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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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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) | | 60 | | 0.7 | | | 0.1 | | 2.3 | | | 14.4 | | | | 0.04 | | 15.00 | | | 0.10 | | | 0.23 | | 0.00 | | | 0.02 | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | 0.00 | | 71 | | | | 2011 |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ | | 200 | | 2.2 | | | 3.4 | | 13.4 | | | 93.6 | | | | 0.07 | | 6.40 | | | 0.16 | | | 0.16 | | 0.00 | | | 0.00 | | | 20.00 | | | 20.80 | | | 58.40 | | | 0.80 | | | 0.00 | | | 0.00 | | | 0.00 | | 0.00 | | 96 | | | | 2011 |
| РЫБА, ПРИПУЩЕННАЯ С СОУСОМ СМЕТАННЫМ | | 120 | | 21.4 | | | 12.2 | | 2.1 | | | 204.0 | | | | 0.00 | | 0.14 | | | 0.03 | | | 0.13 | | 0.08 | | | 0.02 | | | 8.86 | | | 1.47 | | | 8.00 | | | 0.09 | | | 17.48 | | | 0.81 | | | 0.00 | | 0.00 | | 227 | | | | 2011 |
| РИС ОТВАРНОЙ | | 150 | | 3.7 | | | 5.9 | | 38.5 | | | 222.0 | | | | 0.03 | | 0.00 | | | 0.03 | | | 0.39 | | 0.10 | | | 0.03 | | | 4.54 | | | 24.10 | | | 73.32 | | | 0.50 | | | 54.56 | | | 0.75 | | | 0.03 | | 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:** | | **790** | | **32.9** | | | **22.2** | | **118.9** | | | **810.5** | | | | **0.62** | | **33.54** | | | **0.32** | | | **2.23** | | **0.18** | | | **0.11** | | | **62.0** | | | **74.0** | | | **202.7** | | | **3.19** | | | **150.8** | | | **2.7** | | | **0.04** | | **0.01** | |  | | | |  |
| **Полдник** | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | | 50 | | 6.3 | | | 3.3 | | 23.4 | | | 162.5 | | | | 0.06 | | 0.03 | | | 0.04 | | | 0.17 | | 0.11 | | | 0.08 | | | 29.09 | | | 8.06 | | | 59.49 | | | 0.48 | | | 64.45 | | | 1.36 | | | 0.01 | | 0.01 | | 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:** | | **300** | | **7.6** | | | **3.6** | | **48.9** | | | **270.0** | | | | **0.09** | | **5.03** | | | **0.04** | | | **0.17** | | **0.11** | | | **0.11** | | | **46.59** | | | **18.06** | | | **76.99** | | | **3.98** | | | **364.45** | | | **3.86** | | | **0.01** | | **0.01** | |  | | | |  |
| **Всего за день:** | | | **52.4** | | | | **43.8** | | **252.4** | | **1 607.9** | | | | **0.9** | | **50.49** | | | **0.49** | | | **4.18** | | **0.34** | | | **0.41** | | | **346.7** | | **131.66** | | | | **478.0** | | | **11.40** | | | **847.00** | | | **8.57** | | | **0.05** | | **0.02** | |  | | |  |
|  |  | | | |  |  | |  | |  | | |  | | | | | |  | | |  | | | | |  | | |  | | | |  | |  | | |  | | |  | | |  | | |  | | | |  | | |  | | | |  |  |  |  |  |
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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 | 120 | 16.7 | | 12.8 | 15.3 | 201.2 | 0.09 | 14.38 | 0.13 | 3.24 | 0.00 | | 0.00 | 73.73 | 34.16 | 147.46 | 1.80 | 0.00 | 0.00 | 0.00 | 0.00 | 314 | 2008 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 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:** | **500** | **25.4** | | **19.5** | **82.5** | **540.3** | **0.24** | **15.05** | **0.19** | **4.73** | **0.08** | | **0.09** | **131.50** | **78.10** | **248.10** | **4.84** | **209.30** | **0.40** | **0.01** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ МОРКОВИ И ЯБЛОК | 60 | 0.5 | | 3.0 | 4.6 | 48.7 | 0.03 | 1.67 | 0.63 | 1.62 | 0.00 | | 0.03 | 18.32 | 12.72 | 18.35 | 0.80 | 135.32 | 2.11 | 0.02 | 0.00 | 40 | 2011 |
| БОРЩ СИБИРСКИЙ | 200 | 6.6 | | 4.6 | 8.3 | 101.6 | 0.04 | 8.00 | 0.16 | 0.24 | 0.00 | | 0.00 | 37.60 | 23.20 | 80.80 | 1.52 | 0.00 | 0.00 | 0.00 | 0.00 | 80 | 2008 |
| ЖАРКОЕ ПО-ДОМАШНЕМУ | 200 | 23.9 | | 23.1 | 21.2 | 389.9 | 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:** | **720** | **35.5** | | **31.3** | **90.6** | **788.7** | **0.38** | **23.2** | **0.79** | **4.2** | **0.1** | | **0.09** | **98.42** | **105.6** | **408.3** | **8.32** | **1371** | **18.73** | **0.13** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 154.3 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.7** | | **3.5** | **50.3** | **267.1** | **0.07** | **30.03** | **0.05** | **0.44** | **0.11** | | **0.10** | **50.45** | **20.47** | **70.63** | **0.92** | **197.1** | **1.74** | **0.02** | **0.01** |  |  |
| **Всего за день:** | | **67.6** | | **54.3** | **223.4** | **1 561.1** | **0.69** | **68.28** | **1.03** | **52.93** | **0.29** | | **0.28** | **280.37** | **204.2** | **727.0** | **14.08** | **1 777.4** | **20.9** | **0.16** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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) | 180 | 26.6 | | 13.6 | 24.2 | 332.0 | 0.08 | 0.00 | 0.00 | 0.80 | 0.00 | | 0.00 | 230.00 | 36.00 | 320.00 | 1.20 | 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:** | **540** | **35.9** | | **19.9** | **67.6** | **606.2** | **0.21** | **80.2** | **0.12** | **1.68** | **0.00** | | **0.05** | **362.4** | **71.8** | **489** | **4.0** | **285.8** | **2.64** | **0.03** | **0.00** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ, ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 60 | 0,48 | | 0.06 | 1.51 | 8.44 | 0.02 | 6.03 | 0.01 | 0.06 | 0.00 | | 0.02 | 13.87 | 8.44 | 25.3 | 0.60 | 85.02 | 1.81 | 0.01 | 0.00 | 71 | 2011 |
| СУП КАРТОФЕЛЬНЫЙ С ПЕЛЬМЕНЯМИ | 200 | 1.6 | | 2.2 | 12.2 | 75.6 | 0.06 | 6.08 | 0.16 | 0.98 | 0.00 | | 0.05 | 18.28 | 19.59 | 44.72 | 0.77 | 428.05 | 4.14 | 0.02 | 0.00 | 88 | 2011 |
| ПТИЦА ИЛИ КРОЛИК ТУШЕННЫЕ В СОУСЕ | 90 | 17.4 | | 21.0 | 0.0 | 258.3 | 0.05 | 0.71 | 0.07 | 1.71 | 0.00 | | 0.13 | 15.02 | 16.11 | 146.04 | 1.41 | 190.76 | 5.90 | 0.12 | 0.02 | 290 | 2011 |
| ГОРОХ ОТВАРНОЙ | 150 | 16.2 | | 5.1 | 33.8 | 246.2 | 0.44 | 0.00 | 0.02 | 6.70 | 0.08 | | 0.10 | 58.50 | 57.33 | 148.00 | 4.57 | 529.92 | 3.69 | 0.02 | 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:** | **760** | **41.08** | | **29** | **96.3** | **810.04** | **0.69** | **16.82** | **0.26** | **11.01** | **0.08** | | **0.39** | **123.4** | **124.6** | **413.4** | **11.75** | **1 565.8** | **18.66** | **0.18** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 190.2 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.8** | | **3.3** | **42.6** | **270.0** | **0.06** | **1.07** | **0.04** | **0.17** | **0.11** | | **0.10** | **58.51** | **20.93** | **76.25** | **2.08** | **128.18** | **1.36** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **84.1** | | **52.2** | **208** | **1693.5** | **1.0** | **242.7** | **0.6** | **12.86** | **0.19** | | **0.54** | **544.3** | **217.3** | **978.6** | **17.83** | **1979.8** | **22.6** | **0.22** | **0.01** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 | 90 | 9.1 | | 4.9 | 2.9 | 92.5 | 0.07 | 1.43 | 0.52 | 2.23 | 0.00 | | 0.07 | 35.23 | 38.24 | 138.05 | 0.77 | 318.89 | 84.40 | 0.36 | 0.01 | 229 | 2011 |
| ПЮРЕ КАРТОФЕЛЬНОЕ/КАРТОФЕЛЬ ОТВАРНОЙ | 150 | 3.2 | | 5.2 | 21.4 | 245.7 | 0.12 | 10.38 | 0.04 | 0.25 | 0.08 | | 0.11 | 35.04 | 29.07 | 83.95 | 1.18 | 762.10 | 8.44 | 0.04 | 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:** | **595** | **17.9** | | **13.6** | **55.7** | **525.5** | **0.26** | **13.60** | **0.59** | **2.87** | **0.08** | | **0.44** | **260.49** | **103.18** | **380.61** | **3.65** | **1 355.3** | **92.84** | **0.43** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ " ДАРЫ ОСЕНИ" | 60 | 1.0 | | 6.1 | 4.4 | 76.2 | 0.02 | 16.80 | 0.18 | 2.70 | 0.00 | | 0.00 | 27.00 | 12.60 | 22.20 | 0.66 | 0.00 | 0.00 | 0.00 | 0.00 | 39 | 2008 |
| СУП С ВЕРМИШЕЛЬЮ | 200 | 1.4 | | 2.2 | 10.7 | 68.2 | 0.05 | 5.28 | 0.16 | 0.97 | 0.00 | | 0.04 | 16.97 | 17.43 | 39.50 | 0.68 | 371.22 | 3.64 | 0.02 | 0.00 | 103 | 2011 |
| БЕФСТРОГАНОВ ИЗ ОТВАРНОГО МЯСА | 90 | 13.5 | | 12.3 | 1.7 | 174.3 | 0.03 | 0.01 | 0.01 | 0.41 | 0.00 | | 0.09 | 12.54 | 13.77 | 114.32 | 1.61 | 246.95 | 5.89 | 0.04 | 0.00 | 245 | 2011 |
| КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ | 150 | 3.6 | | 4.6 | 37.7 | 206.0 | 0.03 | 0.00 | 0.03 | 0.30 | 0.00 | | 0.00 | 11.00 | 26.00 | 78.00 | 0.60 | 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:** | **760** | **24.1** | | **25.9** | **106.3** | **755.9** | **0.26** | **24.0** | **0.27** | **5.62** | **0.00** | | **0.18** | **100.1** | **92.7** | **309** | **6.0** | **809.8** | **10.6** | **0.07** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 192.6 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.3** | | **3.3** | **42.8** | **270.0** | **0.06** | **0.03** | **0.05** | **0.17** | **0.11** | | **0.08** | **39.73** | **10.35** | **59.49** | **0.48** | **65.81** | **1.36** | **0.02** | **0.01** |  |  |
| **Всего за день:** | | **48.3** | | **42.8** | **204.8** | **1 551.4** | **0.58** | **37.63** | **0.91** | **8.66** | **0.19** | | **0.70** | **400.3** | **206.2** | **749.1** | **10.13** | **2 228.9** | **104.8** | **0.52** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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) | 60 | 0,48 | | 0.06 | 1.51 | 8.44 | 0.02 | 6.03 | 0.01 | 0.06 | 0.00 | | 0.02 | 13.87 | 8.44 | 25.3 | 0.60 | 85.02 | 1.81 | 0.01 | 0.00 | 71 | 2011 |
| ПЛОВ ИЗ ОТВАРНОЙ ГОВЯДИНЫ | 150 | 18.6 | | 18.2 | 37.9 | 389.1 | 0.06 | 0.36 | 0.16 | 2.86 | 0.00 | | 0.11 | 15.10 | 41.06 | 200.24 | 2.36 | 345.18 | 7.21 | 0.07 | 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:** | **630** | **21.9** | | **18.5** | **84.2** | **590.4** | **0.13** | **8.06** | **0.17** | **3.31** | **0.00** | | **0.17** | **62.3** | **71.87** | **267.6** | **7.1** | **752.5** | **11.02** | **0.01** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ СВЕЖИХ ОВОЩЕЙ | 60 | 0.6 | | 3.6 | 2.1 | 43.8 | 0.03 | 4.01 | 0.04 | 1.65 | 0.00 | | 0.02 | 6.36 | 3.56 | 11.76 | 0.25 | 42.21 | 0.85 | 0.00 | 0.00 | 24 | 2011 |
| СУП С РЫБНЫМИ КОНСЕРВАМИ | 200 | 7.2 | | 2.7 | 13.2 | 106.3 | 0.07 | 5.84 | 0.29 | 0.27 | 0.05 | | 0.07 | 22.87 | 21.08 | 45.97 | 0.75 | 371.01 | 3.69 | 0.03 | 0.00 | 87 | 2011 |
| КНЕЛИ КУРИНЫЕ С СОУСОМ ТОМАТНЫМ | 120 | 18.3 | | 20.5 | 4.7 | 275.1 | 0.08 | 1.28 | 0.18 | 0.56 | 0.25 | | 0.17 | 31.07 | 20.98 | 167.23 | 1.79 | 204.21 | 8.15 | 0.12 | 0.02 | 319 | 2008 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 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:** | **790** | **36.4** | | **32.2** | **106** | **859.1** | **0.39** | **12.9** | **0.54** | **3.9** | **0.38** | | **0.35** | **121.3** | **94.2** | **342.7** | **5.6** | **869.0** | **14.4** | **0.17** | **0.03** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 192.5 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **13.8** | | **3.6** | **33.4** | **270.0** | **0.16** | **2.53** | **0.04** | **0.17** | **0.11** | | **0.08** | **344.09** | **45.56** | **304.49** | **0.48** | **64.45** | **1.36** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **72.1** | | **54.3** | **223.6** | **1 719.5** | **0.68** | **23.5** | **0.75** | **7.38** | **0.49** | | **0.6** | **527.7** | **211.6** | **1510** | **13.2** | **1 686.0** | **26.8** | **0.19** | **0.05** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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-ЫЙ ВАРИАНТ) | 60 | 0.52 | | 3.72 | 3.21 | 49.23 | 0.02 | 7.53 | 0.32 | 1.76 | 0.00 | | 0.03 | 14.21 | 10.88 | 18.6 | 0.75 | 129.66 | 1.64 | 0.01 | 0.00 | 29 | 2011 |
| СУП КАРТОФЕЛЬНЫЙ С БОБОВЫМИ | 200 | 4.6 | | 4.3 | 15.1 | 117.7 | 0.15 | 3.72 | 0.20 | 3.26 | 0.00 | | 0.06 | 28.91 | 26.64 | 62.62 | 1.53 | 378.58 | 3.56 | 0.02 | 0.00 | 102 | 2011 |
| КОТЛЕТЫ ИЛИ БИТОЧКИ РЫБНЫЕ ЗАПЕЧЕННЫЕ С СОУСОМ СМЕТАННЫМ | 120 | 16.8 | | 10.5 | 9.9 | 204.2 | 0.03 | 0.04 | 0.06 | 0.64 | 0.32 | | 0.07 | 22.85 | 7.63 | 41.92 | 0.61 | 56.62 | 3.50 | 0.01 | 0.00 | 234 | 2011 |
| РИС, ПРИПУЩЕННЫЙ С КУКУРУЗОЙ | 150 | 3.3 | | 7.0 | 32.0 | 204.4 | 0.03 | 0.42 | 0.00 | 3.19 | 0.00 | | 0.03 | 5.03 | 21.64 | 64.93 | 0.46 | 54.06 | 0.61 | 0.02 | 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:** | **790** | **29.6** | | **26.02** | **104.3** | **772.9** | **0.33** | **14.06** | **0.59** | **10.07** | **0.32** | | **0.23** | **92.3** | **85.6** | **239.0** | **5.15** | **698.8** | **10.94** | **0.08** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 157.2 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.7** | | **3.5** | **50.3** | **270.0** | **0.07** | **30.03** | **0.05** | **0.44** | **0.11** | | **0.10** | **50.45** | **20.47** | **70.63** | **0.92** | **197.10** | **1.74** | **0.02** | **0.01** |  |  |
| **Всего за день:** | | **48.3** | | **50.12** | **233.7** | **1 597.1** | **0.60** | **55.2** | **0.78** | **12.2** | **0.67** | | **0.62** | **391.2** | **174.8** | **555.7** | **10.23** | **1 606.9** | **33.3** | **0.12** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 | 150 | 17.2 | | 29.7 | 2.5 | 347.3 | 0.07 | 0.24 | 0.38 | 2.37 | 2.41 | | 0.47 | 219.97 | 19.74 | 270.08 | 2.42 | 210.23 | 23.08 | 0.06 | 0.03 | 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:** | **505** | **22.9** | | **33.2** | **33.9** | **533.0** | **0.14** | **1.26** | **0.41** | **2.76** | **2.41** | | **0.73** | **402.72** | **53.81** | **427.74** | **4.07** | **476.36** | **23.08** | **0.09** | **0.03** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ ИЗ СВЕЖИХ ПОМИДОРОВ С ЛУКОМ | 60 | 0.7 | | 3.6 | 2.7 | 47.2 | 0.03 | 4.90 | 0.06 | 1.71 | 0.00 | | 0.02 | 4.05 | 1.83 | 7.64 | 0.14 | 25.41 | 0.44 | 0.00 | 0.00 | 23 | 2011 |
| СУП ИЗ ОВОЩЕЙ | 200 | 1.5 | | 4.1 | 8.6 | 77.3 | 0.05 | 6.80 | 0.16 | 1.87 | 0.00 | | 0.05 | 23.57 | 16.81 | 36.90 | 0.68 | 293.19 | 3.12 | 0.01 | 0.00 | 99 | 2011 |
| ПТИЦА ТУШЕНАЯ В СМЕТАННО-ТОМАТНОМ СОУСЕ | 90 | 17.2 | | 17.6 | 1.8 | 233.8 | 0.05 | 1.22 | 0.08 | 0.22 | 0.00 | | 0.13 | 18.22 | 17.40 | 145.81 | 1.47 | 215.97 | 6.27 | 0.11 | 0.02 | 290 | 2011 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 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:** | **760** | **36.7** | | **34.6** | **104.8** | **880.6** | **0.42** | **13.82** | **0.33** | **6.18** | **0.08** | | **0.33** | **131.92** | **96.46** | **366.66** | **6.41** | **895.16** | **13.82** | **0.18** | **0.04** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 162.5 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **7.6** | | **3.6** | **48.6** | **270.0** | **0.09** | **5.03** | **0.04** | **0.17** | **0.11** | | **0.11** | **46.59** | **18.06** | **76.99** | **3.98** | **364.45** | **3.86** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **67.2** | | **71.4** | **187.3** | **1 683.6** | **0.65** | **20.11** | **0.78** | **9.11** | **2.60** | | **1.17** | **581.23** | **168.33** | **871.39** | **14.46** | **1 735.9** | **40.76** | **0.28** | **0.08** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 | 120 | 26.9 | | 16.0 | 4.4 | 170.2 | 0.02 | 0.02 | 0.02 | 1.89 | 0.00 | | 0.01 | 19.25 | 2.65 | 13.92 | 0.10 | 27.55 | 1.77 | 0.00 | 0.00 | 232 | 2011 |
| КАША РАССЫПЧАТАЯ С ОВОЩАМИ (ГРЕЧНЕВАЯ) | 150 | 8.8 | | 5.4 | 40.2 | 244.3 | 0.24 | 0.95 | 0.37 | 4.77 | 0.06 | | 0.13 | 24.92 | 130.85 | 200.26 | 4.61 | 321.39 | 3.58 | 0.03 | 0.00 | 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:** | **590** | **38.8** | | **21.76** | **80.7** | **582.3** | **0.34** | **81.01** | **0.40** | **7.34** | **0.06** | | **0.20** | **116.48** | **169.8** | **290.04** | **6.81** | **709.0** | **9.5** | **0.06** | **0.00** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ, ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 60 | 0,48 | | 0.06 | 1.51 | 8.44 | 0.02 | 6.03 | 0.01 | 0.06 | 0.00 | | 0.02 | 13.87 | 8.44 | 25.3 | 0.60 | 85.02 | 1.81 | 0.01 | 0.00 | 71 | 2011 |
| СУП-ЛАПША ДОМАШНЯЯ | 200 | 0.7 | | 4.0 | 5.7 | 61.8 | 0.03 | 2.86 | 0.00 | 1.73 | 0.00 | | 0.02 | 14.11 | 9.38 | 21.12 | 0.37 | 195.23 | 1.83 | 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:** | **720** | **29.08** | | **28.6** | **94.7** | **753.1** | **0.29** | **30.07** | **0.24** | **6.9** | **0.00** | | **0.24** | **76.3** | **86.31** | **325.0** | **5.83** | **901.1** | **14.3** | **0.12** | **0.01** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 170.0 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **13.8** | | **5.8** | **33.9** | **270.0** | **0.11** | **1.28** | **0.04** | **0.17** | **0.11** | | **0.08** | **339.09** | **43.06** | **289.49** | **0.48** | **64.45** | **1.36** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **82.00** | | **56.16** | **210.8** | **1 612.7** | **0.74** | **257.6** | **0.86** | **16.11** | **0.17** | | **0.55** | **530.9** | **299.1** | **904.5** | **13.12** | **1674.5** | **25.16** | **0.19** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 | 180 | 24.5 | | 16.8 | 40.7 | 323.6 | 0.04 | 5.10 | 0.07 | 1.96 | 0.09 | | 0.28 | 206.48 | 30.87 | 254.85 | 0.78 | 220.07 | 1.88 | 0.03 | 0.03 | 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 | 389 | 2011 |
| **Итого за прием пищи:** | **600** | **28.5** | | **18.4** | **92.7** | **561.4** | **0.11** | **7.7** | **0.08** | **2.35** | **0.09** | | **0.31** | **284.7** | **51.7** | **329.3** | **4.7** | **485.9** | **3.88** | **0.03** | **0.03** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| САЛАТ " ШКОЛЬНЫЙ ВАЛЬС" | 60 | 2.9 | | 5.5 | 0.8 | 64.7 | 0.02 | 1.92 | 0.03 | 1.41 | 0.00 | | 0.02 | 9.60 | 6.39 | 30.95 | 0.39 | 64.34 | 1.17 | 0.02 | 0.00 | 50 | 2011 |
| СУП ПОЛЕВОЙ | 200 | 2.3 | | 2.4 | 16.1 | 95.5 | 0.07 | 5.28 | 0.16 | 1.18 | 0.00 | | 0.04 | 18.91 | 23.41 | 56.28 | 0.90 | 388.10 | 4.00 | 0.02 | 0.00 | 101 | 2011 |
| ТЕФТЕЛИ МЯСНЫЕ С СОУСОМ ТОМАТНЫМ (2 ВАРИАНТ) | 120 | 14.4 | | 17.2 | 13.0 | 263.0 | 0.07 | 1.28 | 0.09 | 1.95 | 0.00 | | 0.07 | 14.28 | 21.77 | 133.98 | 1.89 | 269.93 | 5.68 | 0.04 | 0.00 | 279 | 2011 |
| ПЮРЕ КАРТОФЕЛЬНОЕ/КАРТОФЕЛЬ ОТВАРНОЙ | 150 | 3.2 | | 5.2 | 21.4 | 145.7 | 0.12 | 10.38 | 0.04 | 0.25 | 0.08 | | 0.11 | 35.04 | 29.07 | 83.95 | 1.18 | 762.10 | 8.44 | 0.04 | 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:** | **790** | **27.4** | | **31** | **103.1** | **800.1** | **0.39** | **20.46** | **0.32** | **6.01** | **0.08** | | **0.31** | **110.4** | **103.5** | **360.1** | **6.75** | **1 753.7** | **22.73** | **0.13** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 192.2 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.7** | | **3.3** | **42.4** | **270.0** | **0.06** | **0.11** | **0.04** | **0.17** | **0.11** | | **0.10** | **49.17** | **18.69** | **75.06** | **2.03** | **117.86** | **1.36** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **56.0** | | **49.4** | **238.2** | **1 631.5** | **0.56** | **28.3** | **0.44** | **8.53** | **0.28** | | **0.72** | **444.3** | **173.9** | **764.5** | **13.5** | **2 356.6** | **28.0** | **0.17** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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) | 60 | 0.7 | | 0.1 | 2.3 | 14.4 | 0.04 | 15.00 | 0.10 | 0.23 | 0.00 | | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 71 | 2011 |
| КОТЛЕТЫ ИЛИ БИТОЧКИ С СОУСОМ ТОМАТНЫМ | 120 | 20.3 | | 19.8 | 8.4 | 232.2 | 0.07 | 0.00 | 0.00 | 2.03 | 0.00 | | 0.12 | 12.69 | 24.84 | 181.00 | 2.76 | 368.41 | 7.52 | 0.06 | 0.00 | 268 | 2011 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 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:** | **550** | **28.5** | | **24.8** | **70.8** | **562.0** | **0.24** | **15.07** | **0.12** | **2.76** | **0.08** | | **0.21** | **64.3** | **63.0** | **269.0** | **5.5** | **532.3** | **7.52** | **0.07** | **0.01** |  |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |
| ВИНЕГРЕТ ОВОЩНОЙ | 60 | 0.8 | | 3.6 | 4.9 | 55.6 | 0.03 | 2.46 | 0.18 | 1.63 | 0.00 | | 0.02 | 14.47 | 11.21 | 24.28 | 0.51 | 170.43 | 2.31 | 0.00 | 0.00 | 67 | 2011 |
| ЩИ ИЗ СВЕЖЕЙ КАПУСТЫ С КАРТОФЕЛЕМ | 200 | 1.5 | | 4.1 | 7.3 | 72.2 | 0.04 | 10.00 | 0.21 | 1.82 | 0.00 | | 0.05 | 33.10 | 17.50 | 34.11 | 0.79 | 262.30 | 3.32 | 0.02 | 0.00 | 88 | 2011 |
| ГУЛЯШ | 90 | 13.7 | | 15.6 | 3.3 | 308.5 | 0.04 | 1.66 | 0.02 | 2.39 | 0.00 | | 0.09 | 9.66 | 17.34 | 119.23 | 1.81 | 316.50 | 6.15 | 0.03 | 0.00 | 260 | 2011 |
| КАША ПШЕНИЧНАЯ РАССЫПЧАТАЯ (БУЛГУР) | 150 | 0.0 | | 4.7 | 0.1 | 42.1 | 0.00 | 0.00 | 0.02 | 0.13 | 0.09 | | 0.01 | 9.77 | 1.24 | 1.90 | 0.05 | 1.32 | 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:** | **760** | **20.5** | | **28.6** | **72.1** | **726.9** | **0.32** | **17.4** | **0.43** | **8.35** | **0.09** | | **0.21** | **84.8** | **66.3** | **238.5** | **5.16** | **829.3** | **12.9** | **0.06** | **0.00** |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 50 | 6.3 | | 3.3 | 23.4 | 173.3 | 0.06 | 0.03 | 0.04 | 0.17 | 0.11 | | 0.08 | 29.09 | 8.06 | 59.49 | 0.48 | 64.45 | 1.36 | 0.01 | 0.01 | 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:** | **300** | **6.3** | | **3.3** | **47.6** | **270.0** | **0.06** | **0.03** | **0.04** | **0.17** | **0.11** | | **0.08** | **40.68** | **10.54** | **59.49** | **0.48** | **66.03** | **1.36** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **55.3** | | **56.7** | **190.5** | **1 558.9** | **0.62** | **32.5** | **0.59** | **11.28** | **0.28** | | **0.5** | **189.8** | **139.8** | **567.0** | **11.1** | **1 427.6** | **21.8** | **0.14** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | *МБОУ"Каменноозерная СОШ"* | | | | | | | | | | | | | | | | | | | | | | |  | | **ИТОГО ПО ПРИМЕРНОМУ МЕНЮ** | | | | | | | | | | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | **Итого** | | **Пищевые вещества** | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | **Витамины** | | | | | | **Минеральные вещества** | | | | | | | | | | **Белки, г** | | **Жиры, г** | **Углеводы,** **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** | | | Итого за весь период | | 650,9 | | 511,1 | 2218,0 | | 16363,4 | | 6.78 | 527.08 | 7.30 | 92.91 | 5.51 | 6.81 | 4 457.63 | 2 152.40 | 8 331.65 | 134.62 | 18 396.15 | 650.31 | 3.60 | 0.40 | | | Среднее значение за период | | 65.1 | | 51.1 | 221.8 | | 1 636.3 | | 0.68 | 52.71 | 0.73 | 9.29 | 0.55 | 0.68 | 445.76 | 215.24 | 833.17 | 13.46 | 1 839.62 | 65.03 | 0.36 | 0.04 | | | Содержание белков, жиров, углеводов в меню за период в % от калорийности | | 15.9 | | 28.1 | 56.0 | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | **СУММАРНЫЕ ОБЪЕМЫ БЛЮД ПО ПРИЕМАМ ПИЩИ (В ГРАММАХ)** | | | | | | | | | | | | | | | | | | | | | | | | | **Возраст детей** | **Завтрак** | | **Обед** | | | **Полдник** | |  | | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 7- 11 начальная школа | 561 | | 764 | | | 300 | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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