **1.42/**  **3.54** | **3.96/**  **0.29** | **6.32/**  **0.06** | **71.80/**  **16.95** | **0.05/**  **0.01** | **12.62/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **39.40/**  **1.20** | **39.20/**  **25.65** | | **17.70/**  **12.90** | **0.66/**  **0.21** |
| **297** | **Фрикадельки (**из птиц**а)** | **90** | **12.27** | **11.89** | **7.18** | **185.40** | **0.03** | **0.91** | **35.82** | **0.18** | **41.41** | **93.69** | | **12.97** | **0.84** |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | | **16.34** | **0.53** |
| **345** | **Компот из ягод (**вишня зам.**)** | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **830-880** | **25.77** | **23.94** | **109.13** | **768.59** | **0.44** | **51.58** | **46.32** | **3.77** | **149.31** | **346.05** | | **110.99** | **7.45** |  |

**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** |
| **43** | **Салат из овощей** | **60** | **1.56** | **4.43** | **1.94** | **53.88** | **0.02** | **10.37** | **17.76** | **1.74** | **19.93** | **29.89** | | **9.03** | **0.52** |
| **96** | **Рассольник**  **ленинградский с курицей** | **200/10** | **1.61/**  **3.54** | **4.07/**  **0.29** | **9.58/**  **0.06** | **85.80/**  **16.95** | **0.07/**  **0.01** | **6.70/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **23.32/**  **1.20** | **45.38/**  **25.65** | | **19.34/**  **12.90** | **0.74/**  **0.21** |
| **260** | **Гуляш** (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** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** | **-** | **0.68** | **19.21** | **3.09** | | **3.10** | **0.50** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **750** | **30.03** | **37.13** | **88.99** | **826.14** | **0.47** | **108.17** | **42.66** | **8.71** | **132.75** | **378.31** | | **109.91** | **8.12** |  |

*Приложение 1.3. к заданию на оказание услуг*

**Примерное меню обедов для обучающихся**

**из семей, находящихся в трудной жизненной ситуации**

**общеобразовательных школ г. Твери**

**День:** понедельник

**Неделя**: первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ 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** |
| **71** | **Овощи свежие (**огурец) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | | **8.40** | **0.30** |
| **119** | **Суп с бобовыми** (горох) | **200** | **6.24** | **38.42** | **12.75** | **441.80** | **0.24** | **0.80** | **-** | **17.80** | **42.42** | **76.34** | | **29.62** | **2.14** |
| **294** | **Котлеты рубленые**  (из птицы) | **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** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** |  | **0.68** | **19.21** | **3.09** | | **3.10** | **0.50** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | | **-** | **-** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **745** | **33.81** | **63.42** | **106.51** | **1159.93** | **0.76** | **94.55** | **30.26** | **81.87** | **150.08** | **287.60** | | **103.82** | **9.40** |

**День:** вторник

**Неделя:** первая

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **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** |
| **52** | **Салат из свеклы с р/м** | **60** | **0.85** | **3.61** | **4.96** | **55.68** | **0.01** | **3.99** | **-** | **1.62** | **21.28** | **24.38** | | **12.42** | **0.79** |
| **88** | **Щи из свежей капусты с**  картофелем и курицей | **200/10** | **1.42/**  **3.54** | **3.96/**  **0.29** | **6.32/**  **0.06** | **71.80/**  **16.95** | **0.05/**  **0.01** | **12.62/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **39.40/**  **1.20** | **39.20/**  **25.65** | | **17.70/**  **12.90** | **0.66/**  **0.21** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | | **12.00** | **0.96** |
| **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** |
| **348** | **Компот из плодов сушеных** (курага) | **180** | **0.70** | **0.04** | **24.86** | **103.32** | **0.01** | **0.54** | **-** | **0.74** | **145.44** | **19.71** | | **15.80** | **0.43** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ИТОГО:** | | **800-850** | **20.13** | **28.56** | **88.65** | **709.40** | **0.63** | **45.58** | **10.50** | **5.69** | **298.02** | **382.93** | | **129.17** | **8.34** |  |
| **День:** среда  **Неделя:** первая | | | | | | | | | | | | | | | | |
| **№ 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** |
| **43** | **Салат из овощей** | **60** | **1.56** | **4.43** | **1.94** | **53.88** | **0.02** | **10.37** | **17.76** | **1.74** | **19.93** | **29.89** | | **9.03** | **0.52** |
| **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** |
| **250** | **Бефстроганов** (говядина) | **90**(50/40) | **13.68** | **44.95** | **9.21** | **261.00** | **0.01** | **1.33** | **9.22** | **1.00** | **38.99** | **48.14** | | **40.41** | **4.32** |
| **302** | **Каша рассыпчатая** (греча) | **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО** | | **750** | **34.22** | **66.58** | **122.32** | **1012.48** | **0.64** | **19.23** | **51.88** | **6.04** | **172.31** | **481.17** | | **260.30** | **14.42** |  |

**День:** четверг

**Неделя:** первая

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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** |
| **б/н** | **Икра кабачковая**  (производственная) | **60** | **1.64** | **4.31** | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **84** | **Борщ с картофелем,**  **фасолью на кур. бульоне** | **200** | **2.84/**  **3.54** | **4.09/**  **0.29** | **11.33/**  **0.06** | **102.20/**  **16.95** | **0.08/**  **0.01** | **5.36/**  **0.27** | **-/ 10.50** | **1.94/**  **0.03** | **43.34/**  **1.20** | **79.60/**  **25.65** | **27.56/**  **12.90** | **1.73/**  **0.21** |
| **278** | **Тефтели** (из птицы**)** | **90**(70/20) | **12.70** | **9.29** | **12.17** | **183.72** | **0.04** | **3.87** | **32.87** | **3.29** | **62.33** | **-** | **47.59** | **1.09** |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | **16.34** | **0.53** |
| **345** | **Компот из ягод (**клюква) | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| **:** | **ИТОГО 830-880** | **28.84** | **25.72** | **126.72** | **870.39** | **0.48** | **47.15** | **43.37** | **15.76** | **218.53** | **308.24** | **150.69** | **8.91** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День:** пятница  **Неделя:**первая | | | | | | | | | | | | | | | | |
| **№ 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** |
| **47** | **Салат из квашеной капусты** | **60** | **1.02** | **3.00** | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | | **9.61** | **0.40** |
| **99** | **Суп овощной с** мясными  фрикадельками | **200/20** | **1.26/**  **0.18** | **3.99/**  **0.22** | **7.32/**  **1.23** | **76.20/**  **8.48** | **0.06/**  **0.01** | **8.30/**  **0.89** | **-/**  **-** | **1.86/**  **0.13** | **27.88/**  **2.38** | **39.42/**  **41.53** | | **16.60/**  **2.37** | **0.62/**  **0.09** |
| **234** | **Котлета рыбная** | **90** | **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | | **-** | **-** |
|  | Соль йодированная |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | **745** | **22.99** | **20.93** | **109.78** | **685.57** | **0.50** | **40.47** | **8.39** | **17.05** | **210.89** | **444.65** | | **130.99** | **6.14** |

**День:** понедельник

1

**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** |
| **71** | **Овощи свежие (**огурцы) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | **8.40** | **0.30** |
| **81** | **Борщ с курицей и сметаной** | **200/**  **10/3** | **4.90** | **4.63** | **7.02** | **94.81** | **0.03** | **9.02** | **17.61** | **1.95** | **46.70** | **55.34** | **31.67** | **1.10** |
| **243** | **Сосиска отварная (1шт.)** | **50-60** | **6.56** | **14.30** | **0.23** | **157.20** | **0.11** | **-** | **-** | **0.24** | **19.32** | **95.40** | **12.00** | **0.96** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | **21.12** | **1.12** |
| **345** | **Компот из ягод** (черная сморода замороженная) | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **720** | **21.97** | **32.79** | **90.50** | **760.78** | **0.51** | **36.80** | **32.01** | **4.62** | **147.01** | **320.67** | **109.87** | **6.39** |

**День:** вторник

**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** |
| **47** | **Салат из квашеной капусты** | **60** | **1.02** | **3.00** | **5.07** | **51.42** | **0.01** | **11.89** | **-** | **9.24** | **31.35** | **20.37** | | **9.61** | **0.40** |
| **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** |
| **290** | **Птица тушеная в соусе** | **90**(60/30) | **8.87** | **18.01** | **2.81** | **128.00** | **0.03** | **0.53** | **23.44** | **0.39** | **23.87** | **60.24** | | **12.48** | **0.83** |
| **302** | **Каша рассыпчатая** | **150** | **8.68** | **9.72** | **38.70** | **276.75** | **0.21** | **-** | **-** | **0.61** | **16.20** | **203.93** | | **135.83** | **5.57** |
| **348** | **Компот из плодов сухих**  **(**изюм и кураги) | **180** | **0.70** | **0.04** | **24.86** | **103.32** | **0.01** | **0.54** | **-** | **0.74** | **145.44** | **19.71** | | **15.80** | **0.43** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **830-880** | **28.96** | **34.89** | **117.25** | **838.24** | **0.65** | **29.83** | **33.94** | **13.15** | **275.82** | **475.96** | | **239.04** | **12.62** |  |

**День:** среда

**День:** среда

**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** |
| **б/н** | **Икра кабачковая**  (производственная) | **60** | **1.64** | **4.31** | **8.73** | **80.28** | **0.02** | **2.81** | **-** | **8.88** | **54.56** | **33.48** | **3.62** | **0.44** |
| **99** | **Суп овощной** (на курином бульоне) | **200** | **1.26/**  **3.54** | **3.99/**  **0.29** | **7.32/**  **0.06** | **76.20/**  **16.95** | **0.06/**  **0.01** | **8.30/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **27.88/**  **1.20** | **39.42/**  **25.65** | **16.60/**  **12.90** | **0.62/**  **0.21** |
| **268** | **Шницель** (свинина нежирная) | **90** | **17.51** | **12.53** | **6.93** | **418.50** | **0.42** | **-** | **2.43** | **4.06** | **13.64** | **163.47** | **29.28** | **2.43** |
| **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** | **180** | **0.59** | **0.08** | **28.81** | **119.52** | **0.02** | **0.66** | **-** | **0.46** | **29.23** | **21.10** | **15.71** | **0.62** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **б/н** | **Сушки** | **15** | **1.65** | **0.30** | **10.80** | **52.50** | **-** | **-** | **-** | **-** | **-** | **-** | **-** | **-** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |
| **ИТОГО:** | | **745** | **32.85** | **27.46** | **105.07** | **1021.40** | **0.93** | **30.20** | **12.93** | **16.29** | **181.89** | **450.71** | | **127.46** | **7.41** |

**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** |
| **71** | **Овощи в нарезке** (огурец св.) | **60** | **0.42** | **0.06** | **1.14** | **7.20** | **0.02** | **2.94** | **-** | **0.06** | **10.20** | **18.00** | | **8.40** | **0.30** |
| **88** | **Щи из свежей капусты с**  картофелем и курицей | **200/10** | **1.42/**  **3.54** | **3.96/**  **0.29** | **6.32/**  **0.06** | **71.80/**  **16.95** | **0.05/**  **0.01** | **12.62/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **39.40/**  **1.20** | **39.20/**  **25.65** | | **17.70/**  **12.90** | **0.66/**  **0.21** |
| **297** | **Фрикадельки (**из птиц**а)** | **90** | **12.27** | **11.89** | **7.18** | **185.40** | **0.03** | **0.91** | **35.82** | **0.18** | **41.41** | **93.69** | | **12.97** | **0.84** |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.70** | **0.03** | **-** | **-** | **0.28** | **1.37** | **60.95** | | **16.34** | **0.53** |
| **345** | **Компот из ягод (**вишня зам.**)** | **180** | **0.47** | **0.81** | **25.97** | **110.34** | **0.01** | **24.84** | **-** | **0.34** | **21.33** | **16.56** | | **12.08** | **0.63** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **338** | **Яблоко свежее** | **100-150** | **0.40** | **0.40** | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | | **9.00** | **2.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **830-880** | **25.77** | **23.94** | **109.13** | **768.59** | **0.44** | **51.58** | **46.32** | **3.77** | **149.31** | **346.05** | | **110.99** | **7.45** |  |

**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** |
| **43** | **Салат из овощей** | **60** | **1.56** | **4.43** | **1.94** | **53.88** | **0.02** | **10.37** | **17.76** | **1.74** | **19.93** | **29.89** | | **9.03** | **0.52** |
| **96** | **Рассольник**  **ленинградский с курицей** | **200/10** | **1.61/**  **3.54** | **4.07/**  **0.29** | **9.58/**  **0.06** | **85.80/**  **16.95** | **0.07/**  **0.01** | **6.70/**  **0.27** | **-/ 10.50** | **1.88/**  **0.03** | **23.32/**  **1.20** | **45.38/**  **25.65** | | **19.34/**  **12.90** | **0.74/**  **0.21** |
| **260** | **Гуляш** (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** |
| **309** | **Макароны отварные** | **150** | **5.60** | **8.15** | **26.51** | **201.45** | **0.06** | **-** | **-** | **0.97** | **6.06** | **37.17** | | **21.12** | **1.12** |
| **388** | **Напиток из шиповника** | **180** | **0.61** | **0.25** | **18.68** | **79.38** | **0.01** | **90.00** | **-** | **0.68** | **19.21** | **3.09** | | **3.10** | **0.50** |
| **б/н** | **Батон нарезной** | **20** | **1.50** | **0.56** | **10.28** | **57.20** | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | | **6.60** | **0.22** |
| **б/н** | **Хлеб ржаной** | **30** | **2.10** | **0.60** | **11.70** | **63.00** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | | **15.00** | **1.86** |
| **б/н** | **Печенье затяжное** | **20** | **0.42** | **3.68** | **7.65** | **69.58** | **0.02** | **-** | **14.40** | **0.26** | **25.00** | **17.40** | | **3.00** | **0.20** |
|  | Соль йодированная | 1 |  |  |  |  |  |  |  |  |  |  |  |  | 1 |
| **ИТОГО:** | | **750** | **30.03** | **37.13** | **88.99** | **826.14** | **0.47** | **108.17** | **42.66** | **8.71** | **132.75** | **378.31** | | **109.91** | **8.12** |  |