*Приложение №1.1 к заданию на оказание услуг*

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| |  |  | | --- | --- | | **«СОГЛАСОВАНО»**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **«УТВЕРЖДАЮ»**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |  |  |
| **Примерное меню завтраков для обучающихся 1-4-х классов**    **Основание:**   1. **Санитарно-эпидемиологические правила и нормы СанПиН 2.3/2.4.3590-20.** Утверждены постановлением Главного государственного санитарного врача Российской Федерации от 27 октября 2020г. №32 2. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**  Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года |

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| **Разработано: Общество с ограниченной ответственностью «Тверской комбинат школьного питания» 2020 год.**  **Исполнитель (автор исполнения): Заместитель Генерального директора по питанию Мовилэ А.А.** |
|  |

**Сезон:** осенне - зимний

**Возрастная категория:** 7-10 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **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 полу копчёная** | | | | | **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**  (1 шт.) | | | | **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** | |
| **День:** среда **Неделя:** первая | | | | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | | |  | | |  | | |  | | |
| **№ рецептуры** | | | | | **Приём пищи, наименование блюда** | | | | **Масса порции (г)** | | | | **Пищевые вещества (г.)** | | | | | | | | | **Энергетическая ценность (ккал)** | | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | |
|  | | | |  | | | | | **Б** | | | **Ж** | | | **У** | | |  | | | **В1** | | | **С** | | **А** | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | |
| **294** | | | | **Котлеты рубленые из птицы**  **птицы** | | | | | **90** | | | | **15.69** | | | **15.08** | | | **14.65** | | | **257.40** | | | **0.17** | | | **0.81** | | **30.26** | | **61.56** | | | **53.79** | | | **72.00** | | | **19.98**  **3** | | | **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** | |

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| **День:** | | четверг | | | | |
| **Неделя:** | | первая | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **174** | | **Каша вязкая молочная 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** |  | **Яблоко свежее** | **100-150** |  |
|  | | 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** |  |  |  |  |

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| **День:** понедельник | |  | | | |
| **Неделя:** вторая | |  | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **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** | **Груша свежая** | | **100-150** | **0.40** | **0.40** | | **9.80** | | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | **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**  (1 шт.) | **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** |

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| **День:** среда | | |  | | | |
| **Неделя:** вторая | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **173** | **Каша 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 полу копчёная** | | | **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** |  | **Яблоко свежее** | **100-150** |  |  |  |  |  |  |  |  |  |
|  | 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** |  |  |  |  |  |  |  |  |  |  |  |  |