|  |  |  |  |  |  |
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| |  |  | | --- | --- | | «**СОГЛАСОВАНО»**  **Директор МБОУ СШ № 30**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Л.А. Савельева**  «\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20\_\_\_\_\_ года. | **«УТВЕРЖДАЮ»**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**    «\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_\_\_ года. | |  | |  |
| **Меню 3-х разового питания**  **в пришкольных лагерях общеобразовательных учреждений города Твери**    **Основание:**   1. **СанПиН 2.3/2.4.3590-20 «Санитарно-эпидемиологические требования к организации общественного питания»** Утверждены Постановлением Главного государственного санитарного врача РФ № 32 от 27.10.2020 г. 2. **Рекомендации по организации питания обучающихся общеобразовательных организаций. МР 2.4.0179-20.** Утверждены Руководителем Федеральной службы по надзору в сфере защиты прав потребителей и благополучия человека, Главным государственным санитарным врачом РФ А.Ю. Поповой 18.05.2020 г. 3. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**  Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года | |

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|  |

**Сезон:** летний

**Возрастная категория:** 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **День:**  **Неделя:** | | Понедельник  первая |  |  | | |  | | | |  | |  | | |  | | |  | | |  | | |  |  | | |  | | |  | | |  |
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| **№ рецептуры** | | **Приём пищи, наименование блюда** | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | |
| **Б** | | | **Ж** | | **У** | | **В1** | | | **С** | | | **А** | | | **Е** | | | | **Са** | | | **Р** | | | **Мg** | **Fe** | |
|  | | **ЗАВТРАК** | |  | |  | | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **174** | | **Каша рисовая молочная** | | **200,0** | | **6,0** | | | **10,85** | | **42,95** | | **294** | | **0,06** | | | **0,96** | | | **54,8** | | |  | | | | **128,57** | | | **157,44** | | | **36,46** | **0,60** | |
| **379** | | **Кофейный напиток** | | **200** | | **3.17** | | | **2.68** | | **15.95** | | **100.60** | | **0.04** | | | **1.30** | | | **20.00** | | | **-** | | | | **125.78** | | | **90.00** | | | **14.00** | **0.13** | |
| **б/н** | | **Яйцо отварное** | | **40,0** | | **11,9** | | | **10,1** | | **0,6** | | **141,4** | | **0,05** | | | **-** | | | **156** | | | **-** | | | | **48,4** | | | **167,04** | | | **10,44** | **2,18** | |
|  | | **Бутерброд** | | **40,0** | |  | | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| ***б/н*** | | ***Батон нарезной*** | | ***30*** | | ***2.25*** | | | ***0.84*** | | ***15,42*** | | ***85,8*** | | ***0.03*** | | | ***-*** | | | ***-*** | | | ***0.39*** | | | | ***6,90*** | | | ***26,10*** | | | ***9,90*** |  | |
| ***14*** | | ***Масло сливочное*** | | ***10,0*** | | ***0,08*** | | | ***14,5*** | | ***0,26*** | | ***66,0*** | | ***-*** | | | ***-*** | | | ***40,0*** | | | ***0,22*** | | | | ***4,8*** | | | ***6.00*** | | | ***-*** | ***0.40*** | |
| **б/н** | | **Хлеб ржаной** | | **20** | | **1,4** | | | **0,40** | **7,8** | | | **42,00** | | **0.04** | | | **-** | | | **-** | | | **0.36** | | | | **9,2** | | | **42,4** | | | **10.00** | **1.24** | |
|  | | **ИТОГО за прием пищи** | | ***500,0*** | | ***24,8*** | | | ***39,37*** | ***82,98*** | | | ***729,8*** | | ***0,22*** | | | ***2,26*** | | | ***270,8*** | | | ***0,97*** | | | | ***252,08*** | | | ***241,5*** | | | ***80,76*** | ***4,55*** | |
|  | | **ОБЕД** | |  | |  | | |  |  | | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **71** | | **Свежий огурец** | | **60,0 60** | | **0.42** | | | **0.06** | **1.14** | | | **7.20** | | **0.02** | | | **2.94** | | | **-** | | | **0.06** | | | | **10.20** | | | **18.00** | | | **8.40** | **0,30 0.30** | |
| **88** | | **Щи из свежей капусты на курином бульоне** | | **200** | | **4,96** | | | **4,25** | **13,8** | | | **113,29** | | **0.06/** | | | **12,89** | | | **10.50** | | | **1.92** | | | | **40,60** | | | **64,85** | | | **30,6**  **12.90** | **0,87**  **0.21** | |
| **294** | | **Котлеты рубленые из птицы**  **птицы** | |  | |  | | |  |  | | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
|  | | **Мяса птицы** | | **90**  **90** | | **15.69** | | | **15.08** | **14.65** | | | **257.40** | | **0.17** | | | **0.81** | | | **30.26** | | | **61.56** | | | | **53.79** | | | **72.00** | | | **19.98** | **3.26** | |
| **309** | | **Макароны отварные**  **со сливочным маслом**  **. сл.** | | **150,0** | | **5.60** | | | **8.15** | **26.51** | | | **201.45** | | **0.06** | | | **-** | | | **-** | | | **0.97** | | | | **6.06** | | | **37.17** | | | **21.12** | **1.12** | |  | |  |  |  |  |  |  |  |  |
| **349** | | **Компот из сухофруктов** | | **200** | | **0.65** | | | **0.08** | **32,0** | | | **132,8** | | **0.02** | | | **0,73** | | | **-** | | | **0.5** | | | | **32,47** | | | **23,4** | | | **17,45** | **0.68** | |
| **б/н** | | **Хлеб ржаной** | | **40,0** | | **2,8** | | | **0,80** | **15,6** | | | **84,00** | | **0.08** | | | **-** | | | **-** | | | **0.72** | | | | **18,4** | | | **84,8** | | | **20.00** | **2,48** | |
| **б/н** | | **Батон нарезной** | | **30,0** | | **2.25** | | | **0.84** | **15,42** | | | **85,8** | | **0.03** | | | **-** | | | **-** | | | **0.39** | | | | **6,90** | | | **26,10** | | | **9,90** |  | |
|  | | **ИТОГО за прием пищи** | | ***770,0*** | | ***32,37*** | | | ***29,26*** | ***119,12*** | | | ***881,94*** | | ***0,44*** | | | ***14,43*** | | | ***40,76*** | | | ***66,12*** | | | | ***158,22*** | | | ***114,9*** | | | ***127,45*** | ***8,73*** | |
|  | | **ПОЛДНИК** | |  | |  | | |  |  | | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
| **421** | | **Плюшка с сахаром** | | **100,0** | | **7,76** | | | **4,72** | **47,1** | | | **262** | | **0,14** | | | **-** | | | **-** | | | **-** | | | | **22,0** | | | **74,0** | | | **29,0** | **13,8** | |
| **389** | | **сок** | | **200,0** | | **1,0** | | | **-** | **20,2** | | | **84,8** | | **0,08** | | | **4,0** | | |  | | |  | | | | **14,8** | | | **14,0** | | | **8,0** | **2,8** | |
|  | | Соль иодированная | | 3,0 | |  | | |  |  | | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  |  | |
|  | | **ИТОГО за прием пищи** | | **300,0** | | ***8,76*** | | | ***4,72*** | ***67,3*** | | | ***346,8*** | | ***0,22*** | | | ***4,0*** | | |  | | |  | | | | ***36,8*** | | | ***88,0*** | | | ***37,0*** | ***16,6*** | |
| **ИТОГО** | | | | **1570** | | **65,93** | | | **73,35** | | **269,4** | | **1958,54** | | | **0,88** | | **20,66** | | | **311,56** | | | **67,09** | | | | **453,1** | | | **444,4** | | | **245,16** | **29,88** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День** | | втоник | | | | |  | | |  | |  | |  | |  | | | |  | | |  | |  | |  | | |  | | |  | | |
| **Неделя** | | первая | | | | |  | | |  | |  | |  | |  | | | |  | | |  | |  | |  | | |  | | |  | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | | **Энергетическая ценность (ккал)** | | | **Витамины (мг.)** | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | |
| **Б** | | | **Ж** | | | **У** | | **В**1 | **С** | | | | **А** | | **Е** | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | | |
|  | | **ЗАВТРАК** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **401** | | **Оладьи с повидлом** | | | **200/50** | | **17,5** | | | **17,3**  **-** | | | **108,0** | | **659,0** | | | **0,01** | **0,95** | | | | **-**  **-** | | **-**  **-** | | **193,7** | | | **282,8** | | | **75,62** | | | **3,46** | | |
| **377** | | **Чай с сахаром** | | | **200** | | **0,1** | | | **0,02** | | | **9,2** | | **36,8** | | | **-** | **1,6** | | | | **-** | | **-** | | **15,3** | | | **4,4** | | | **2,4** | | | **0,3** | | |
|  | | **Бутерброд** | | | **50** | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| ***б/н*** | | ***Батон нарезной*** | | | ***20*** | | ***1,5*** | | | ***0,56*** | | | ***10,28*** | | ***57,2*** | | | ***0,02*** | ***-*** | | | | ***-*** | | ***0,26*** | | ***4,6*** | | | ***17,4*** | | | ***6,6*** | | |  | | |
| **16** | | ***Колбаса полукопченая*** | | | ***30*** | | ***4,5*** | | | ***12,0*** | | | ***0,09*** | | ***126,9*** | | | ***0,06*** |  | | | |  | | ***1,8*** | | ***7,8*** | | | ***60,6*** | | | ***7,5*** | | | ***0,66*** | | |
|  | | **ИТОГО за прием пищи** | | | **500** | | ***23,6*** | | | ***29,88*** | | | ***127,57*** | | ***879,9*** | | | ***0,09*** | ***2,55*** | | | | ***-*** | | ***3,06*** | | ***221,4*** | | | ***356,2*** | | | ***92,12*** | | | ***4,42*** | | |
|  | | **ОБЕД** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **45** | | **Салат из белокочанной**  **капусты с морковью** | | | **60** | | **0,78** | | | **1,9** | | | **3,9** | | **36,24** | | | **0,01** | **10,3** | | | | **-** | | **-** | | **14,9** | | | **16,9** | | | **9,05** | | | **2,8** | | |
| **96** | | **Рассольник «ленинградский»**  **на курином бульоне.** | | | **200** | | **5,15** | | | **4,36** | | | **9,64** | | **102,75** | | | **0,08** | **6,97** | | | | **10.50** | | **1,91** | | **24,52** | | | **71,03** | | | **32,24** | | | **0,95** | | |
| **255** | | **Печень по -строгоновски** говядина) | | | **90** (50/40) | | **13.09** | | | **15.10** | | | **2.59** | | **198.90** | | | **0.02** | **0.83** | | | | **-** | | **2.35** | | **19.63** | | | **138.73** | | | **19.82** | | | **2.75** | | |
| **302** | | **Каша рассыпчатая (гречка)** | | | **150** | | **8.68** | | | **9.72** | | | **38.70** | | **276.75** | | | **0.21** | **-** | | | | **-** | | **0.61** | | **16.20** | | | **203.93** | | | **135.83** | | | **5.57** | | |
| **388** | | **Напиток из шиповника** | | | **200** | | **0.67** | | | **0.27** | | | **20,7** | | **88,2** | | | **0.01** | **100,0** | | | | **-** | | **0,7** | | **21,3** | | | **3.4** | | | **3.4** | | | **0.55** | | |
|  | | **Хлеб ржаной** | | | **35,0** | | **2,45** | | | **0,70** | | | **13,65** | | **73,5** | | | **0.07** | **-** | | | | **-** | | **0.63** | | **16,1** | | | **74,2** | | | **17,5** | | | **2,17** | | |
|  | | **Батон нарезной** | | | **35,0** | | **2.6** | | | **0.98** | | | **17,99** | | **100,1** | | | **0.03** | **-** | | | | **-** | | **0.45** | | **8,05** | | | **30,45** | | | **11,55** | | |  | | |
|  | | **ИТОГО за прием пищи** | | | **770** | | ***33,42*** | | | ***33,03*** | | | ***107,17*** | | ***876,44*** | | | ***0,43*** | ***118,1*** | | | | ***10,50*** | | ***6,65*** | | ***120,7*** | | | ***538,58*** | | | ***229,36*** | | | ***14,79*** | | |
|  | | **ПОЛДНИК** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **338** | | **Банан** | | | **180-220** | | **2,7** | | | **-** | | | **37,8** | | **172,8** | | | **0,07** | **18,0** | | | |  | |  | | **14,4** | | | **50,4** | | | **75,6** | | | **1,08** | | |
| **389** | | **сок** | | | **100,0** | | **0,5** | | | **-** | | | **10,1** | | **42,4** | | | **0,04** | **2,0** | | | | **-** | | **-** | | **7,4** | | | **7,0** | | | **4,0** | | | **1,4** | | |
|  | | **ИТОГО за прием пищи** | | | ***280/320*** | | ***3,2*** | | | ***-*** | | | ***47,9*** | | ***215,2*** | | | ***0,11*** | ***20,0*** | | | |  | |  | | ***21,8*** | | | ***57,4*** | | | ***79,6*** | | | ***2,48*** | | |
|  | | Соль йодированная | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | **1550/1590** | | **60,22** | | | **62,91** | | | **282,5** | | **1971,54** | | | **0,63** | **140,65** | | | | **10,50** | | **9,71** | | **363,9** | | | **952,1** | | | **401,02** | | | **21,69** | | |
| **День:** среда  Неделя: первая | | | |  | |  | | |  | | |  | |  | |  | | | |  | |  | |  | |  | | |  | | |  | | |  | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | | **Энергетическая ценность (ккал)** | | | **Витамины (мг.)** | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | | |
|  | |  | | | **Б** | | | **Ж** | | | **У** | |  | | | **В1** | **С** | | | | **А** | | **Е** | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | | |
|  | | **ЗАВТРАК** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **173** | | **Каша вязкая молочная из овсяной крупы с маслом** | | | **250,0** | | **10,76** | | | **16,0** | | | **47,8** | | **378,5** | | | **0,25** | **1,14** | | | | **65,2** | | **-** | | **188,8** | | | **315,3** | | | **85,7** | | | **2,5** | | |
| **382** | | **Какао с молоком** | | | **200** | | **6,5** | | | **1,3** | | | **26,0** | | **125,1** | | | **0,05** | **1,3** | | | | **24,4** | | **-** | | **135,2** | | | **124,5** | | | **26,5** | | | **2,0** | | |
|  | | **Бутерброд:** | | | **50,0** | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
|  | | ***Батон нарезной*** | | | ***30,0*** | | ***2,25*** | | | ***0,84*** | | | ***15,51*** | | ***85,8*** | | | ***0,3*** | ***-*** | | | | ***-*** | | ***0,39*** | | ***6,9*** | | | ***26,1*** | | | ***9,9*** | | | ***0,33*** | | |
| **14** | | ***Масло сливочное*** | | | ***5,0*** | | ***0,04*** | | | ***3,62*** | | | ***0,06*** | | ***33*** | | | ***-*** | ***-*** | | | | ***20,0*** | | ***0,05*** | | ***1,2*** | | | ***1,5*** | | | ***-*** | | | ***0,1*** | | |
| **16** | | ***сыр*** | | | ***15,0*** | | ***3,48*** | | | ***4,43*** | | | ***-*** | | ***54*** | | | ***0,01*** | ***0,11*** | | | | ***39,0*** | | ***0,08*** | | ***132,0*** | | | ***75,0*** | | | ***5,25*** | | | ***0,15*** | | |
|  | | **ИТОГО за прием пищи** | | | ***500*** | | ***23,03*** | | | ***26,19*** | | | ***89,37*** | | ***676,4*** | | | ***0,61*** | ***2,55*** | | | | ***148,6*** | | ***0,52*** | | ***464,1*** | | | ***542,4*** | | | ***127,35*** | | | ***5,08*** | | |
|  | | **ОБЕД** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **52** | | **Салат из свеклы отварной с раст.маслом** | | | **60** | | **0,8** | | | **3,6** | | | **4,9** | | **55,68** | | | **0,01** | **3,9** | | | | **0,01** | | **1,6** | | **21,27** | | | **24,3** | | | **12,4** | | | **0,8** | | |
| **81** | | **Борщ на курином бульоне** | | | **200,0** | | **4.90** | | | **4.63** | | | **7.02** | | **94.81** | | | **0.03** | **9.02** | | | | **17.61** | | **1.95** | | **46.70** | | | **55.34** | | | **31.67** | | | **1.10** | | |
| **234** | | **Котлета рыбная** | | | **90,0** | | **11.63** | | | **7.38** | | | **14.13** | | **120.00** | | | **-** | **0.57** | | | | **8.39** | | **4.38** | | **64.67** | | | **154.64** | | | **37.35** | | | **1.32** | | |
| **312** | | **Картофельное пюре** | | | **150** | | **3.06** | | | **4.80** | | | **20.44** | | **137.25** | | | **0.14** | **18.16** | | | | **-** | | **0.18** | | **36.98** | | | **86.59** | | | **27.75** | | | **1.01** | | |
| **349** | | **Компот из сухофруктов** | | | **200** | | **0.65** | | | **0.08** | | | **32,01** | | **132,8** | | | **0.02** | **0.7** | | | | **-** | | **0.5** | | **32,4** | | | **23,4** | | | **20,9** | | | **0.68** | | |
| **Б/Н** | | **Хлеб ржаной** | | | **35,0** | | **2,45** | | | **0,70** | | | **13,65** | | **73,5** | | | **0.07** | **-** | | | | **-** | | **0.63** | | **16,1** | | | **74,2** | | | **17,5** | | | **2,17** | | |
| **Б/Н** | | **Батон нарезной** | | | **35,0** | | **2.6** | | | **0.98** | | | **17,99** | | **100,1** | | | **0.03** | **-** | | | | **-** | | **0.45** | | **8,05** | | | **30,45** | | | **11,55** | | |  | | |
|  | | **ИТОГО за прием пищи** | | | ***770*** | | ***26,09*** | | | ***22,17*** | | | ***110,14*** | | ***714,14*** | | | ***0,3*** | ***32,35*** | | | | ***26,01*** | | ***9,69*** | | ***226,17*** | | | ***448,92*** | | | ***159,12*** | | | ***7,08*** | | |
|  | | **ПОЛДНИК** | | |  | |  | | |  | | |  | |  | | |  |  | | | |  | |  | |  | | |  | | |  | | |  | | |
| **424** | | **Булочка домашняя** | | | **100** | | **7,28** | | | **12,52** | | | **43,92** | | **318** | | | **0,12** | **-** | | | | **4,0** | | **4,66** | | **19,8** | | | **70,0** | | | **27,4** | | | **1,3** | | |
| **386** | | **Кефир** | | | **200** | | **5,8** | | | **6,4** | | | **8,2** | | **113,6** | | | **0,06** | **1,6** | | | | **44,0** | | **-** | | **240** | | | **190** | | | **28** | | | **0,2** | | |
|  | | **ИТОГО за прием пищи** | | | ***300*** | | ***13,08*** | | | ***18,92*** | | | ***52,12*** | | ***431,6*** | | | ***0,08*** | ***1,6*** | | | | ***48,0*** | | ***4,66*** | | ***259,8*** | | | ***260,0*** | | | ***55,4*** | | | ***1,5*** | | |
|  | | Соль йодированная | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | **1570** | | **62,2** | | | **67,28** | | | **251,63** | | **1822,14** | | | **0,99** | **36,5** | | | | **222,61** | | **14,87** | | **950,07** | | | **1251,32** | | | **341,87** | | | **13,66** | | |

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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** |
|  | | **ЗАВТРАК** | |  |  |  | |  |  |  |  |  | |  |  |  |  |  |
| **210** | | **Омлет с вареной колбасой** | | **200,0** | **13,94** | **24,83** | | **2,64** | **289,65** | **0,11** | **0,26** | **324,57** | | **-** | **289,65** | **215,77** | **16,14** | **2,64** |
| **377** | | **Чай с сахаром** | | **200** | **0,1** | **0,02** | | **9,2** | **36,8** | **-** | **1,6** | **-** | | **-** | **15,3** | **4,4** | **2,4** | **0,3** |
| **б/н** | | **Хлеб ржаной** | | **50,0** | **2,34** | **0,78** | | **13,0** | **70,0** | **0,06** | **-** | **-** | | **0,6** | **15,3** | **70,6** | **16,6** | **2,0** |
| **429** | | **Булочка «веснушка»** | | **50,0** | **3,9** | **3,06** | | **23,9** | **139,0** | **0,07** | **-** | **3,0** | | **1,41** | **11,3** | **39,2** | **15,2** | **0,73** |
|  | | **ИТОГО за прием пищи** | | ***500,0*** | ***20,55*** | ***25,63*** | | ***48,74*** | ***535,45*** | ***0,24*** | ***1,86*** | ***327,57*** | | ***2,01*** | ***331,55*** | ***329,97*** | ***50,34*** | ***5,67*** |
|  | | **ОБЕД** | |  |  |  | |  |  |  |  |  | |  |  |  |  |  |
| ***б/н*** | | **Свежий помидор порцион.** | | **60,0** | **0,66** | **0,12** | | **2,28** | **12,84** | **0,03** | **1,5** | **79,8** | | **-** | **8,4** | **15,6** | **12** | **0,54** |
| **103** | | **Суп картофельный с вермишелью** (на курином бульоне) | | **200** | **2.15/**  **3.54** | **2.27/**  **0.29** | | **13.97/**  **0.06** | **94.60/**  **16.95** | **0.09/**  **0.01** | **6.60/**  **0.27** | **-/**  **10.50** | | **1.14/**  **0.03** | **23.36/**  **1.20** | **54.06/**  **25.65** | **21.82/**  **12.90** | **0.90/**  **0.21** |
| **291** | | **Плов с курицей** | | **235** | **19,9** | **9,9** | | **41,9** | **358,8** | **0,13** | **7,08** | **22,8** | | **0,6** | **54,45** | **137,3** | **63,5** | **2,29** |
| ***348*** | | **Компот из яблок с изюм.** | | **200** | **0,3** | **0,07** | | **29,85** | **122,2** | **0,02** | **-** | **-** | | **0,07** | **20,32** | **19,36** | **8,12** | **0,45** |
| **Б/Н** | | **Хлеб ржаной** | | **40,0** | **2,8** | **0,80** | | **15,6** | **84,00** | **0.08** | **-** | **-** | | **0.72** | **18,4** | **84,8** | **20.00** | **2,48** |
| **Б/Н** | | **Батон нарезной** | | **35,0** | **2.6** | **0.98** | | **17,99** | **100,1** | **0.03** | **-** | **-** | | **0.45** | **8,05** | **30,45** | **11,55** |  |
|  | | **ИТОГО за прием пищи** | | ***770*** | ***28,4*** | ***14,43*** | | ***121,65*** | ***789,49*** | ***0,39*** | ***15,45*** | ***113,1*** | | ***2,71*** | ***134,18*** | ***367,22*** | ***149,89*** | ***6,87*** |
|  | | **ПОЛДНИК** | |  |  |  | |  |  |  |  |  | |  |  |  |  |  |
| **389** | | **сок** | | **200,0** | **1,0** | **-** | | **20,2** | **84,8** | **0,08** | **4,0** | **-** | | **-** | **14,8** | **14,0** | **8,0** | **2,8** |
| **338** | | **Яблоко свежее** | | **100-120** | **0,4 /0,48** | **0,4/ 0,48** | | **9,8/ 11,76** | **47,0/56,4** | **0,03/ 0,036** | **10,0/ 12,0** | **-** | | **0,20/ 0,24** | **16,0/ 19,2** | **11,0 /13,2** | **9,0/ 10,8** | **2,20/2,64** |
|  | | **ИТОГО за прием пищи** | | ***300/320*** | ***1,4*** | ***0,4*** | | ***30*** | ***131,8*** | ***0,11*** | ***14,0*** | ***-*** | | ***0,44*** | ***30,8*** | ***25,0*** | ***17,0*** | ***5,0*** |
|  | | Соль йодированная | | 3 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | | **1570** | **50,35** | **77,83** | | **200,34** | **1456,74** | **0,74** | **31,31** | | **440,6** | **5,16** | **496,4** | **722,19** | **217,14** | **17,54** |

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| **День: пятница** | | | | |  | | | | | | | |
| **Неделя: первая** | | | | |  | | | | | | | |
|  | | | | |  | | | | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | |
| **Б** | **Ж** | | **У** | | | | **В1** | | | **С** | | **А** | | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | |
|  | | **ЗАВТРАК** | | | | |  |  |  | |  | | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | |
| **188** | | **Пудинг творожно-рисовый с повидлом** | | | | | **175/50** | **9,69** | **7,58** | | **84,3** | | | | **448,3** | | **0,05** | | | **14,2** | | **32,9** | | | **1,8** | | | **70,9** | | | **153,4** | | | **37,5** | | | **1,3** | |
| **382** | | **Какао с молоком** | | | | | **200** | **6,5** | **1,3** | | **26,0** | | | | **125,1** | | **0,05** | | | **1,3** | | **24,4** | | | **-** | | | **135,2** | | | **124,5** | | | **26,5** | | | **2,0** | |
|  | | **Бутерброд:** | | | | | ***75,0*** |  |  | |  | | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | |
| **б/н** | | ***Батон нарезной*** | | | | | ***50,0*** | ***3,75*** | ***1,4*** | | ***25,85*** | | | | ***143*** | | ***0,5*** | | | ***-*** | | ***-*** | | | ***0,65*** | | | ***11,5*** | | | ***43,5*** | | | ***15,0*** | | | ***0,55*** | |
| **16** | | ***Колбаса полукопченая*** | | | | | ***25,0*** | ***3,75*** | ***10,00*** | | ***0,075*** | | | | ***105,75*** | | ***0,05*** | | | **-** | | **-** | | | ***1,5*** | | | ***6,5*** | | | ***50,5*** | | | ***6,25*** | | | ***0,55*** | |
|  | | **ИТОГО за прием пищи** | | | | | ***500*** | ***23,69*** | ***20,28*** | | ***136,22*** | | | | ***822,15*** | | ***0,65*** | | | ***15,5*** | | ***57,3*** | | | ***3,95*** | | | ***224,1*** | | | ***371,9*** | | | ***85,25*** | | | ***4,4*** | |
|  | | **ОБЕД** | | | | |  |  |  | |  | | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | |
| **67** | | **Винегрет** | | | | | **60** | **0,85** | **6,0** | | **0,43** | | | | **75,06** | | **0,03** | | | **5,7** | | **-** | | | **2,7** | | | **18,7** | | | **25,9** | | | **11,7** | | | **0,5** | |
| **104** | | **Суп картофельный с мясными фрикадельками** | | | | | **200/40** | **1,75**  **/7,9** | **2,2**  **/4,7** | | **12,3**  **/0,3** | | | | **84,8 /**  **78,44** | | **0,09/**  **2,84** | | | **8,86/**  **0,2** | | **-/**  **8,0** | | | **1,02/**  **0,25** | | | **23,76/**  **8,6** | | | **57,78/**  **83,0** | | | **23,74/**  **12,8**  **0,6** | | | **8,98/**  **0,6** | |
| **243** | | **Сосиска отварная** | | | | | **50** | **6.56** | **14.30** | | **6.23** | | | | **157.20** | | **0.11** | | | **-** | | **-** | | | **0.24** | | | **19.32** | | | **95.40** | | | **12.00** | | | **0.96** | |
| **309** | | **Макароны отварные**  **со сливочным маслом** | | | | | **150** | **5.60** | **8.15** | | **26.51** | | | | **201.45** | | **0.06** | | | **-** | | **-** | | | **0.97** | | | **6.06** | | | **37.17** | | | **21.12** | | | **1.12** | |
| **Б/Н** | | **Хлеб ржаной** | | | | | **35,0** | **2,45** | **0,70** | | **13,65** | | | | **73,5** | | **0.07** | | | **-** | | **-** | | | **0.63** | | | **16,1** | | | **74,2** | | | **17,5** | | | **2,17** | |
| **Б/Н** | | **Батон нарезной** | | | | | **35,0** | **2.6** | **0.98** | | **17,99** | | | | **100,1** | | **0.03** | | | **-** | | **-** | | | **0.45** | | | **8,05** | | | **30,45** | | | **11,55** | | |  | |
| **388** | | **Напиток из шиповника** | | | | | **200** | **0.67** | **0.27** | | **20,7** | | | | **88,2** | | **0.01** | | | **100,0** | | **-** | | | **0,7** | | | **21,3** | | | **3.4** | | | **3.4** | | | **0.55** | |
|  | | **ИТОГО за прием пищи** | | | | | ***770*** | ***28,38*** | ***37,3*** | | ***98,11*** | | | | ***858,75*** | | ***3,24*** | | | ***114,76*** | | ***8,0*** | | | ***3,24*** | | | ***121,89*** | | | ***407,3*** | | | ***101,81*** | | | ***14,88*** | |
|  | | **ПОЛДНИК** | | | | |  |  |  | |  | | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | |
| **338** | | **Банан** | | | | | **180-220** | **2,7** | **-** | | **37,8** | | | | **172,8** | | **0,07** | | | **18,0** | |  | | |  | | | **14,4** | | | **50,4** | | | **75,6** | | | **1,08** | |
| **389** | | **сок** | | | | | **100,0** | **0,5** | **-** | | **10,1** | | | | **42,4** | | **0,04** | | | **2,0** | | **-** | | | **-** | | | **7,4** | | | **7,0** | | | **4,0** | | | **1,4** | |
|  | | **ИТОГО за прием пищи** | | | | | ***280/320*** | ***3,2*** | ***-*** | | ***47,9*** | | | | ***215,2*** | | ***0,11*** | | | ***20,0*** | |  | | |  | | | ***21,8*** | | | ***57,4*** | | | ***79,6*** | | | ***2,48*** | |
|  | | Соль йодированная | | | | | 3 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | **1550/**  **1590** | **55,27** | **57,58** | | **282,23** | | | | **1896,1** | | **4,0** | | | **150,2** | | **65,3** | | | **7,19** | | | **367,79** | | | **801,0** | | | **266,65** | | | **21,68** | |
| **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** | | |
|  | | **ЗАВТРАК** | | |  | |  | |  | |  | | |  | | |  | |  | | |  | |  | |  | |  | | |  | | | |  | | |
| **175** | | **Каша вязкая молочная из риса и пшена «Дружба» с маслом слив. и сахаром** | | | **250** | | **6,9** | | **12,7** | | **49,3** | | | **340,9** | | | **0,11** | | **1,1** | | | **62,2** | | **0,2** | | **151,9** | | **177,5** | | | **42,3** | | | | **0,9** | | |
| **379** | | **Кофейный напиток** | | | **200** | | **3.17** | | **2.68** | | **15.95** | | | **100.60** | | | **0.04** | | **1.30** | | | **20.00** | | **-** | | **125.78** | | **90.00** | | | **14.00** | | | | **0.13** | | |
|  | | **Бутерброд** | | | ***50,0*** | |  | |  | |  | | |  | | |  | |  | | |  | |  | |  | |  | | |  | | | |  | | |
| ***Б/Н*** | | ***Батон нарезной*** | | | ***35,0*** | | ***2.6*** | | ***0.98*** | | ***17,99*** | | | ***100,1*** | | | ***0.03*** | | ***-*** | | | ***-*** | | ***0.45*** | | ***8,05*** | | ***30,45*** | | | ***11,55*** | | | |  | | |
| ***16*** | | ***Сыр*** | | | ***15*** | | ***3,48*** | | ***4,43*** | | ***-*** | | | ***54*** | | | ***0,01*** | | ***0,11*** | | | ***39,0*** | | ***0,08*** | | ***132,0*** | | ***75,0*** | | | ***5,25*** | | | | ***0,15*** | | |
|  | | **ИТОГО за прием пищи** | | | ***500*** | | ***16,15*** | | ***20,79*** | | ***83,24*** | | | ***595,6*** | | | ***0,19*** | | ***2,51*** | | | ***121,2*** | | ***0,73*** | | ***417,65*** | | ***372,95*** | | | ***73,1*** | | | | ***1,18*** | | |
|  | | **ОБЕД** | | |  | |  | |  | |  | | |  | | |  | |  | | |  | |  | |  | |  | | |  | | | |  | | |
| **59** | | **Салат из моркови с яблоками** | | | **60** | | **0,63** | | **0,1** | | **5,1** | | | **23,94** | | | **0,03** | | **2,6** | | | **-** | | **0,2** | | **14,39** | | **26,7** | | | **18,2** | | | | **0,6** | | |
| **119** | | **Суп с бобовыми** (горох)  **на курином бульоне** | | | **200** | | **6,7** | | **1,9** | | **18,8** | | | **119,1** | | | **0,19** | | **0,64** | | | **-** | | **14,24** | | **33,9** | | **61,1** | | | **23,7** | | | | **1,7** | | |
| **43** | | **Ленивые голубцы с мясом птицы** | | | **240** | | **21,06** | | **13,5** | | **29,7** | | | **328,5** | | | **0,12** | | **7,5** | | | **48,0** | | **2,88** | | **90** | | **66,1** | | | **4,9** | | | | **2,4** | | |
| **349** | | **Компот из сухофруктов** | | | **200** | | **0.65** | | **0.08** | | **32,01** | | | **132,8** | | | **0.02** | | **0.7** | | | **-** | | **0.5** | | **32,4** | | **23,4** | | | **20,9** | | | | **0.68** | | |
| **Б/Н** | | **Хлеб ржаной** | | | **35,0** | | **2,45** | | **0,70** | | **13,65** | | | **73,5** | | | **0.07** | | **-** | | | **-** | | **0.63** | | **16,1** | | **74,2** | | | **17,5** | | | | **2,17** | | |
| **Б/Н** | | **Батон нарезной** | | | **35,0** | | **2.6** | | **0.98** | | **17,99** | | | **100,1** | | | **0.03** | | **-** | | | **-** | | **0.45** | | **8,05** | | **30,45** | | | **11,55** | | | |  | | |
|  | | **ИТОГО за прием пищи** | | | ***770*** | | ***34,09*** | | ***17,26*** | | ***117,25*** | | | ***777,94*** | | | ***0,46*** | | ***14,84*** | | | ***48,0*** | | ***18,9*** | | ***194,84*** | | ***281,95*** | | | ***96,84*** | | | | ***7,55*** | | |
|  | | **ПОЛДНИК** | | |  | |  | |  | |  | | |  | | |  | |  | | |  | |  | |  | |  | | |  | | | |  | | |
| **422** | | **Булочка ванильная** | | | **100** | | **7,9** | | **8,12** | | **44,48** | | | **283** | | | **1,14** | | **-** | | | **14,0** | | **16,0** | | **22,4** | | **76,6** | | | **28,4** | | | | **1,40** | | |
| **386** | | **Ряженка** | | | **200** | | **5,9** | | **5,0** | | **8,4** | | | **102** | | | **0,04** | | **0,60** | | | **40,0** | | **-** | | **248,0** | | **184,0** | | | **28,0** | | | | **0,2** | | |
|  | | **ИТОГО за прием пищи** | | | ***300*** | | ***13,8*** | | ***13,12*** | | ***52,88*** | | | ***385*** | | | ***1,18*** | | ***0,60*** | | | ***54,0*** | | ***16,0*** | | ***270,4*** | | ***260,0*** | | | ***56,4*** | | | | ***1,6*** | | |
|  | | Соль йодированная | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | **1570** | | **64,04** | | **51,17** | | **253,32** | | | **1758,54** | | | **1,83** | | **17,95** | | | **223,2** | | **35,63** | **882,8** | | | **914,9** | | | **226,34** | | | | **10,33** | | |
| **День: вторник**  **Неделя: вторая** | | | | |  | | | | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | |
| **Б** | **Ж** | | **У** | | | **В1** | | | **С** | | **А** | | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | **Fe** | | |
|  | | **ЗАВТРАК** | | | | |  |  |  | |  | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |
| **204** | | **Макароны отварные с сыром** | | | | | **180/20** | **13,5** | **15,8** | | **34,1** | | | **334,4** | | **0.08** | | | **0.2** | | **115,2** | | | **1,0** | | | **295,2** | | | **202,1** | | | **20,32** | | **1,2** | | |
| **377** | | **Чай с сахаром и лимоном** | | | | | **200,0** | **0,12** | **0,02** | | **14,7** | | | **50,5** | | **-** | | | **2,56** | | **-** | | | **0,01** | | | **14,8** | | | **4,7** | | | **2,3** | | **0,4** | | |
|  | | **Бутерброд** | | | | | **80,0** |  |  | |  | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |
| **б/н** | | ***Батон нарезной*** | | | | | ***50,0*** | ***3,75*** | ***1,4*** | | ***25,85*** | | | ***143*** | | ***0,5*** | | | ***-*** | | ***-*** | | | ***0,65*** | | | ***11,5*** | | | ***43,5*** | | | ***15,0*** | | ***0,55*** | | |
| **16** | | ***Колбаса полукопченая*** | | | | | ***30,0*** | ***4,5*** | ***12,0*** | | ***0,09*** | | | ***126,9*** | | ***0,06*** | | |  | |  | | | ***1,8*** | | | ***7,8*** | | | ***60,6*** | | | ***7,5*** | | ***0,66*** | | |
| **б/н** | | **вафли** | | | | | **30,0** | **0,84** | **7,36** | | **15,3** | | | **139,16,** | | **0,04** | | |  | | **28,8** | | | **0,52** | | | **50,0** | | | **34,8** | | | **6,0** | | **0,4** | | |
|  | | **ИТОГО за прием пищи** | | | | | ***510*** | ***22,71*** | ***36,58*** | | ***90,04*** | | | ***793,96*** | | ***0,68*** | | | ***2,76*** | | ***144*** | | | ***3,98*** | | | ***379,3*** | | | ***345,7*** | | | ***51,12*** | | ***3,21*** | | |
|  | | **ОБЕД** | | | | |  |  |  | |  | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |
| **48** | | **Салат витаминный (1 вар.)** | | | | | **60,0** | **0,49** | **3,6** | | **5,2** | | | **57,42** | | **0,03** | | | **5,3** | | **-** | | | **0,18** | | | **11,6** | | | **18,4** | | | **10,9** | | **0,6** | | |
| **б/н** | | **Суп рыбный** | | | | | **200,0** | **12,8** | **0,6** | | **9,2** | | | **105,5** | | **0,08** | | | **5,9** | | **0,02** | | | **0,44** | | | **48,6** | | | **32,4** | | | **177,7** | | **0,6** | | |
| **259** | | **Жаркое по-домашнему (мясо свинина)** | | | | | **250,0** | **17,6** | **42,1** | | **23,6** | | | **547,1** | | **0,5** | | | **9,65** | | **-** | | | **4,4** | | | **98,6** | | | **257,5** | | | **61,2** | | **4,3** | | |
| **348** | | **Компот из свежих плодов** | | | | | **200** | **0,3** | **0,07** | | **29,85** | | | **122,2** | | **0,02** | | | **-** | | **-** | | | **0,07** | | | **20,32** | | | **19,36** | | | **8,12** | | **0,45** | | |
| **,**  **,,,,,,,,,,,,,,,,,,,,,,,,,,** | | **Хлеб ржаной** | | | | | **35,0** | **2,45** | **0,70** | | **13,65** | | | **73,5** | | **0.07** | | | **-** | | **-** | | | **0.63** | | | **16,1** | | | **74,2** | | | **17,5** | | **2,17** | | |
| **Б/Н** | | **Батон нарезной** | | | | | **35,0** | **2.6** | **0.98** | | **17,99** | | | **100,1** | | **0.03** | | | **-** | | **-** | | | **0.45** | | | **8,05** | | | **30,45** | | | **11,55** | |  | | |
|  | | **ИТОГО за прием пищи** | | | | | ***780*** | ***36,24*** | ***48,05*** | | ***99,49*** | | | ***842,9*** | | ***0,73*** | | | ***20,85*** | | ***0,02*** | | | ***6,17*** | | | ***203,27*** | | | ***432,31*** | | | ***286,97*** | | ***8,12*** | | |
|  | | **ПОЛДНИК** | | | | |  |  |  | |  | | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |
| **424** | | **Булочка домашняя (с сахаром)** | | | | | **100** | **7,28** | **12,52** | | **43,92** | | | **318** | | **0,12** | | | **-** | | **4,0** | | | **4,66** | | | **19,8** | | | **70,0** | | | **27,4** | | **1,3** | | |
| **386** | | **Кефир** | | | | | **200** | **5,8** | **6,4** | | **8,2** | | | **113,6** | | **0,06** | | | **1,6** | | **44,0** | | | **-** | | | **240** | | | **190** | | | **28** | | **0,2** | | |
|  | | **ИТОГО за прием пищи** | | | | | ***300*** | ***13,08*** | ***18,92*** | | ***52,12*** | | | ***431,6*** | | ***0,08*** | | | ***1,6*** | | ***48,0*** | | | ***4,66*** | | | ***259,8*** | | | ***260,0*** | | | ***55,4*** | | ***1,5*** | | |
|  | | Соль йодированная | | | | | 3 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | **1590** | **72,03** | **103,55** | | **241,65** | | | **2068,46** | | **1,49** | | | **25,21** | | **192,02** | | | **14,81** | | | **842,37** | | | **1038** | | | **393,42** | | **12,83** | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **День: среда**  **Неделя : вторая** | | | | |  | | | | | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | | | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | |
| **Б** | | **Ж** | | | | **У** | | | **В1** | | | **С** | | | **А** | | | **Е** | | **Са** | | **Р** | | **Мg** | | **Fe** | |
|  | **ЗАВТРАК** | | | | |  | |  | |  | | | |  | | |  |  | | |  | | |  | | |  | |  | |  | |  | |  | |
| **182** | **Каша пшенная на молоке с маслом слив.** | | | | | **200** | | **7,3** | | **4,3** | | | | **38,27** | | | **220,98** | **0,19** | | | **-** | | | **5,0** | | | **2,9** | | **4,1** | | **131,0** | | **45,0** | | **2,58** | |
| **379** | **Кофейный напиток** | | | | | **200** | | **3.17** | | **2.68** | | | | **15.95** | | | **100.60** | **0.04** | | | **1.30** | | | **20.00** | | | **-** | | **125.78** | | **90.00** | | **14.00** | | **0.13** | |
| **б/н** | **Яйцо отварное** | | | | | **40,0** | | **11,9** | | **10,1** | | | | **0,6** | | | **141,4** | **0,05** | | | **-** | | | **156** | | | **-** | | **48,4** | | **167,04** | | **10,44** | | **2,18** | |
|  | **Бутерброд:** | | | | |  | |  | |  | | | |  | | |  |  | | |  | | |  | | |  | |  | |  | |  | |  | |
| **б/н** | **Батон нарезной** | | | | | **40,0** | | **3,0** | | **1,12** | | | | **20,56** | | | **114,4** | **0.04** | | | **-** | | | **-** | | | **0,52** | | **9,2** | | **34,8** | | **13,2** | | **-** | |
| **16** | **Сыр** | | | | | **20,0** | | **4,64** | | **5,9** | | | | **-** | | | **71,66** | **0,01** | | | **0,14** | | | **52,0** | | | **0,1** | | **176,0** | | **100,0** | | **7,0** | | **0,2** | |
|  | **ИТОГО за прием пищи** | | | | | ***500*** | | ***30,01*** | | ***24,1*** | | | | ***75,38*** | | | ***649,04*** | ***0,33*** | | | ***1,44*** | | | ***233*** | | | ***3,52*** | | ***363,4*** | | ***522,8*** | | ***89,64*** | | ***5,09*** | |
|  | **ОБЕД** | | | | |  | |  | |  | | | |  | | |  |  | | |  | | |  | | |  | |  | |  | |  | |  | |
| **71** | **Свежий огурец** | | | | | **60,0** | | **0.42** | | **0.06** | | | | **1.14** | | | **7.20** | **0.02** | | | **2.94** | | | **-** | | | **0.06** | | **10,2** | | **18.00** | | **8.40** | | **0,30** | |
| **81** | **Борщ на курином бульоне** | | | | | **200,0** | | **4.90** | | **4.63** | | | | **7.02** | | | **94.81** | **0.03** | | | **9.02** | | | **17.61** | | | **1.95** | | **46.70** | | **55.34** | | **31.67** | | **1.10** | |
| **294** | **тефтели из мяса птицы** | | | | | **90 (**50/40) | | **15,69** | | **15,08** | | | | **14,65** | | | **257,4** | **0,17** | | | **0,81** | | | **30,26** | | | **61,56** | | **53,79** | | **72,0** | | **19,98** | | **3,26** | |
| **304** | **Рис отварной** | | | | | **150** | | **3,67** | | **5,42** | | | | **36,67** | | | **210,11** | **0,03** | | | **-** | | | **27** | | | **0,6** | | **2,61** | | **61,5** | | **19,01** | | **0,53** | |
| **349** | **Компот из сухофруктов** | | | | | **200** | | **1,16** | | **0,3** | | | | **47,26** | | | **196,38** | **0,02** | | | **0,8** | | | **-** | | | **0,2** | | **5,84** | | **46,0** | | **33,0** | | **0,96** | |
| **б/н** | **Хлеб ржаной** | | | | | **35,0** | | **2,45** | | **0,70** | | | | **13,65** | | | **73,5** | **0.07** | | | **-** | | | **-** | | | **0.63** | | **16,1** | | **74,2** | | **17,5** | | **2,17** | |
| **б/н** | **Батон нарезной** | | | | | **35,0** | | **2.6** | | **0.98** | | | | **17,99** | | | **100,1** | **0.03** | | | **-** | | | **-** | | | **0.45** | | **8,05** | | **30,45** | | **11,55** | |  | |
|  | **ИТОГО за прием пищи** | | | | | ***770*** | | ***30,89*** | | ***22,5*** | | | | ***138,38*** | | | ***939,5*** | ***0,37*** | | | ***13,57*** | | | ***74,87*** | | | ***65,9*** | | ***133,09*** | | ***357,49*** | | ***141,11*** | | ***8,32*** | |
|  | **ПОЛДНИК** | | | | |  | |  | |  | | | |  | | |  |  | | |  | | |  | | |  | |  | |  | |  | |  | |
| **389** | **сок** | | | | | **200,0** | | **1,0** | | **-** | | | | **349** | | | **84,8** | **0,08** | | | **4,0** | | | **-** | | | **-** | | **14,8** | | **14,0** | | **8,0** | | **2,8** | |
| **338** | **Яблоко свежее** | | | | | **100-120** | | **0,4 /0,48** | | **0,4/ 0,48** | | | | **9,8/ 11,76** | | | **47,0**  **/56,4** | **0,03/ 0,036** | | | **10,0/ 12,0** | | | **-** | | | **0,20/ 0,24** | | **16,0/ 19,2** | | **11,0 /13,2** | | **9,0/ 10,8** | | **2,20/2,64** | |
|  | **ИТОГО за прием пищи** | | | | | ***300***  ***/320*** | | ***1,4*** | | ***0,4*** | | | | ***30*** | | | ***131,8*** | ***0,11*** | | | ***14,0*** | | | ***-*** | | | ***0,44*** | | ***30,8*** | | ***25,0*** | | ***17,0*** | | ***5,0*** | |
|  | Соль йодированная | | | | | 3 | |  | |  | | | |  | | |  |  | | |  | | |  | | |  | |  | |  | |  | |  | |
| **ИТОГО:** | | | | | | **1570/1590** | | **62,39** | | **47,0** | | | | **243,76** | | | **1720,34** | **0,81** | | | **29,01** | | | **307,8** | | | **69,86** | | **527,2** | | **905,2** | | **247,75** | | **18,41** | |
| **День: четверг**  **Неделя : вторая** | | | |  | | | | | | | | | | | | | | | | | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | | | | **Масса порции** | | **Пищевые вещества (г.)** | | | | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | |  | | |  | |  | |  | |
| **Б** | | **Ж** | | | | **У** | | | **В1** | | | **С** | | | **А** | | **Е** | | **Са** | | **Р** | | **Мg** | | **Fe** | |  | | |  | |  | |  | |
|  | **ЗАВТРАК** | | | | |  | |  | |  | | | |  | | |  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |
| **120** | **Суп молочный с макаронными изделиями** | | | | | **200** | | **4,4** | | **3,8** | | | | **14,4** | | | **120,0** | | **0,07** | | | **0,66** | | | **26,4** | | **0,3** | | **130,4** | | **109,5** | | **21,34** | | **0,52** | |
| **382** | **Какао с молоком** | | | | | **200** | | **6,5** | | **1,3** | | | | **26,0** | | | **125,1** | | **0,05** | | | **1,3** | | | **24,4** | | **-** | | **135,2** | | **124,5** | | **26,5** | | **2,0** | |  | | |  | |  | |  | |
|  | **Бутерброд** | | | | |  | |  | |  | | | |  | | |  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |
| **б/н** | ***Батон нарезной*** | | | | | ***50,0*** | | ***3,75*** | | ***1,4*** | | | | ***25,85*** | | | ***143*** | | ***0,5*** | | | ***-*** | | | ***-*** | | ***0,65*** | | ***11,5*** | | ***43,5*** | | ***15,0*** | | ***0,55*** | |  | | |  | |  | |  | |
| **14** | ***Масло сливочное*** | | | | | ***5,0*** | | ***0,04*** | | ***3,62*** | | | | ***0,06*** | | | ***33*** | | ***-*** | | | ***-*** | | | ***20,0*** | | ***0,05*** | | ***1,2*** | | ***1,5*** | | ***-*** | | ***0,1*** | |  | | |  | |  | |  | |
| **16** | ***Колбаса полукопченая*** | | | | | ***25,0*** | | ***3,75*** | | ***10,00*** | | | | ***0,075*** | | | ***105,75*** | | ***0,05*** | | | **-** | | | **-** | | ***1,5*** | | ***6,5*** | | ***50,5*** | | ***6,25*** | | ***0,55*** | |  | | |  | |  | |  | |
| **б/н** | **Сушки** | | | | | **20** | | **2,14** | | **0,24** | | | | **14,24** | | | **67,8** | | **0,03** | | |  | | |  | | **0,32** | | **4,8** | | **18,2** | | **3,6** | | **0,32** | |  | | |  | |  | |  | |
|  | **ИТОГО за прием пищи** | | | | | ***500*** | | ***20,58*** | | ***20,36*** | | | | ***80,63*** | | | ***594,65*** | | ***0,7*** | | | ***1,96*** | | | ***70,8*** | | ***2,82*** | | ***289,6*** | | ***347,7*** | | ***72,69*** | | ***4,04*** | |  | | |  | |  | |  | |
|  | **ОБЕД** | | | | |  | |  | |  | | | |  | | |  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |
| **67** | **Винегрет** | | | | | **60** | | **0,85** | | **6,0** | | | | **0,43** | | | **75,06** | | **0,03** | | | **5,7** | | | **-** | | **2,7** | | **18,7** | | **25,9** | | **11,7** | | **0,5** | |  | | |  | |  | |  | |
| **119** | **Суп гороховый** | | | | | **200** | | **6,0** | | **2,6** | | | | **13,8** | | | **102,6** | | **0,012** | | | **0,8** | | |  | | **0,8** | | **66,0** | | **262,0** | | **38,0** | | **1,8** | |  | | |  | |  | |  | |
| **271** | **Котлета домашняя** | | | | | **90** | | **10,9** | | **20,8** | | | | **8,2** | | | **264,1** | | **0,13** | | | **0,2** | | | **41,8** | | **2,36** | | **0,17** | | **107,5** | | **16,0** | | **1,7** | |  | | |  | |  | |  | |
| **309** | **Макароны отварные со сливочным маслом** | | | | | **150** | | **5.60** | | **8.15** | | | | **26.51** | | | **201.45** | | **0.06** | | | **-** | | | **-** | | **0.97** | | **6.06** | | **37.17** | | **21.12** | | **1.12** | |  | | |  | |  | |  | |
|  | **Компот из изюма** | | | | | **200** | | **0,34** | | **0,07** | | | | **29,85** | | | **122,2** | | **0,02** | | | **-** | | | **-** | | **0,07** | | **20,32** | | **19,36** | | **8,12** | | **0,45** | |  | | |  | |  | |  | |
| **б/н** | **Хлеб ржаной** | | | | | **35,0** | | **2,45** | | **0,70** | | | | **13,65** | | | **73,5** | | **0.07** | | | **-** | | | **-** | | **0.63** | | **16,1** | | **74,2** | | **17,5** | | **2,17** | |  | | |  | |  | |  | |
| **б/н** | **Батон нарезной** | | | | | **35,0** | | **2.6** | | **0.98** | | | | **17,99** | | | **100,1** | | **0.03** | | | **-** | | | **-** | | **0.45** | | **8,05** | | **30,45** | | **11,55** | |  | |  | | |  | |  | |  | |
|  | **ИТОГО за прием пищи** | | | | | ***770*** | | ***28,74*** | | ***39,3*** | | | | ***110,43*** | | | ***939,01*** | | ***0,35*** | | | ***6,7*** | | | ***112,6*** | | ***7,98*** | | ***135,4*** | | ***556,58*** | | ***123,99*** | | ***7,62*** | |  | | |  | |  | |  | |
|  | **ПОЛДНИК** | | | | |  | |  | |  | | | |  | | |  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |
| **386** | **Ряженка** | | | | | **200** | | **5,9** | | **5,0** | | | | **8,4** | | | **102** | | **0,04** | | | **0,60** | | | **40,0** | | **-** | | **248,0** | | **184,0** | | **28,0** | | **0,2** | |  | | |  | |  | |  | |
| **б/н** | **Зефир** | | | | | **100** | | **1,2** | | **0,2** | | | | **119,7** | | | **489** | | **0,1** | | | **15** | | | ***-*** | | **0,1** | | **37,5** | | **18,0** | | **9,0** | | **2,1** | |  | | |  | |  | |  | |
|  | **ИТОГО за прием пищи** | | | | | **300** | | ***7,1*** | | ***5,2*** | | | | ***128,1*** | | | ***591*** | | ***0,14*** | | | ***15,6*** | | | ***40,0*** | | ***0,1*** | | ***285,5*** | | ***202*** | | ***37,0*** | | ***2,3*** | |  | | |  | |  | |  | |
|  | Соль йодированная | | | | | 3 | |  | |  | | | |  | | |  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  | |
| **ИТОГО:** | | | | | | **1570** | | **56,42** | | **64,86** | | | | **319,16** | | | **2124,66** | | **1,19** | | | **24,26** | | | **222,8** | | **3,9** | | **710,5** | | **1106,2** | | **233,68** | | **16,96** | |  | | |  | |  | |  | |
| **День: пятница**  **Неделя: вторая** | | | |  | | | | | | | |
|  | | | |  | | | | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | | | **Масса порции** | | **Пищевые вещества (г.)** | | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **Б** | | | **Ж** | | | **У** | **В1** | | | **С** | | | **А** | | **Е** | | **Са** | | **Р** | | **Мg** | | **Fe** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ЗАВТРАК** | | | | |  | |  | | |  | | |  |  | | | |  | | |  | | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **223** | | **Запеканка из творога с повидлом** | | | | | **200/50** | | **35,16/**  **0,2** | | | **24,16/** | | | **34,0/**  **32,5** | **493,6/**  **125** | | | | **0,08**  **/0,01** | | | **0,52**  **0,25** | | | **144,4/** | | **1,0/** | | **255,64/**  **7,0** | | **427,24**  **7,5** | | **47,16/**  **3,5** | | **1,64**  **0,65** | |
| **377** | | **Чай с сахаром** | | | | | **200** | | **0,1** | | | **0,02** | | | **9,2** | **36,8** | | | | **-** | | | **1,6** | | | **-** | | **-** | | **15,3** | | **4,4** | | **2,4** | | **0,3** | |
|  | | **Бутерброд:** | | | | | **50** | |  | | |  | | |  |  | | | |  | | |  | | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **б/н** | | ***Батон нарезной*** | | | | | ***30,0*** | | ***2,25*** | | | ***0,84*** | | | ***15,51*** | ***85,8*** | | | | ***0,3*** | | | ***-*** | | | ***-*** | | ***0,39*** | | ***6,9*** | | ***26,1*** | | ***9,9*** | | ***0,33*** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **14** | | ***Масло сливочное*** | | | | | ***5,0*** | | ***0,04*** | | | ***3,62*** | | | ***0,06*** | ***33*** | | | | ***-*** | | | ***-*** | | | ***20,0*** | | ***0,05*** | | ***1,2*** | | ***1,5*** | | ***-*** | | ***0,1*** | |
| ***16*** | | ***Сыр*** | | | | | ***15*** | | ***3,48*** | | | ***4,43*** | | | ***-*** | ***54*** | | | | ***0,01*** | | | ***0,11*** | | | ***39,0*** | | ***0,08*** | | ***132,0*** | | ***75,0*** | | ***5,25*** | | ***0,15*** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ИТОГО за прием пищи** | | | | | ***500*** | | ***41,23*** | | | ***33,07*** | | | ***91,27*** | ***828,2*** | | | | ***0,4*** | | | ***2,48*** | | | ***183,42*** | | ***1,52*** | | ***418,04*** | | ***541,74*** | | ***68,21*** | | ***3,17*** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ОБЕД** | | | | |  | |  | | |  | | |  |  | | | |  | | |  | | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| ***б/н*** | | **Свежий помидор порцион.** | | | | | **60,0** | | **0,66** | | | **0,12** | | | **2,28** | **12,84** | | | | **0,03** | | | **1,5** | | | **79,8** | | **-** | | **8,4** | | **15,6** | | **12** | | **0,54** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **104** | | **Суп картофельный с мясными фрикадельками** | | | | | **200** | | **1,75**  **/7,9** | | | **2,2**  **/4,7** | | | **12,3**  **/0,3** | **84,8 /**  **78,44** | | | | **0,09/**  **2,84** | | | **8,86/**  **0,2** | | | **-/**  **8,0** | | **1,02/**  **0,25** | | **23,76/**  **8,6** | | **57,8**  **/**  **83,0** | | **23,74/**  **12,8, /** | | **8,98/**  **0,6** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **289** | | **Рагу из птицы с овощами** | | | | | **75/25** | | **2,4** | | | **6,0** | | | **13,8** | **114,6** | | | | **0,06** | | | **26,8** | | | **1,1** | | **1,4** | | **24,4** | | **32,8** | | **15,8** | | **0,3** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **302** | | **Каша рассыпчатая (гречка)** | | | | | **150** | | **8.68** | | | **9.72** | | | **38.70** | **276.75** | | | | **0.21** | | | **-** | | | **-** | | **0.61** | | **16.20** | | **203.93** | | **135.83** | | **5.57** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **349** | | **Компот из сухофруктов** | | | | | **200** | | **0.65** | | | **0.08** | | | **32,01** | **132,8** | | | | **0.02** | | | **0.7** | | | **-** | | **0.5** | | **32,4** | | **23,4** | | **20,9** | | **0.68** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **б/н** | | **Хлеб ржаной** | | | | | **35,0** | | **2,45** | | | **0,70** | | | **13,65** | **73,5** | | | | **0.07** | | | **-** | | | **-** | | **0.63** | | **16,1** | | **74,2** | | **17,5** | | **2,17** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **б/н** | | **Батон нарезной** | | | | | **35,0** | | **2.6** | | | **0.98** | | | **17,99** | **100,1** | | | | **0.03** | | | **-** | | | **-** | | **0.45** | | **8,05** | | **30,45** | | **11,55** | |  | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ИТОГО за прием пищи** | | | | | **780** | | ***27,9*** | | | ***24,5*** | | | ***131,03*** | ***873,83*** | | | | ***3,35*** | | | ***38,06*** | | | ***88,9*** | | ***4,86*** | | ***105,55*** | | ***438,13*** | | ***250,12*** | | ***18,84*** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ПОЛДНИК** | | | | |  | |  | | |  | | |  |  | | | |  | | |  | | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **428** | | **Булочка « Школьная»** | | | | | **100** | | **8,35** | | | **3,2** | | | **44,85** | **241,6** | | | | **0,15** | | | **-** | | | **-** | | **2,2-22,5** | | **22,5** | | **76,8** | | **32,3** | | **1,4** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **389** | | **сок** | | | | | **200,0** | | **1,0** | | | **-** | | | **349** | **84,8** | | | | **0,08** | | | **4,0** | | | **-** | | **-** | | **14,8** | | **14,0** | | **8,0** | | **2,8** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | **ИТОГО за прием пищи** | | | | | ***300,0*** | | ***9,35*** | | | ***3,2*** | | | ***393,85*** | ***326,4*** | | | | ***0,23*** | | | ***4,0*** | | |  | | ***2,2*** | | ***37,3*** | | ***90,8*** | | ***40,3*** | | ***4,2*** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  | | Соль йодированная | | | | | 3 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |
| **ИТОГО:** | | | | | | | **1580** | | **77,67** | | | **60,77** | | | **615,7** | **2028,43** | | | | **3,98** | | | **44,54** | | | **272,32** | | **8,58** | | **560,89** | | **1070,6** | | **358,63** | | **26,21** | |  |  | |  | |  | |  | |  |  |  |  |  |  |  |

**Основные показатели в пищевых веществах и энергетической ценности меню 3-х разового питания в пришкольных лагерях**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Основные показатели**    **Дни по меню** | **Пищевые вещества (г)** | | | **Энергетическая ценность (ккал)** |
| **Б** | **Ж** | **У** |
| **1 день** | 65,93 | 73,35 | 269,4 | 1958,54 |
| **2 день** | 60,22 | 62,91 | 282,5 | 1971,54 |
| **3 день** | 62,2 | 67,28 | 251,63 | 1822,14 |
| **4 день** | 50,35 | 77,83 | 200,34 | 1456,74 |
| **5 день** | 55,27 | 57,58 | 282,23 | 1896,1 |
| **6 день** | 64,04 | 51,17 | 253,3 | 1758,54 |
| **7 день** | 72,03 | 103,55 | 241,65 | 2068,46 |
| **8 день** | 62,39 | 47,0 | 243,76 | 1720,34 |
| **9 день** | 56,42 | 64,86 | 319,16 | 2124,66 |
| **10 день** | 77,67 | 60,77 | 615,7 | 2028,43 |
| **Итого за весь период:** | 626,52 | 666,3 | 2959,67 | 18805,49 |
| **Итого в среднем за 1день (прием пищи):** | **62,65** | **66,63** | **295,96** | **1880,54** |
| **Итого норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7%** | Норма на 1 ребенка в день 46,2 -57,75 (завтрак , обед, полдник,) с учетом 10% -50,8г-63,5г | Норма на 1 ребенка в день -47,4-59,25 (завтрак, обед, полдник) с учетом 10% 52,14 -65,17 г | Норма на 1 ребенка в день -201-251,25 (завтрак, обед, полдник) с учетом 10% -221,1 -276,38 | **Норма калорийности на 1 ребенка в день – 60%-75% - 1404-1762,5 ккал, с учетом 10% -1544-1938,7ккал (завтрак, обед, полдник)** |