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|
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КАША МАННАЯ ЖИДКАЯ | 200 | 5.9 | | 8.0 | 26.7 | 239.1 | 0.08 | 1.29 | 0.05 | 0.65 | 0.00 | | 0.00 | 136.75 | 19.35 | 113.53 | 1.29 | 0.00 | 0.00 | 0.00 | 0.00 | 189 | 2008 |
| БУТЕРБРОДЫ ГОРЯЧИЕ С СЫРОМ (БАТОН) | 30 | 3.5 | | 6.0 | 10.3 | 110.2 | 0.02 | 0.06 | 0.05 | 0.11 | 0.05 | | 0.04 | 80.73 | 5.65 | 57.04 | 0.30 | 26.60 | 0.00 | 0.00 | 0.00 | 7 | 2011 |
| КАКАО С МОЛОКОМ | 200 | 3.8 | | 3.0 | 14.4 | 96.1 | 0.03 | 0.52 | 0.02 | 0.00 | 0.00 | | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 382 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **550** | **15.1** | | **17.5** | **71.3** | **540.0** | **0.19** | **11.92** | **0.13** | **1.78** | **0.05** | | **0.19** | **238.1** | **39.6** | **198.4** | **4.2** | **331.8** | **2.01** | **0.01** | **0.00** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ,ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 100 | 1.1 | | 0.2 | 3.8 | 24.0 | 0.06 | 25.00 | 0.17 | 0.39 | 0.00 | | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 71 | 2011 |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ | 250 | 2.7 | | 4.3 | 16.8 | 117.0 | 0.09 | 8.00 | 0.20 | 0.20 | 0.00 | | 0.00 | 25.00 | 26.00 | 73.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 96 | 2011 |
| РЫБА,ПРИПУЩЕННАЯ С СОУСОМ СМЕТАННЫМ | 130 | 23.2 | | 13.1 | 2.1 | 219.2 | 0.00 | 0.15 | 0.03 | 0.14 | 0.09 | | 0.02 | 9.18 | 1.52 | 8.31 | 0.10 | 18.28 | 0.83 | 0.00 | 0.00 | 227 | 2011 |
| РИС ОТВАРНОЙ | 200 | 4.9 | | 7.9 | 51.3 | 295.9 | 0.05 | 0.00 | 0.04 | 0.52 | 0.14 | | 0.04 | 6.06 | 32.13 | 97.76 | 0.66 | 72.75 | 1.00 | 0.04 | 0.01 | 304 | 2011 |
| КОМПОТ ИЗ АПЕЛЬСИНОВ | 200 | 0.5 | | 0.1 | 34.0 | 141.0 | 0.02 | 12.00 | 0.00 | 0.10 | 0.00 | | 0.00 | 18.00 | 7.00 | 12.00 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 346 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **940** | **36.8** | | **26.1** | **136.6** | **932.6** | **0.32** | **45.15** | **0.44** | **2.57** | **0.23** | | **0.14** | **71.04** | **83.65** | **242.0** | **3.56** | **169.8** | **2.95** | **0.05** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 325.0 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| СОК ЯБЛОЧНЫЙ | 250 | 1.3 | | 0.3 | 25.3 | 107.5 | 0.03 | 5.00 | 0.00 | 0.00 | 0.00 | | 0.03 | 17.50 | 10.00 | 17.50 | 3.50 | 300.00 | 2.50 | 0.00 | 0.00 | 389 | 2011 |
| **Итого за прием пищи:** | **350** | **13.9** | | **6.9** | **72.1** | **432.5** | **0.15** | **5.06** | **0.08** | **0.34** | **0.22** | | **0.19** | **75.68** | **26.12** | **136.48** | **4.46** | **428.90** | **5.22** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **65.8** | | **87.2** | **280.0** | **1905.1** | **0.66** | **62.13** | **0.65** | **4.69** | **0.5** | | **0.52** | **384.8** | **149.4** | **576.8** | **12.2** | **930.5** | **10.2** | **0.08** | **0.03** |  |  |
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| **2 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КОТЛЕТЫ РУБЛЕНЫЕ ИЗ ПТИЦЫ С СОУСОМ ТОМАТНЫМ | 130 | 18.1 | | 13.8 | 16.5 | 218.0 | 0.09 | 15.6 | 0.14 | 3.51 | 0.00 | | 0.00 | 79.8 | 37.0 | 159.7 | 1.9 | 0.00 | 0.00 | 0.00 | 0.00 | 314 | 2008 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 200 | 7.6 | | 6.5 | 46.5 | 274.7 | 0.14 | 0.00 | 0.03 | 0.15 | 0.10 | | 0.06 | 41.16 | 30.62 | 78.15 | 1.42 | 126.51 | 0.00 | 0.02 | 0.02 | 202 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2.3 | | 0.2 | 15.1 | 71.1 | 0.05 | 0.00 | 0.00 | 0.59 | 0.00 | | 0.02 | 6.90 | 9.90 | 25.20 | 0.60 | 38.70 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **560** | **28.3** | | **20.5** | **93.3** | **625.9** | **0.28** | **15.67** | **0.17** | **4.25** | **0.10** | | **0.10** | **144.01** | **86.09** | **275.6** | **5.17** | **208.4** | **0.00** | **0.02** | **0.02** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ МОРКОВИ И ЯБЛОК | 100 | 0.8 | | 5.1 | 13.4 | 104.4 | 0.03 | 2.78 | 1.06 | 2.70 | 0.00 | | 0.04 | 30.63 | 21.23 | 30.59 | 1.34 | 225.72 | 3.51 | 0.03 | 0.00 | 40 | 2011 |
| БОРЩ СИБИРСКИЙ | 250 | 8.2 | | 5.8 | 10.4 | 127.0 | 0.05 | 10.00 | 0.20 | 0.30 | 0.00 | | 0.00 | 47.00 | 29.00 | 101.00 | 1.90 | 0.00 | 0.00 | 0.00 | 0.00 | 80 | 2008 |
| ЖАРКОЕ ПО-ДОМАШНЕМУ | 200 | 23.9 | | 23.1 | 21.2 | 413.5 | 0.2 | 11.50 | 0.00 | 1.00 | 0.1 | | 0.2 | 24.70 | 50.70 | 250.20 | 4.00 | 1 156.8 | 15.50 | 0.10 | 0.00 | 259 | 2011 |
| КИСЕЛЬ | 200 | 0.1 | | 0.1 | 27.9 | 113.0 | 0.01 | 2.00 | 0.00 | 0.10 | 0.00 | | 0.00 | 5.00 | 2.00 | 8.00 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 411 | 2008 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **810** | **37.4** | | **34.6** | **101.5** | **893.4** | **0.39** | **26.35** | **1.3** | **5.34** | **0.1** | | **0.28** | **120.1** | **118.9** | **440.8** | **9.14** | **1 461.3** | **20.16** | **0.14** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 308.6 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| КОМПОТ ИЗ СВЕЖИХ ЯГОД | 250 | 0.4 | | 0.2 | 26.9 | 112.8 | 0.01 | 30.00 | 0.01 | 0.27 | 0.00 | | 0.02 | 21.36 | 12.41 | 11.14 | 0.44 | 132.65 | 0.38 | 0.01 | 0.00 | 375 | 2011 |
| **Итого за прием пищи:** | **350** | **13.0** | | **6.8** | **74.0** | **421.4** | **0.13** | **30.06** | **0.09** | **0.61** | **0.22** | | **0.18** | **79.88** | **28.53** | **130.1** | **1.13** | **261.6** | **3.47** | **0.03** | **0.02** |  |  |
| **Всего за день:** | | **78.7** | | **62.0** | **269.0** | **1917.1** | **0.80** | **72.08** | **1.56** | **10.20** | **0.42** | | **0.56** | **344.0** | **231.8** | **842.5** | **15.44** | **1 931.1** | **23.63** | **0.19** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **3 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАПЕКАНКА ИЗ ТВОРОГА С ЯБЛОКАМИ (С МОЛОКОМ СГУЩЕННЫМ) | 230 | 34.0 | | 17.4 | 30.9 | 424.0 | 0.1 | 0.00 | 0.00 | 1.02 | 0.00 | | 0.00 | 293.00 | 46.00 | 408.00 | 1.50 | 0.00 | 0.00 | 0.00 | 0.00 | 224 | 2008 |
| ЯЙЦА ВАРЕНЫЕ | 40 | 5.1 | | 4.6 | 0.3 | 63.0 | 0.03 | 0.00 | 0.10 | 0.20 | 0.00 | | 0.00 | 22.00 | 5.00 | 77.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 209 | 2011 |
| КОФЕЙНЫЙ НАПИТОК | 200 | 1.5 | | 1.3 | 22.4 | 107.0 | 0.02 | 1.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 61.00 | 7.00 | 45.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 432 | 2008 |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 1.2 | | 0.26 | 10.7 | 56.76 | 0.05 | 79.2 | 0.01 | 0.29 | 0.00 | | 0.04 | 44.88 | 17.2 | 30.36 | 0.40 | 260 | 2.64 | 0.03 | 0.00 | 338 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **590** | **43.3** | | **23.6** | **74.0** | **698.1** | **0.23** | **80.2** | **0.12** | **1.90** | **0.00** | | **0.05** | **425.5** | **81.8** | **577.1** | **4.3** | **285.8** | **2.64** | **0.03** | **0.00** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ ( ОГУРЕЦ ,ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 100 | 0.8 | | 0.1 | 2.5 | 14.1 | 0.03 | 10.05 | 0.01 | 0.10 | 0.00 | | 0.04 | 23.12 | 14.07 | 42.21 | 1.01 | 141.71 | 3.02 | 0.02 | 0.00 | 71 | 2011 |
| СУП КАРТОФЕЛЬНЫЙ С ПЕЛЬМЕНЯМИ | 250 | 2.0 | | 2.8 | 15.3 | 94.6 | 0.10 | 7.60 | 0.20 | 1.22 | 0.00 | | 0.06 | 22.86 | 24.49 | 55.90 | 0.97 | 535.06 | 5.18 | 0.04 | 0.00 | 88 | 2011 |
| ПТИЦА ИЛИ КРОЛИК ТУШЕННЫЕ В СОУСЕ | 100 | 19.3 | | 23.4 | 0.0 | 287.0 | 0.06 | 0.79 | 0.08 | 1.90 | 0.00 | | 0.14 | 16.67 | 17.91 | 162.23 | 1.58 | 211.92 | 6.55 | 0.13 | 0.02 | 290 | 2011 |
| ГОРОХ ОТВАРНОЙ | 200 | 21.6 | | 6.9 | 45.1 | 328.5 | 0.59 | 0.00 | 0.03 | 8.93 | 0.10 | | 0.13 | 77.98 | 76.43 | 197.30 | 6.09 | 706.43 | 4.92 | 0.03 | 0.00 | 197 | 2011 |
| СОК ЯБЛОЧНЫЙ | 200 | 1.0 | | 0.2 | 20.2 | 86.0 | 0.02 | 4.00 | 0.00 | 0.00 | 0.00 | | 0.02 | 14.00 | 8.00 | 14.00 | 2.80 | 240.00 | 2.00 | 0.00 | 0.00 | 389 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **910** | **49.1** | | **33.9** | **111.7** | **945.7** | **0.9** | **22.4** | **0.32** | **13.37** | **0.10** | | **0.43** | **167.4** | **157.9** | **522.6** | **14.1** | **1 913.9** | **22.8** | **0.23** | **0.02** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 380.4 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| ЧАЙ С ЛИМОНОМ | 250 | 0.5 | | 0.0 | 19.2 | 79.8 | 0.00 | 1.04 | 0.00 | 0.00 | 0.00 | | 0.02 | 29.42 | 12.87 | 16.76 | 1.60 | 63.73 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| **Итого за прием пищи:** | **350** | **13.1** | | **6.6** | **66.0** | **460.2** | **0.12** | **1.10** | **0.08** | **0.34** | **0.22** | | **0.18** | **87.60** | **28.99** | **135.74** | **2.56** | **192.63** | **2.72** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **105.5** | | **64.1** | **251.7** | **2104.0** | **1.25** | **103.7** | **0.52** | **15.61** | **0.32** | | **0.66** | **680.5** | **268.7** | **1235.4** | **20.96** | **2392.3** | **28.2** | **0.28** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **4 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| РЫБА, ТУШЕННАЯ В ТОМАТЕ С ОВОЩАМИ | 100 | 10.1 | | 5.4 | 3.2 | 102.7 | 0.08 | 1.59 | 0.57 | 2.48 | 0.00 | | 0.08 | 39.15 | 42.50 | 153.38 | 0.84 | 354.65 | 93.75 | 0.41 | 0.01 | 229 | 2011 |
| ПЮРЕ КАРТОФЕЛЬНОЕ/КАРТОФЕЛЬ ОТВАРНОЙ | 200 | 4.2 | | 7.0 | 28.4 | 326.7 | 0.16 | 13.81 | 0.05 | 0.33 | 0.11 | | 0.15 | 46.60 | 38.66 | 111.65 | 1.57 | 1 013.5 9 | 11.23 | 0.05 | 0.00 | 128 | 2011 |
| ЧАЙ С ЛИМОНОМ | 200 | 0.4 | | 0.0 | 15.4 | 63.7 | 0.00 | 0.84 | 0.00 | 0.00 | 0.00 | | 0.02 | 23.62 | 10.37 | 13.56 | 1.30 | 51.47 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ЙОГУРТ | 135 | 3.8 | | 3.4 | 6.1 | 76.3 | 0.04 | 0.95 | 0.03 | 0.00 | 0.00 | | 0.23 | 162.00 | 18.90 | 128.25 | 0.00 | 197.10 | 0.00 | 0.03 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **655** | **19.9** | | **15.9** | **63.1** | **616.8** | **0.31** | **17.19** | **0.65** | **3.20** | **0.11** | | **0.49** | **275.97** | **117.03** | **423.64** | **4.11** | **1 642.6** | **104.98** | **0.49** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ " ДАРЫ ОСЕНИ" | 100 | 1.6 | | 10.1 | 7.4 | 127.3 | 0.03 | 28.06 | 0.30 | 4.51 | 0.00 | | 0.00 | 45.09 | 21.04 | 37.07 | 1.10 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 2008 |
| СУП С ВЕРМИШЕЛЬЮ | 250 | 1.7 | | 2.8 | 13.3 | 85.2 | 0.09 | 6.60 | 0.20 | 1.21 | 0.00 | | 0.05 | 21.22 | 21.79 | 49.37 | 0.86 | 464.03 | 4.55 | 0.03 | 0.00 | 103 | 2011 |
| БЕФСТРОГАНОВ ИЗ ОТВАРНОГО МЯСА | 100 | 15.0 | | 13.7 | 1.8 | 193.7 | 0.03 | 0.01 | 0.01 | 0.46 | 0.00 | | 0.09 | 13.86 | 15.28 | 127.04 | 1.79 | 274.48 | 6.54 | 0.04 | 0.00 | 245 | 2011 |
| КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ | 200 | 4.8 | | 6.1 | 50.1 | 274.0 | 0.04 | 0.00 | 0.04 | 0.40 | 0.00 | | 0.00 | 14.63 | 34.58 | 103.74 | 0.80 | 0.00 | 0.00 | 0.00 | 0.00 | 323 | 2008 |
| КОМПОТ ИЗ СВЕЖИХ ПЛОДОВ | 200 | 0.2 | | 0.2 | 23.2 | 95.7 | 0.01 | 1.60 | 0.00 | 0.25 | 0.00 | | 0.01 | 19.81 | 5.92 | 3.96 | 0.79 | 112.82 | 0.80 | 0.00 | 0.00 | 342 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **910** | **27.7** | | **33.4** | **124.4** | **911.4** | **0.3** | **36.3** | **0.55** | **8.05** | **0.00** | | **0.19** | **127.4** | **115.6** | **372.2** | **6.94** | **1930.1** | **13.01** | **0.08** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 385.2 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 250 | 0.0 | | 0.0 | 19.4 | 77.4 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 10.64 | 2.29 | 0.00 | 0.00 | 1.36 | 0.00 | 0.01 | 0.00 | 349 | 2011 |
| **Итого за прием пищи:** | **350** | **12.6** | | **6.6** | **66.1** | **462.6** | **0.12** | **0.06** | **0.09** | **0.34** | **0.22** | | **0.16** | **68.82** | **18.41** | **118.98** | **0.96** | **130.26** | **2.72** | **0.03** | **0.02** |  |  |
| **Всего за день:** | | **60.2** | | **55.9** | **253.6** | **1990.8** | **0.73** | **53.6** | **1.3** | **11.6** | **0.33** | | **0.74** | **472.2** | **251.0** | **914.8** | **12.01** | **3702.9** | **120.7** | **0.6** | **0.03** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **5 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ ( ОГУРЕЦ ,ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 100 | 0.8 | | 0.1 | 2.5 | 14.1 | 0.03 | 10.05 | 0.01 | 0.10 | 0.00 | | 0.04 | 23.12 | 14.07 | 42.21 | 1.01 | 141.71 | 3.02 | 0.02 | 0.00 | 71 | 2011 |
| ПЛОВ ИЗ ОТВАРНОЙ ГОВЯДИНЫ | 200 | 23.2 | | 24.0 | 33.8 | 443.5 | 0.09 | 0.48 | 0.22 | 3.71 | 0.00 | | 0.15 | 18.45 | 44.25 | 235.52 | 2.95 | 436.94 | 9.28 | 0.09 | 0.01 | 244 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| СОК ФРУКТОВЫЙ ( ИНД.УПАК.) | 200 | 1.0 | | 0.2 | 19.6 | 83.4 | 0.02 | 1.60 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.60 | 7.20 | 12.60 | 2.52 | 240.00 | 2.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **720** | **26.8** | | **24.4** | **81.1** | **650.5** | **0.17** | **12.2** | **0.23** | **4.2** | **0.00** | | **0.24** | **74.92** | **80.9** | **315.74** | **8.13** | **887.7** | **14.3** | **0.11** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ СВЕЖИХ ОВОЩЕЙ | 100 | 0.9 | | 6.0 | 3.6 | 73.0 | 0.04 | 6.68 | 0.06 | 2.77 | 0.00 | | 0.03 | 10.60 | 5.92 | 19.60 | 0.43 | 70.35 | 1.41 | 0.01 | 0.00 | 24 | 2011 |
| СУП С РЫБНЫМИ КОНСЕРВАМИ | 250 | 9.1 | | 3.4 | 16.5 | 133.2 | 0.08 | 7.32 | 0.36 | 0.32 | 0.06 | | 0.08 | 28.69 | 26.40 | 57.51 | 0.94 | 464.17 | 4.61 | 0.03 | 0.00 | 87 | 2011 |
| КНЕЛИ КУРИНЫЕ С СОУСОМ ТОМАТНЫМ | 130 | 19.8 | | 22.0 | 5.0 | 296.3 | 0.08 | 1.35 | 0.18 | 0.60 | 0.27 | | 0.18 | 33.49 | 22.57 | 180.79 | 1.93 | 221.13 | 8.81 | 0.13 | 0.02 | 319 | 2008 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 200 | 7.6 | | 6.5 | 46.5 | 274.7 | 0.14 | 0.00 | 0.03 | 0.15 | 0.10 | | 0.06 | 41.16 | 30.62 | 78.15 | 1.42 | 126.51 | 0.00 | 0.02 | 0.02 | 202 | 2011 |
| КОМПОТ ИЗ СВЕЖИХ ЯГОД | 200 | 0.2 | | 0.1 | 22.4 | 92.5 | 0.01 | 1.80 | 0.01 | 0.10 | 0.00 | | 0.01 | 17.36 | 8.58 | 8.10 | 0.14 | 77.92 | 0.60 | 0.00 | 0.00 | 375 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **940** | **38.9** | | **38.5** | **122.6** | **910.5** | **0.45** | **17.2** | **0.64** | **5.16** | **0.43** | | **0.4** | **144.1** | **111.0** | **395.1** | **6.5** | **1038.8** | **16.5** | **0.2** | **0.04** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 385.0 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| СНЕЖОК | 250 | 7.5 | | 0.3 | 10.0 | 77.5 | 0.10 | 2.50 | 0.00 | 0.00 | 0.00 | | 0.00 | 315.00 | 37.50 | 245.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **350** | **20.1** | | **6.9** | **56.8** | **462.5** | **0.22** | **2.56** | **0.08** | **0.34** | **0.22** | | **0.16** | **373.18** | **53.62** | **363.98** | **0.96** | **128.90** | **2.72** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **85.8** | | **69.8** | **260.5** | **2023.5** | **0.84** | **32.0** | **0.95** | **9.7** | **0.65** | | **0.8** | **592.2** | **245.5** | **1074.8** | **15.6** | **2055.4** | **33.5** | **0.33** | **0.07** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **6 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КАША "ДРУЖБА" | 200 | 4.6 | | 8.3 | 24.4 | 191.4 | 0.07 | 0.52 | 0.04 | 0.44 | 0.09 | | 0.12 | 111.38 | 24.13 | 107.72 | 0.46 | 178.52 | 9.59 | 0.01 | 0.00 | 190 | 2008 |
| БУТЕРБРОД С МАСЛОМ (БАТОН) | 30 | 1.6 | | 8.8 | 10.4 | 127.2 | 0.02 | 0.00 | 0.07 | 0.22 | 0.15 | | 0.02 | 5.00 | 2.60 | 14.90 | 0.22 | 19.90 | 0.00 | 0.00 | 0.00 | 1 | 2008 |
| КАКАО С МОЛОКОМ | 200 | 3.8 | | 3.0 | 24.4 | 141.0 | 0.03 | 0.52 | 0.02 | 0.00 | 0.00 | | 0.12 | 111.43 | 27.49 | 95.58 | 0.87 | 207.29 | 9.00 | 0.00 | 0.00 | 382 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **550** | **12.0** | | **20.6** | **79.1** | **554.2** | **0.18** | **11.09** | **0.14** | **1.68** | **0.24** | | **0.29** | **248.5** | **68.76** | **246.06** | **4.16** | **711.0** | **20.6** | **0.02** | **0.00** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ВИТАМИННЫЙ (1 ВАРИАНТ) | 100 | 0.9 | | 6.2 | 5.3 | 82.1 | 0.05 | 12.55 | 0.54 | 2.93 | 0.00 | | 0.03 | 23.69 | 18.14 | 30.98 | 1.24 | 216.10 | 2.73 | 0.01 | 0.00 | 48 | 2011 |
| СУП КАРТОФЕЛЬНЫЙ С БОБОВЫМИ | 250 | 5.7 | | 5.4 | 18.9 | 147.2 | 0.19 | 4.65 | 0.25 | 4.07 | 0.00 | | 0.07 | 36.14 | 33.31 | 78.28 | 1.92 | 473.23 | 4.45 | 0.04 | 0.00 | 102 | 2011 |
| КОТЛЕТЫ ИЛИ БИТОЧКИ РЫБНЫЕ ЗАПЕЧЕННЫЕ С СОУСОМ СМЕТАННЫМ | 130 | 18.1 | | 11.3 | 10.6 | 220.0 | 0.03 | 0.04 | 0.06 | 0.69 | 0.34 | | 0.07 | 24.33 | 8.20 | 45.04 | 0.66 | 60.66 | 3.75 | 0.01 | 0.00 | 234 | 2011 |
| РИС ПРИПУЩЕННЫЙ С КУКУРУЗОЙ | 200 | 4.4 | | 9.4 | 42.7 | 272.8 | 0.06 | 0.56 | 0.00 | 4.25 | 0.00 | | 0.03 | 6.71 | 28.84 | 86.54 | 0.61 | 72.06 | 0.81 | 0.03 | 0.01 | 304 | 2011 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 200 | 0.0 | | 0.0 | 15.5 | 61.9 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 8.52 | 1.83 | 0.00 | 0.00 | 1.09 | 0.00 | 0.01 | 0.00 | 349 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **940** | **33.5** | | **32.8** | **121.6** | **919.5** | **0.43** | **17.8** | **0.86** | **13.16** | **0.34** | | **0.24** | **112.2** | **107.3** | **291.8** | **6.03** | **904.3** | **12.9** | **0.11** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 314.4 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| КОМПОТ ИЗ СВЕЖИХ ЯГОД | 250 | 0.4 | | 0.2 | 26.9 | 112.8 | 0.01 | 30.00 | 0.01 | 0.27 | 0.00 | | 0.02 | 21.36 | 12.41 | 11.14 | 0.44 | 132.65 | 0.38 | 0.01 | 0.00 | 375 | 2011 |
| **Итого за прием пищи:** | **350** | **13.0** | | **6.8** | **73.6** | **427.1** | **0.13** | **30.06** | **0.09** | **0.61** | **0.22** | | **0.18** | **79.54** | **28.53** | **130.12** | **1.40** | **261.55** | **3.10** | **0.03** | **0.02** |  |  |
| **Всего за день:** | | **58.6** | | **60.2** | **274.3** | **1900.8** | **0.74** | **59.5** | **1.09** | **15.5** | **0.8** | | **0.71** | **440.2** | **204.6** | **667.9** | **11.6** | **1876.85** | **36.6** | **0.16** | **0.03** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **7 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОМЛЕТ С СЫРОМ | 200 | 23.0 | | 39.6 | 3.4 | 463.1 | 0.09 | 0.32 | 0.49 | 3.17 | 3.22 | | 0.61 | 293.57 | 26.33 | 360.27 | 3.23 | 280.38 | 30.78 | 0.07 | 0.04 | 211 | 2011 |
| ЙОГУРТ | 135 | 3.8 | | 3.4 | 6.1 | 76.3 | 0.04 | 0.95 | 0.03 | 0.00 | 0.00 | | 0.23 | 162.00 | 18.90 | 128.25 | 0.00 | 197.10 | 0.00 | 0.03 | 0.00 | ПР |  |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **555** | **28.7** | | **43.1** | **34.7** | **648.9** | **0.16** | **1.34** | **0.52** | **3.56** | **3.22** | | **0.87** | **476.32** | **60.40** | **517.93** | **4.88** | **546.51** | **30.78** | **0.10** | **0.04** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ СВЕЖИХ ПОМИДОРОВ С ЛУКОМ | 100 | 1.1 | | 6.0 | 4.6 | 78.7 | 0.04 | 8.17 | 0.10 | 2.85 | 0.00 | | 0.03 | 6.75 | 3.05 | 12.75 | 0.22 | 42.35 | 0.73 | 0.01 | 0.00 | 23 | 2011 |
| СУП ИЗ ОВОЩЕЙ | 250 | 1.8 | | 5.1 | 10.8 | 96.7 | 0.09 | 8.50 | 0.20 | 2.33 | 0.00 | | 0.05 | 29.47 | 21.02 | 46.13 | 0.86 | 366.49 | 3.90 | 0.03 | 0.00 | 99 | 2011 |
| ПТИЦА ТУШЕНАЯ В СМЕТАННО-ТОМАТНОМ СОУСЕ | 100 | 19.1 | | 19.5 | 2.0 | 259.8 | 0.05 | 1.36 | 0.09 | 0.24 | 0.00 | | 0.15 | 20.14 | 19.33 | 162.03 | 1.63 | 239.75 | 6.97 | 0.13 | 0.02 | 290 | 2011 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 200 | 7.6 | | 6.5 | 46.5 | 274.7 | 0.14 | 0.00 | 0.03 | 0.15 | 0.10 | | 0.06 | 41.16 | 30.62 | 78.15 | 1.42 | 126.51 | 0.00 | 0.02 | 0.02 | 202 | 2011 |
| КОМПОТ ИЗ КУРАГИ | 200 | 0.0 | | 0.0 | 19.4 | 77.4 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 9.27 | 1.98 | 0.00 | 0.00 | 1.26 | 0.00 | 0.00 | 0.00 | 348 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | **3.1** | | **0.3** | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **910** | **34.0** | | **34.6** | **112.0** | **922.8** | **0.42** | **18.03** | **0.42** | **6.8** | **0.1** | | **0.33** | **119.6** | **93.0** | **350.0** | **5.73** | **855.8** | **12.8** | **0.2** | **0.04** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 325.0 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| СОК ФРУКТОВЫЙ ИЛИ ЯГОДНЫЙ | 250 | 1.3 | | 0.3 | 25.3 | 107.5 | 0.03 | 5.00 | 0.00 | 0.00 | 0.00 | | 0.03 | 17.50 | 10.00 | 17.50 | 3.50 | 300.00 | 2.50 | 0.00 | 0.00 | 389 | 2011 |
| **Итого за прием пищи:** | **350** | **13.9** | | **6.9** | **72.0** | **432.5** | **0.15** | **5.06** | **0.08** | **0.34** | **0.22** | | **0.19** | **75.68** | **26.12** | **136.48** | **4.46** | **428.90** | **5.22** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **76.6** | | **84.6** | **218.7** | **2004.2** | **0.73** | **24.4** | **1.02** | **10.7** | **3.54** | | **1.4** | **671.6** | **179.5** | **1004.4** | **15.07** | **1831.2** | **48.8** | **0.32** | **0.1** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **8 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| РЫБА ЗАПЕЧЕННАЯ С СОУСОМ СМЕТАННЫМ | 130 | 22.4 | | 13.3 | 3.7 | 224.9 | 0.01 | 0.02 | 0.02 | 1.55 | 0.00 | | 0.01 | 16.14 | 2.23 | 11.65 | 0.09 | 23.03 | 1.48 | 0.00 | 0.00 | 232 | 2011 |
| КАША РАССЫПЧАТАЯ С ОВОЩАМИ (ГРЕЧНЕВАЯ) | 200 | 11.7 | | 7.1 | 53.6 | 325.8 | 0.31 | 1.26 | 0.49 | 6.36 | 0.08 | | 0.18 | 33.25 | 174.51 | 267.09 | 6.15 | 428.61 | 4.78 | 0.04 | 0.01 | 166 | 2011 |
| ЧАЙ С ЛИМОНОМ | 200 | 0.4 | | 0.0 | 15.4 | 63.7 | 0.00 | 0.84 | 0.00 | 0.00 | 0.00 | | 0.02 | 23.62 | 10.37 | 13.56 | 1.30 | 51.47 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 1.2 | | 0.26 | 10.7 | 56.76 | 0.05 | 79.2 | 0.01 | 0.29 | 0.00 | | 0.04 | 44.88 | 17.2 | 30.36 | 0.40 | 260 | 2.64 | 0.03 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **650** | **37.2** | | **20.8** | **93.4** | **718.6** | **0.4** | **81.3** | **0.52** | **8.60** | **0.08** | | **0.26** | **122.5** | **210.1** | **339.5** | **8.34** | **788.9** | **8.9** | **0.07** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ ( ОГУРЕЦ, ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 100 | 0.8 | | 0.1 | 2.5 | 14.1 | 0.03 | 10.05 | 0.01 | 0.10 | 0.00 | | 0.04 | 23.12 | 14.07 | 42.21 | 1.01 | 141.71 | 3.02 | 0.02 | 0.00 | 71 | 2011 |
| СУП-ЛАПША ДОМАШНЯЯ | 250 | 0.87 | | 5.0 | 7.1 | 116.0 | 0.03 | 3.57 | 0.00 | 2.16 | 0.00 | | 0.02 | 17.63 | 11.72 | 26.4 | 0.46 | 244.03 | 2.28 | 0.01 | 0.00 | 113 | 2011 |
| ПЛОВ ИЗ ОТВАРНОЙ ГОВЯДИНЫ | 200 | 23.2 | | 24.0 | 33.8 | 443.5 | 0.09 | 0.48 | 0.22 | 3.71 | 0.00 | | 0.15 | 18.45 | 44.25 | 235.52 | 2.95 | 436.94 | 9.28 | 0.09 | 0.01 | 244 | 2011 |
| НАПИТОК ИЗ ЧЕРНОЙ СМОРОДИНЫ | 200 | 0.3 | | 0.1 | 25.1 | 103.9 | 0.01 | 20.70 | 0.01 | 0.19 | 0.00 | | 0.01 | 17.04 | 9.05 | 7.69 | 0.31 | 91.88 | 0.26 | 0.00 | 0.00 | 437 | 2008 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **810** | **29.6** | | **29.7** | **97.1** | **813.0** | **0.23** | **34.6** | **0.24** | **7.4** | **0.00** | | **0.3** | **89.0** | **96.0** | **362.8** | **6.33** | **993.4** | **15.9** | **0.13** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 340.0 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| РЯЖЕНКА | 250 | 7.5 | | 2.5 | 10.5 | 100.0 | 0.05 | 1.25 | 0.00 | 0.00 | 0.00 | | 0.00 | 310.00 | 35.00 | 230.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **350** | **20.1** | | **9.1** | **57.3** | **440.0** | **0.17** | **1.31** | **0.08** | **0.34** | **0.22** | | **0.16** | **368.18** | **51.12** | **348.98** | **0.96** | **128.90** | **2.72** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **86.9** | | **59.6** | **247** | **1971.6** | **0.8** | **117.2** | **0.84** | **16.3** | **0.3** | | **0.72** | **579.7** | **357.2** | **1051.0** | **15.6** | **1911.2** | **27.5** | **0.22** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ПУДИНГ ИЗ ТВОРОГА С ДЖЕМОМ | 230 | 28.5 | | 19.6 | 44.6 | 471.2 | 0.06 | 5.16 | 0.08 | 2.22 | 0.10 | | 0.33 | 239.82 | 35.53 | 296.01 | 0.89 | 252.96 | 2.38 | 0.04 | 0.04 | 224 | 2008 |
| КОФЕЙНЫЙ НАПИТОК | 200 | 1.5 | | 1.3 | 22.4 | 107.0 | 0.02 | 1.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 61.00 | 7.00 | 45.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 432 | 2008 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| СОК ФРУКТОВЫЙ ( ИНД.УПАК.) | 200 | 1.0 | | 0.2 | 19.6 | 83.4 | 0.02 | 1.60 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.60 | 7.20 | 12.60 | 2.52 | 240.00 | 2.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **650** | **32.5** | | **21.2** | **96.6** | **709.0** | **0.13** | **7.76** | **0.09** | **2.61** | **0.10** | | **0.36** | **318.02** | **56.3** | **370.4** | **4.81** | **518.8** | **4.38** | **0.04** | **0.04** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ " ШКОЛЬНЫЙ ВАЛЬС" | 100 | 4.9 | | 9.2 | 1.4 | 108.0 | 0.03 | 3.23 | 0.05 | 2.37 | 0.00 | | 0.05 | 16.09 | 10.67 | 51.69 | 0.62 | 107.59 | 1.96 | 0.04 | 0.01 | 50 | 2011 |
| СУП ПОЛЕВОЙ | 250 | 2.9 | | 3.0 | 20.2 | 119.4 | 0.12 | 6.60 | 0.20 | 1.47 | 0.00 | | 0.05 | 23.65 | 29.26 | 70.34 | 1.13 | 485.13 | 5.00 | 0.03 | 0.00 | 101 | 2011 |
| ТЕФТЕЛИ МЯСНЫЕ С СОУСОМ ТОМАТНЫМ (2 ВАРИАНТ) | 130 | 15.6 | | 18.5 | 14.0 | 283.7 | 0.07 | 1.35 | 0.09 | 2.12 | 0.00 | | 0.08 | 15.34 | 23.46 | 144.97 | 2.03 | 292.60 | 6.16 | 0.05 | 0.00 | 279 | 2011 |
| ПЮРЕ КАРТОФЕЛЬНОЕ/КАРТОФЕЛЬ ОТВАРНОЙ | 200 | 4.2 | | 7.0 | 28.5 | 194.2 | 0.17 | 13.84 | 0.05 | 0.32 | 0.11 | | 0.15 | 46.70 | 38.76 | 111.92 | 1.57 | 1 016.1 | 11.25 | 0.05 | 0.00 | 128 | 2011 |
| КОМПОТ ИЗ СВЕЖИХ ПЛОДОВ | 200 | 0.2 | | 0.2 | 23.2 | 95.7 | 0.01 | 1.60 | 0.00 | 0.25 | 0.00 | | 0.01 | 19.81 | 5.92 | 3.96 | 0.79 | 112.82 | 0.80 | 0.00 | 0.00 | 342 | 2011 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **940** | **32.2** | | **38.4** | **115.9** | **930.5** | **0.5** | **26.6** | **0.4** | **7.8** | **0.11** | | **0.4** | **134.4** | **125.07** | **453.9** | **7.74** | **2093.0** | **26.3** | **0.2** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 384.4 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| ЧАЙ С САХАРОМ | 250 | 0.4 | | 0.0 | 19.1 | 77.8 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | | 0.02 | 20.08 | 10.63 | 15.57 | 1.55 | 53.41 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| **Итого за прием пищи:** | **350** | **13.1** | | **6.6** | **65.8** | **462.2** | **0.12** | **0.14** | **0.08** | **0.34** | **0.22** | | **0.18** | **78.26** | **26.75** | **134.55** | **2.51** | **182.31** | **2.72** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **77.8** | | **66.2** | **278.3** | **2101.7** | **0.75** | **34.5** | **0.6** | **10.8** | **0.43** | | **0.94** | **530.7** | **208.1** | **958.8** | **15.06** | **2794.0** | **33.4** | **0.26** | **0.07** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ,ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 100 | 1.1 | | 0.2 | 3.8 | 24.0 | 0.06 | 25.00 | 0.17 | 0.39 | 0.00 | | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 71 | 2011 |
| КОТЛЕТЫ ИЛИ БИТОЧКИ С СОУСОМ ТОМАТНЫМ | 130 | 18.0 | | 20.3 | 6.4 | 278.3 | 0.06 | 0.62 | 0.08 | 1.94 | 0.00 | | 0.10 | 11.83 | 22.07 | 152.29 | 2.28 | 313.53 | 6.68 | 0.05 | 0.00 | 268 | 2011 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 200 | 7.6 | | 6.5 | 46.5 | 274.7 | 0.14 | 0.00 | 0.03 | 0.15 | 0.10 | | 0.06 | 41.16 | 30.62 | 78.15 | 1.42 | 126.51 | 0.00 | 0.02 | 0.02 | 202 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **650** | **28.5** | | **27.1** | **81.9** | **686.5** | **0.29** | **25.7** | **0.28** | **2.9** | **0.10** | | **0.23** | **73.7** | **67.9** | **259.9** | **5.35** | **503.07** | **6.7** | **0.07** | **0.02** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ВИНЕГРЕТ ОВОЩНОЙ | 100 | 1.3 | | 6.0 | 8.2 | 92.7 | 0.04 | 4.10 | 0.30 | 2.70 | 0.00 | | 0.04 | 24.13 | 18.68 | 40.48 | 0.87 | 284.05 | 3.85 | 0.02 | 0.00 | 67 | 2011 |
| ЩИ ИЗ СВЕЖЕЙ КАПУСТЫ С КАРТОФЕЛЕМ | 250 | 1.9 | | 5.1 | 9.1 | 90.3 | 0.07 | 12.50 | 0.26 | 2.29 | 0.00 | | 0.05 | 41.38 | 21.88 | 42.64 | 0.98 | 327.88 | 4.16 | 0.03 | 0.00 | 88 | 2011 |
| ГУЛЯШ | 100 | 15.7 | | 15.9 | 3.1 | 331.2 | 0.04 | 1.00 | 0.01 | 2.20 | 0.00 | | 0.00 | 14.00 | 20.00 | 150.00 | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 260 | 2011 |
| КАША ПШЕНИЧНАЯ РАССЫПЧАТАЯ (БУЛГУР) | 200 | 0.0 | | 6.2 | 0.1 | 55.9 | 0.00 | 0.00 | 0.04 | 0.17 | 0.12 | | 0.01 | 13.01 | 1.64 | 2.52 | 0.07 | 1.76 | 0.00 | 0.00 | 0.00 | 181 | 2008 |
| КИСЕЛЬ | 200 | 0.1 | | 0.1 | 27.9 | 113.0 | 0.01 | 2.00 | 0.00 | 0.10 | 0.00 | | 0.00 | 5.00 | 2.00 | 8.00 | 0.40 | 0.00 | 0.00 | 0.00 | 0.00 | 411 | 2008 |
| ХЛЕБ РЖАНОЙ | 20 | 1.3 | | 0.2 | 8.5 | 40.8 | 0.04 | 0.00 | 0.00 | 0.44 | 0.00 | | 0.02 | 3.60 | 3.80 | 17.40 | 0.80 | 27.20 | 1.12 | 0.00 | 0.00 | ПР |  |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3.1 | | 0.3 | 20.1 | 94.7 | 0.06 | 0.00 | 0.00 | 0.78 | 0.00 | | 0.02 | 9.20 | 13.20 | 33.60 | 0.80 | 51.60 | 0.00 | 0.01 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **910** | **23.4** | | **33.8** | **77.0** | **818.6** | **0.26** | **19.6** | **0.61** | **8.7** | **0.12** | | **0.14** | **110.3** | **81.2** | **294.6** | **5.92** | **692.5** | **9.13** | **0.06** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 100 | 12.6 | | 6.6 | 46.8 | 346.6 | 0.12 | 0.06 | 0.08 | 0.34 | 0.22 | | 0.16 | 58.18 | 16.12 | 118.98 | 0.96 | 128.90 | 2.72 | 0.02 | 0.02 | ПР |  |
| КОМПОТ ИЗ КУРАГИ | 250 | 0.0 | | 0.0 | 24.2 | 96.8 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 11.59 | 2.48 | 0.00 | 0.00 | 1.58 | 0.00 | 0.00 | 0.00 | 348 | 2011 |
| **Итого за прием пищи:** | **350** | **12.6** | | **6.6** | **71.0** | **443.3** | **0.12** | **0.06** | **0.08** | **0.34** | **0.22** | | **0.16** | **69.77** | **18.60** | **118.98** | **0.96** | **130.48** | **2.72** | **0.02** | **0.02** |  |  |
| **Всего за день:** | | **64.5** | | **67.5** | **230.0** | **1948.4** | **0.67** | **45.4** | **0.97** | **11.9** | **0.44** | | **0.53** | **253.8** | **167.7** | **673.5** | **12.2** | **1326.0** | **18.5** | **0.15** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | | | | | | | | | | | | | | | | | | | | | | | |