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**Цикличное сбалансированное 10 дневное меню**

**для обеспечения питанием детей от 12 до 18 лет**

**в Муниципальном бюджетном общеобразовательном учреждении**

**средней общеобразовательной школе №2 р.п. Башмаково**

**Башмаковского района Пензенской области**

**на 2021/2022 учебный год.**

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| **Неделя: первая** | | | | | | | | | | | | | | |
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| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
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| **День: понедельник** | | | | | | | | | | | | | | |
| **N рец. Сборник рецептур** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **С, мг** | **В1,мг** | **В2,мг** | **А, мг** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 189//2008 | **Каша пшенная жидкая** | 200 | 7.1 | 9.2 | 34.7 | 250.7 | 0.15 | 0.15 | 0.14 | 0.05 | 115.35 | 153.23 | 40.64 | 1.15 |
|  | Пшено - 38.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 64.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко - 98 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 0.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар – 3.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное–6.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Батон** | 40 | 3.2 | 1.9 | 20.8 | 115.0 | 0.00 | 0.00 | 0.00 | 0.00 | 7.68 | 26.08 | 5.28 | 0.48 |
| 377//2011 | **Чай с лимоном** | 200/15/17 | 0.2 | 0.00 | 14.9 | 61.6 | 1.14 | 0.00 | 0.01 | 0.00 | 13.29 | 5.10 | 4.58 | 0.43 |
|  | Чай Байховый - 0.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | лимон - 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **462** | **10.5** | **11.1** | **70.4** | **427.8** | **1.65** | **0.15** | **0.15** | **0.05** | **136.32** | **184.41** | **50.50** | **2.06** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 99//2008 | **Суп картофельный с бобовыми на курином бульоне** | 250 | 5.7 | 4.5 | 18.8 | 139.0 | 4.60 | 0.19 | 0.08 | 0.22 | 28.41 | 77.71 | 30.87 | 1.90 |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 – 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | горох лущенный - 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | лук репчатый-10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.12 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-слив - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Бульон куриный - 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 309//2011 | **Макаронные изделия отварные** | 200 | 7.2 | 6.5 | 45.7 | 269.80 | 0.00 | 0.08 | 0.04 | 0.03 | 39.34 | 55.60 | 13.90 | 1.31 |
|  | макаронные изделия-66.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 3.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное-7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 312/2008 | **Птица, тушенная в сметанном соусе** | 50/50 | 15.50 | 11.50 | 3.60 | 180.00 | 9.00 | 0.06 | 0.00 | 0.08 | 41.00 | 144.00 | 19.00 | 1.00 |
|  | Куры потрашен.-75 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соус сметанный - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
| 402//2008 | **Компот из смеси сухофруктов** | 200 | 0.6 | 0.1 | 31.7 | 131.0 | 0.00 | 0.02 | 0.00 | 0.01 | 21.00 | 23.00 | 16.00 | 0.70 |
|  | смесь сухофруктов-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лимонная кислота – 0.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за обед** | **790** | **32.2** | **24.34** | **120.15** | **811.8** | **13.60** | **0.45** | **0.12** | **0.34** | **139.95** | **335.11** | **87.37** | **6.51** |
|  | **Всего за день** |  | **42.73** | **35.44** | **190.55** | **1239.62** | **15.25** | **0.60** | **0.27** | **0.39** | **273.27** | **519.52** | **137.87** | **8.57** |

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| **Неделя: первая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **День: вторник** | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **С** | **В1** | **В2** | **А** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 09//2008 | **Бутерброд с маслом и сыром** | 40\10\10 | 4.6 | 9.7 | 9.9 | 144.7 | 0.00 | 0.03 | 0.00 | 0.08 | 122.61 | 81.07 | 7.37 | 0.40 |
|  | Хлеб пшеничный - 20 | 40 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное -6.7 | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сыр – 13.3 | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
| 382//2011 | **Какао с молоком** | 200 | 3.8 | 3.7 | 24.3 | 146.8 | 0.52 | 0.03 | 0.12 | 0.02 | 111.43 | 95.58 | 27.49 | 0.87 |
|  | Какао-порошок-4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко-100 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **260** | **8.4** | **13.4** | **34.2** | **291.5** | **0.52** | **0.06** | **0.12** | **0.10** | **234.04** | **176.65** | **34.86** | **1.27** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33//2012 | **Салат из свеклы** | 100 | 1.4 | 6.1 | 8.3 | 93.5 | 3.88 | 0.02 | 0.03 | 0.00 | 32.30 | 37.66 | 19.21 | 1.22 |
|  | Свекла |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 97 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 – 97 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 88//2011 | **Щи из свежей капусты с картофелем** | 250 | 10.7 | 12.7 | 8.8 | 192.2 | 12.26 | 0.09 | 0.10 | 0.21 | 44.20 | 115.69 | 29.17 | 2.03 |
|  | Бульон мясной - 140 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина - 49 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста белокочанная – 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 - 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 - 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 - 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01. 01 по 31.08 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатное пюре - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 323//2008 | **Каша гречневая рассыпчатая** | 200 | 4.8 | 6.1 | 50.1 | 274.0 | 0.00 | 0.04 | 0.00 | 0.04 | 14.63 | 103.74 | 34.58 | 0.80 |
|  | крупа гречневая -92 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное-6.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода-153.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 270//2011 | **Котлеты «Московские» (полуфабрикат)** | 100 | 11.4 | 21.6 | 9.1 | 276.0 | 0.04 | 0.05 | 0.09 | 0.05 | 15.15 | 111.06 | 16.84 | 2.12 |
|  | говядина- 54.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 1.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | хлеб пшеничный- 15.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | вода – 21.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сухари- 4.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло подсолнечное – 4.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное–10.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 430//2008 | **Чай с сахаром** | 185/15 | 0.2 | 0.1 | 15.0 | 60.0 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 8.00 | 4.00 | 1.00 |
|  | Чай «Байховый»-1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
|  | **ИТОГО за обед** | **890** | **31.7** | **48.3** | **111.7** | **987.6** | **16.18** | **0.30** | **0.22** | **0.30** | **118.48** | **410.95** | **111.40** | **8.77** |
|  | **Всего за день** |  | **40.0** | **61.7** | **145.9** | **1279.2** | **16.70** | **0.36** | **0.34** | **0.40** | **352.52** | **587.60** | **146.26** | **10.04** |

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| **Неделя: первая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **День: среда** | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **С** | **В1** | **В2** | **А** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 184//2008 | **Каша овсяная «Геркулес» вязкая** | 200 | 7.8 | 10.7 | 31.8 | 254.9 | 0.50 | 0.17 | 0.14 | 0.05 | 124.20 | 195.95 | 60.84 | 1.65 |
|  | Овсяные хлопья «Геркулес» 42.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 63.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | молоко - 95.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 1.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сахар -2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное -6.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Батон** | 40 | 3.2 | 1.9 | 20.8 | 115.0 | 0.00 | 0.00 | 0.00 | 0.00 | 7.68 | 26.08 | 5.28 | 0.48 |
| 430//2008 | **Чай с сахаром** | 185/15 | 0.2 | 0.1 | 15.0 | 60.0 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 8.00 | 4.00 | 1.00 |
|  | Чай «Байховый»-1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **440** | **11.2** | **12.7** | **67.6** | **429.9** | **0.50** | **0.17** | **0.14** | **0.05** | **131.88** | **222.03** | **66.12** | **2.13** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74//2011 | **Рассольник на мясном бульоне (мелкошинкованный)** | 250 | 14.0 | 13.4 | 13.0 | 231.2 | 4.82 | 0.10 | 0.12 | 0.28 | 38.07 | 157.82 | 33.59 | 2.30 |
|  | Крупа перловая - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленные - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочн – 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана – 15% - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина - 67 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 67 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 321//2011 | **Капуста тушенная** | 200 | 4.9 | 5.9 | 20.2 | 156.3 | 42.91 | 0.06 | 0.09 | 0.14 | 113.31 | 81.93 | 41.14 | 2.47 |
|  | Капуста белокочан – 229.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливоч - 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатное пюре – 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Куриная грудка филе- |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
| 441//2008 | **Напиток из плодов шиповника** | 200 | 0.7 | 0.3 | 24.4 | 103.0 | 200.00 | 0.01 | 0.00 | 0.16 | 13.00 | 3.00 | 3.00 | 1.00 |
|  | шиповник-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сахар-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода- 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за обед** | **690** | **22.8** | **21.3** | **78.0** | **582.5** | **247.73** | **0.27** | **0.21** | **0.58** | **171.58** | **277.55** | **85.33** | **7.37** |
|  | **Всего за день** |  | **34.0** | **34.0** | **145.6** | **1012.4** | **248.23** | **0.44** | **0.35** | **0.63** | **303.46** | **499.58** | **151.45** | **9.50** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Неделя: первая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | |  | | | |  | | |  | | |  |  | | | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  | | |  |
| **День: четверг** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | | | | | | | **Масса порции** | | | **Пищевые вещества** | | | | | | | | **Энергетическая** | | | | | **Витамины (мг)** | | | | | | | | | | | | | | | **Минеральные вещества (мг)** | | | | | | | | | |
| **(г)** | | | | | | | | **ценность** | | | | |
| **Б** | | | | **Ж** | | | **У** | **(ккал)** | | | | | **С** | | | | **В1** | | | | **В2** | | | | **А** | | | **Са** | | | **Р** | | | **Mg** | | | **Fe** |
| 1 | 2 | | | | | | | 3 | | | 4 | | | | 5 | | | 6 | 7 | | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | 12 | | | 13 | | | 14 | | | 15 |
|  | **Завтрак** | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 130//2002 | **Запеканка из творога со сгущенным молоком** | | | | | | | 150/20 | | | 20.6 | | | | 15.2 | | | 40.9 | 385.7 | | | | | 0.39 | | | | 0.09 | | | | 0.31 | | | | 0.09 | | | 207.14 | | | 242.77 | | | 29.64 | | | 0.83 |
|  | творог -78.6 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | мука пшеничная-31 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | молоко-29 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | яйцо-10.4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | сахар-5.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сода – 0.02 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | масло сливочное-5.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сгущенное молоко – 20.7 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 411//2008 | **Кисель** | | | | | | | 200 | | | 0.1 | | | | 0.1 | | | 27.9 | 113.0 | | | | | 2.00 | | | | 0.01 | | | | 0.00 | | | | 0.00 | | | 5.00 | | | 8.00 | | | 2.00 | | | 0.40 |
|  | Концентрат киселя – 24 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар – 10 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лимонная кислота – 0.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Вода - 190 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | **ИТОГО за завтрак** | | | | | | | **370** | | | **20.7** | | | | **15.3** | | | **68.8** | **498.7** | | | | | **2.39** | | | | **0.10** | | | | **0.31** | | | | **0.09** | | | **212.14** | | | **250.77** | | | **31.64** | | | **1.23** |
|  | **Обед** | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 45//2011 | **Салат из белокочанной капусты** | | | | | | | 100 | | | 1.5 | | | | 5.1 | | | 8.9 | 88.3 | | | | | 17.18 | | | | 0.02 | | | | 0.04 | | | | 0.04 | | | 44.54 | | | 24.69 | | | 13.24 | | | 0.81 |
|  | Капуста белокочанная -78.8 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук зеленый – 10 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лимонная кислота – 0.3 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар – 5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнечное - 5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 111/2011 | **Суп с макаронными изделиями** | | | | | | | 250 | | | 2.8 | | | | 5.4 | | | 15.6 | 122.3 | | | | | 0.83 | | | | 0.04 | | | | 0.03 | | | | 0.27 | | | 13.77 | | | 32.66 | | | 9.57 | | | 0.65 |
|  | Бульон из кур - 180 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Макаронные изделия – 20 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Морковь | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.01 по 31.08 - 10 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.09 по 31.12 - 10 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук репчатый - 10 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнчное - 5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Томатное пюре – 1.5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 325//2008 | **Рис отварной** | | | | | | | 200 | | | 4.9 | | | | 8.4 | | | 43.6 | 270.0 | | | | | 0.00 | | | | 0.03 | | | | 0.00 | | | | 0.07 | | | 3.99 | | | 81.13 | | | 25.27 | | | 0.80 |
|  | Крупа рисовая – 72 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло сливочное – 9.3 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Соль – 2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 231//2008 | **Рыба, тушенная в томатном соусе с овощами** | | | | | | | 100 | | | 13.3 | | | | 8.1 | | | 4.1 | 143.0 | | | | | 3.00 | | | | 0.13 | | | | 0.00 | | | | 0.33 | | | 22.00 | | | 141.00 | | | 28.00 | | | 0.70 |
|  | Рыба свежемороженая – 63 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Морковь | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.001 по 31.08 - 18 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.09 по 31.12 - 18 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук репчатый – 8 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Томатная паста - 4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнечное - 5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лимонная кислота – 0.1 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар - 2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 2008 | **Хлеб ржаной** | | | | | | | 40 | | | 3.2 | | | | 1.7 | | | 20.4 | 92.0 | | | | | 0.00 | | | | 0.10 | | | | 0.00 | | | | 0.00 | | | 7.20 | | | 34.80 | | | 7.60 | | | 1.60 |
| 436//2008 | **Напиток апельсиновый** | | | | | | | 200 | | | 0.2 | | | | 0.0 | | | 25.7 | 105.0 | | | | | 13.00 | | | | 0.01 | | | | 0.00 | | | | 0.00 | | | 8.00 | | | 5.00 | | | 3.00 | | | 0.00 |
|  | Апельсины – 22 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар – 24 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Вода - 214 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | **ИТОГО за обед** | | | | | | | **890** | | | **25.9** | | | | **28.7** | | | **118.3** | **820.6** | | | | | **34.01** | | | | **0.33** | | | | **0.07** | | | | **0.71** | | | **99.50** | | | **319.28** | | | **86.68** | | | **4.56** |
|  | **Всего за день** | | | | | | |  | | | **46.6** | | | | **44.0** | | | **187.1** | **1319.3** | | | | | **36.40** | | | | **0.43** | | | | **0.38** | | | | **0.80** | | | **311.64** | | | **570.05** | | | **118.32** | | | **5.79** |
| **Неделя: первая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | |  |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| **День: пятница** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **N рец.** | | | **Прием пищи, наименование блюда** | **Масса порции** | | **Пищевые вещества** | | | | | | | | | | **Энергетическая** | | | | **Витамины (мг)** | | | | | | | | | | | | | | | **Минеральные вещества (мг)** | | | | | | | | | | | |
| **(г)** | | | | | | | | | | **ценность** | | | |
| **Б** | | | **Ж** | | | | **У** | | | **(ккал)** | | | | **С** | | **В1** | | | | **В2** | | | | | **А** | | | | **Са** | | | **Р** | | | **Mg** | | | **Fe** | | |
| 1 | | | 2 | 3 | | 4 | | | 5 | | | | 6 | | | 7 | | | | 8 | | 9 | | | | 10 | | | | | 11 | | | | 12 | | | 13 | | | 14 | | | 15 | | |
|  | | | **Завтрак** |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 427//2008 | | | **Шарлотка с яблоками** | 100 | | 4.0 | | | 6.2 | | | | 44.7 | | | 250.2 | | | | 2.37 | | 0.07 | | | | 0.00 | | | | | 0.07 | | | | 37.94 | | | 52.17 | | | 11.86 | | | 1.65 | | |
|  | | | Яблоки – 41.2 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Мука пшенич в/с – 38.8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Молоко– 17.7 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Яйцо – 6 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Сахар – 2.4 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Масло сливочное – 5.8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 430//2008 | | | **Чай с сахаром** | 185/15 | | 0.2 | | | 0.1 | | | | 15.0 | | | 60.0 | | | | 0.00 | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | 5.00 | | | 8.00 | | | 4.00 | | | 1.00 | | |
|  | | | Чай «Байховый»-1 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Сахар-15 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | **ИТОГО за завтрак** | **300** | | **4.2** | | | **6.3** | | | | **59.7** | | | **310.2** | | | | **2.37** | | **0.07** | | | | **0.00** | | | | | **0.07** | | | | **37.94** | | | **52.17** | | | **11.86** | | | **1.65** | | |
|  | | | **Обед** |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 94//2008 | | | **Суп крестьянский с крупой** | 250 | | 77.6 | | | 69.6 | | | | 19.2 | | | 1013.2 | | | | 4.60 | | 0.29 | | | | 0.85 | | | | | 2.29 | | | | 172.77 | | | 746.72 | | | 134.80 | | | 10.97 | | |
|  | | | Бульон мясной - 200 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Картофель |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.01 по 28.02 - 25 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.03 по 31. 07 – 25 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.08 по 31.08 – 25 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.09 по 31.10 - 25 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.11 по 31.12 - 25 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Пшено – 10.1 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Морковь |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.01 по 31.08 - 10 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.09 по 31.12 -10 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Лук репчатый – 10 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Масло подсолнеч - 5 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 312//2011 | | | **Пюре картофельное** | 200 | | 4.3 | | | 7.3 | | | | 28.5 | | | 196.9 | | | | 13.84 | | 0.17 | | | | 0.15 | | | | | 0.05 | | | | 59.80 | | | 114.42 | | | 40.42 | | | 1.62 | | |
|  | | | Картофель |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.01 по 28.02 - 171 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.03 по 31.07 – 171 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.08 по 31.08 - 171 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.09 по 31.10 - 171 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.11 по 31.12 - 171 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Молоко – 31.6 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Масло сливочное – 7 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 312/2008 | | | **Птица, тушенная в сметанном соусе** | 50/50 | | 15.5 | | | 11.5 | | | | 3.6 | | | 180.0 | | | | 9.00 | | 0.06 | | | | 0.00 | | | | | 0.08 | | | | 41.00 | | | 144.00 | | | 19.00 | | | 1.00 | | |
|  | | | Курица-75 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Масло подсолнечное -4 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Соус сметанный - 50 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 2008 | | | **Хлеб ржаной** | 40 | | 3.2 | | | 1.7 | | | | 20.4 | | | 92.0 | | | | 0.00 | | 0.10 | | | | 0.00 | | | | | 0.00 | | | | 7.20 | | | 34.80 | | | 7.60 | | | 1.60 | | |
| 402//2008 | | | **Компот из смеси сухофруктов** | 200 | | 0.6 | | | 0.1 | | | | 31.7 | | | 131.0 | | | | 0.00 | | 0.02 | | | | 0.00 | | | | | 0.01 | | | | 21.00 | | | 23.00 | | | 16.00 | | | 0.70 | | |
|  | | | смесь сухофруктов-20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Сахар-20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Лимонная кислота – 0.2 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | **Итого за обед** | **790** | | **101.2** | | | **90.2** | | | | **103.5** | | | **1613.1** | | | | **27.44** | | **0.54** | | | | **0.80** | | | | | **2.43** | | | | **301.77** | | | **1062.94** | | | **217.82** | | | **15.89** | | |
|  | | | **Всего за день** |  | | **105.3** | | | **96.5** | | | | **163.1** | | | **1923.3** | | | | **29.81** | | **0.71** | | | | **0.80** | | | | | **2.50** | | | | **339.71** | | | **1115.11** | | | **229.68** | | | **17.54** | | |
| **Неделя: вторая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | |  | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| **День: понедельник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **N рец.** | | **Прием пищи, наименование блюда** | | | **Масса порции** | | **Пищевые вещества** | | | | | | | | | | **Энергетическая** | | | | **Витамины (мг)** | | | | | | | | | | | | | **Минеральные вещества (мг)** | | | | | | | | | | | |
| **(г)** | | | | | | | | | | **ценность** | | | |
| **Б** | | | **Ж** | | | | **У** | | | **(ккал)** | | | | **С** | | **В1** | | | | **В2** | | | **А** | | | | **Са** | | | **Р** | | | **Mg** | | | **Fe** | | |
| 1 | | 2 | | | 3 | | 4 | | | 5 | | | | 6 | | | 7 | | | | 8 | | 9 | | | | 10 | | | 11 | | | | 12 | | | 13 | | | 14 | | | 15 | | |
|  | | **Завтрак** | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 190//2008 | | **Каша «Дружба»** | | | 200 | | 6.1 | | | 9.8 | | | | 26.7 | | | 220.5 | | | | 0.78 | | 0.08 | | | | 0.17 | | | 0.04 | | | | 159.50 | | | 143.72 | | | 29.09 | | | 050 | | |
|  | | Крупа рисовая - 10 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Пшено - 10 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Молоко- 150 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло сливочное - 6 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Сахар 6 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 2008 | | **Батон** | | | 40 | | 3.2 | | | 1.8 | | | | 20.8 | | | 114.7 | | | | 0.00 | | 0.00 | | | | 0.00 | | | 0.00 | | | | 7.64 | | | 25.99 | | | 5.24 | | | 0.46 | | |
| 382//2011 | | **Какао с молоком** | | | 200 | | 3.8 | | | 3.7 | | | | 24.3 | | | 146.8 | | | | 0.52 | | 0.03 | | | | 0.12 | | | 0.02 | | | | 111.43 | | | 95.58 | | | 27.49 | | | 0.87 | | |
|  | | Какао-порошок-4 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Молоко-100 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Сахар-20 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | **ИТОГО за завтрак** | | | **440** | | **13.1** | | | **15.3** | | | | **71.8** | | | **482.0** | | | | **1.30** | | **0.11** | | | | **0.29** | | | **0.06** | | | | **278.57** | | | **265.29** | | | **61.82** | | | **1.83** | | |
|  | | **Обед** | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 108//2011 | | **Суп картофельный с клецками** | | | 250 | | 10.3 | | | 10.0 | | | | 30.0 | | | 252.2 | | | | 6.60 | | 0.16 | | | | 0.29 | | | 2.32 | | | | 93.96 | | | 183.08 | | | 57.90 | | | 2.83 | | |
|  | | Картофель | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.01 по 28.02 – 50 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.03 по 31.07 – 50 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01..08 по 31.08 – 50 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | 01.09 по 31.10 – 50 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.11 по 31.12 - 50 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Морковь – 13 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.01 по 31.08 - 10 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.09 по 31.12 10 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Лук репчатый - 10 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло подсолнечное –2.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Клецки - 65 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 198//2011 | | **Гороховое пюре с маслом** | | | 200 | | 42.6 | | | 10.6 | | | | 89.0 | | | 621.4 | | | | 0.00 | | 1.16 | | | | 0.26 | | | 0.04 | | | | 153.57 | | | 388.93 | | | 150.88 | | | 12.03 | | |
|  | | Горох лущенный – 190.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло сливочное – 9.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 270//2011 | | **Котлеты «Домашние»** | | | 100 | | 5.5 | | | 9.5 | | | | 4.8 | | | 126.6 | | | | 0.00 | | 0.08 | | | | 0.04 | | | 0.00 | | | | 8.81 | | | 52.88 | | | 11.26 | | | 0.49 | | |
|  | | Полуфабрикаты рубленные | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 2008 | | **Хлеб ржаной** | | | 40 | | 3.2 | | | 1.7 | | | | 20.4 | | | 92.0 | | | | 0.00 | | 0.10 | | | | 0.00 | | | 0.00 | | | | 7.20 | | | 34.80 | | | 7.60 | | | 1.60 | | |
| 441//2008 | | **Напиток из плодов шиповника** | | | 200 | | 0.7 | | | 0.3 | | | | 24.4 | | | 103.0 | | | | 200.00 | | 0.01 | | | | 0.00 | | | 0.16 | | | | 13.00 | | | 3.00 | | | 3.00 | | | 1.00 | | |
|  | | шиповник-20 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | сахар-20 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Вода- 200 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | **ИТОГО за обед** | | | **790** | | **62.3** | | | **32.1** | | | | **168.6** | | | **1195.2** | | | | **206.60** | | **1.41** | | | | **0.59** | | | **2.52** | | | | **276.54** | | | **662.69** | | | **230.64** | | | **17.95** | | |
|  | | **Всего за день** | | |  | | **75.4** | | | **47.4** | | | | **240.4** | | | **1677.2** | | | | **207.90** | | **1.52** | | | | **0.88** | | | **2.58** | | | | **555.11** | | | **927.98** | | | **292.46** | | | **19.78** | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Неделя: вторая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **День: вторник** | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **С** | **В1** | **В2** | **А** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 09//2008 | **Бутерброд с маслом и сыром** | 40\10\10 | 4.6 | 9.7 | 9.9 | 144.7 | 0.00 | 0.03 | 0.00 | 0.08 | 122.61 | 81.07 | 7.37 | 0.40 |
|  | Хлеб пшеничный - 20 | 40 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное -6.7 | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сыр – 13.3 | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
| 431//2008 | **Чай с сахаром и лимоном** | 185/15/7 | 03. | 0.1 | 15.2 | 62.0 | 3.00 | 0.00 | 0.00 | 0.00 | 8.00 | 10.00 | 5.00 | 1.00 |
|  | Чай «Байховый» -1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | лимон - 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **267** | **4.9** | **9.8** | **25.1** | **206.7** | **3.00** | **0.03** | **0.00** | **0.08** | **130.61** | **91.07** | **12.37** | **1.40** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 49//2011 | **Салат витаминный** | 100 | 1.6 | 6.1 | 9.6 | 100.0 | 47.00 | 0.05 | 0.05 | 0.46 | 35.18 | 33.52 | 16.80 | 0.72 |
|  | Капуста белокочанная - 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук зеленый - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лимонная кислота – 0.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Горошек зеленый консер–20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Перец зеленый сладкий -15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 82//2011 | **Борщ с капустой и картофелем** | 250 | 8.2 | 10.3 | 19.4 | 207.4 | 10.19 | 0.13 | 0.27 | 2.32 | 102.05 | 168.03 | 61.61 | 3.00 |
|  | Свекла – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста белокочанная – 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель – 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатная паста – 7.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Бульон мясной |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 202.1//2011 | **Макаронные изделия отварные** | 200 | 7.5 | 0.9 | 47.9 | 229.5 | 0.00 | 0.09 | 0.00 | 0.00 | 40.57 | 57.18 | 14.55 | 1.35 |
|  | Макаронные изделия - 70 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 259//2008 | **Гуляш** | 50/50 | 12.6 | 12.7 | 2.5 | 174.4 | 0.80 | 0.03 | 0.00 | 0.01 | 11.20 | 120.00 | 16.00 | 1.60 |
|  | Говядина |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 3.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый - 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатная паста – 2.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшеничная – 2.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соус белый - 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
| 436//2008 | **Напиток апельсиновый** | 200 | 0.2 | 0.0 | 25.7 | 105.0 | 13.00 | 0.01 | 0.00 | 0.00 | 8.00 | 5.00 | 3.00 | 0.00 |
|  | Апельсины – 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода - 214 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за обед** | **890** | **33.3** | **31.7** | **125.5** | **908.3** | **70.99** | **0.41** | **0.35** | **2.79** | **204.20** | **418.53** | **119.56** | **8.27** |
|  | **Всего за день** |  | **38.2** | **41.5** | **150.6** | **1115.0** | **73.99** | **0.44** | **0.35** | **2.87** | **334.81** | **509.60** | **131.93** | **9.67** |

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| **Неделя: вторая** | | | | | | | | | | | | | | |
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| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **День: среда** | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **С** | **В1** | **В2** | **А** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 210//2011 | **Омлет натуральный** | 200 | 18.7 | 36.4 | 3.5 | 416.3 | 0.27 | 0.09 | 0.60 | 0.48 | 129.53 | 281.89 | 21.11 | 3.24 |
|  | Яйца – 138.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко – 51.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное – 6.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Батон** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 379//2008 | **Кофейный напиток с молоком** | 200 | 3.3 | 3.1 | 26.5 | 148.0 | 0.52 | 0.05 | 0.12 | 0.02 | 111.41 | 87.89 | 19.03 | 0.40 |
|  | Кофейный напиток - - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко – 100 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 120 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **440** | **25.2** | **41.4** | **50.8** | **679.3** | **0.79** | **0.14** | **0.72** | **0.50** | **248.68** | **395,95** | **45.48** | **4.17** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74//2011 | **Рассольник на мясном бульоне (мелкошинкованный)** | 250 | 14.0 | 13.4 | 13.0 | 231.2 | 4.82 | 0.10 | 0.12 | 0.28 | 38.07 | 157.82 | 33.59 | 2.30 |
|  | Крупа перловая - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленные - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочн – 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана – 15% - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина - 67 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 309//2008 | **Рагу из птицы** | 200 | 17.1 | 21.9 | 17.4 | 335.2 | 8.73 | 0.16 | 0.18 | 0.30 | 29.95 | 185.06 | 38.52 | 2.31 |
|  | Куры потрошенные–83.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное–4.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель- 83.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 11.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Пюре томатное – 3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 14.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука – 2.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
| 430//2008 | **Чай с сахаром** | 185/15 | 0.2 | 0.1 | 15.0 | 60.0 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 8.00 | 4.00 | 1.00 |
|  | Чай «Байховый»-1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за обед** | **690** | **34.5** | **37.1** | **65.7** | **718.4** | **13.55** | **0.36** | **0.30** | **0.58** | **80.22** | **385.68** | **83.71** | **7.21** |
|  | **Всего за день** |  | **59.7** | **78.5** | **116.6** | **1397.7** | **14.34** | **0.50** | **1.02** | **1.08** | **328.90** | **781.63** | **129.19** | **11.38** |

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| **Неделя: вторая** | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | | | | | |
|  | |  |  |  |  |  | |  |  |  | |  |  |  |  | |  |  |
| **День: четверг** | | | | | | | | | | | | | | | | | | |
| **N рец.** | | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | | **Энергетическая** | **Витамины (мг)** | | | | | **Минеральные вещества (мг)** | | | | |
| **(г)** | | | | **ценность** |
| **Б** | **Ж** | | **У** | **(ккал)** | **С** | **В1** | **В2** | | **А** | **Са** | **Р** | **Mg** | | **Fe** |
| 1 | | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | | 15 |
|  | | **Завтрак** |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 184//2008 | | **Каша манная вязкая** | 200 | 7.0 | 8.5 | | 35.5 | 245.4 | 0.50 | 0.08 | 0.13 | | 0.05 | 111.96 | 103.01 | 18.38 | | 0.51 |
|  | | Крупа манная – 42.5 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Вода – 63.2 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Молоко – 95.5 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло сливочное – 6.2 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Сахар - 2 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 2008 | | **Батон** | 40 | 3.0 | 1.2 | | 20.6 | 104.8 | 0.00 | 0.04 | 0.01 | | 0.00 | 7.60 | 26.00 | 5.20 | | 0.40 |
| 377//2011 | | **Чай с лимоном** | 200/15/7 | 0.2 | 0.0 | | 14.9 | 61.6 | 1.14 | 0.00 | 0.01 | | 0.00 | 13.29 | 5.10 | 4.58 | | 0.43 |
|  | | Чай -50 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Сахар - 15 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | лимон - 7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | **ИТОГО за завтрак** | **462** | **10.4** | **10.4** | | **71.2** | **422.0** | **1.64** | **0.12** | **0.15** | | **0.05** | **132.85** | **134.11** | **28.16** | | **1.34** |
|  | | **Обед** |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 88//2008 | | **Щи из свежей капусты с картофелем** | 250 | 10.7 | 12.7 | | 8.8 | 192.2 | 12.26 | 0.09 | 0.10 | | 0.21 | 44.20 | 115.69 | 29.17 | | 2.03 |
|  | | Картофель |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 28.02 – 30 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.03 по 31.07 - 30 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.08 по 31.08 - 30 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.10 – 30 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.11 по 31.12 - 30 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Морковь |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 31.08 - 10 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.12 - 10 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Лук репчатый – 10 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Бульон - 140 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло подсолнечное – 5 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Томатное пюре - 3 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Капуста белокочанная - 50 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 311//2008 | | **Плов из птицы** | 200 | 23.8 | 18.2 | | 36.8 | 407.0 | 14.63 | 0.11 | 0.00 | | 0.29 | 49.21 | 250.04 | 49.21 | | 15.96 |
|  | | Куры потрошенные – 97.3 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло подсолнечное – 10.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Лук репчатый – 10.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Морковь |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 31.08 – 10.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.12 – 10.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Томатная паста – 2.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Крупа рисовая – 46.7 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 2008 | **Хлеб ржаной** | | 40 | 3.2 | 1.7 | | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | | 0.00 | 7.20 | 34.80 | 7.60 | | 1.60 |
| 402//2008 | **Компот из смеси сухофруктов** | | 200 | 0.0 | 0.0 | | 23.3 | 92.0 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 |
|  | смесь сухофруктов-20 | |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | Сахар-20 | |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | Лимонная кислота – 0.2 | |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | **ИТОГО за обед** | | **690** | **38.3** | **32.7** | | **97.7** | **784.1** | **26.89** | **0.30** | **0.10** | | **0.50** | **100.61** | **400.53** | **85.96** | | **19.59** |
|  | | **Всего за обед** |  | **48.7** | **43.1** | | **168.9** | **1244.2** | **28.53** | **0.42** | **0.25** | | **0.55** | **233.46** | **534.64** | **114.14** | | **20.93** |

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| **Неделя: вторая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: старшие 12-18 лет** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **День: пятница** | | | | | | | | | | | | | | |
| **N рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергетическая** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
| **(г)** | | | **ценность** |
| **Б** | **Ж** | **У** | **(ккал)** | **В\_1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130//2002 | **Запеканка из творога со сгущенным молоком** | 150/20 | 20.5 | 15.2 | 40.9 | 385.7 | 0.39 | 0.09 | 0.31 | 0.09 | 207.14 | 242.77 | 29.64 | 0.83 |
|  | творог -78.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | мука пшеничная-31 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | молоко-29 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | яйцо-10.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сахар-5.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сода – 0.02 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное-5.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сгущенное молоко – 20.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 382//2011 | **Какао с молоком** | 200 | 3.8 | 3.7 | 24.3 | 146.8 | 0.52 | 0.03 | 0.12 | 0.02 | 111.43 | 95.58 | 27.49 | 0.87 |
|  | Какао-порошок-4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко-100 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **370** | **24.3** | **18.9** | **65.2** | **532.5** | **0.91** | **0.12** | **0.43** | **0.11** | **318,57** | **338.35** | **57.13** | **1.70** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 67//2011 | **Винегрет овощной** | 100 | 1.4 | 10.2 | 7.3 | 127.2 | 9.29 | 0.04 | 0.04 | 0.20 | 26.84 | 39.24 | 17.48 | 0.81 |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 – 21.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 21.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31-08 – 21.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Свекла |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.01 по 31.08 – 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.12 -15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.01 по 31.08 – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.2 – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленые - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста квашенная – 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 87//2012 | **Суп из рыбной консервами** | 250 | 9.0 | 3.4 | 16.4 | 132.4 | 6.24 | 0.08 | 0.08 | 0.34 | 31.34 | 57.32 | 25.42 | 0.95 |
|  | Консервы рыбные – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель - 70 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь - 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Крупа рисовая - 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 312//2011 | **Пюре картофельное** | 200 | 4.3 | 7.3 | 28.5 | 196.9 | 13.84 | 0.17 | 0.15 | 0.05 | 59.80 | 114.42 | 40.42 | 1.62 |
|  | Картофель - 171 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко – 31.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное – 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 312/2008 | **Птица, тушенная в сметанном соусе** | 50/50 | 15.5 | 11.5 | 3.6 | 180.0 | 9.00 | 0.06 | 0.00 | 0.08 | 41.00 | 144.00 | 19.00 | 1.00 |
|  | Курица-75 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное -4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соус сметанный - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 92.0 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
| 441//2008 | **Напиток из плодов шиповника** | 200 | 0.7 | 0.3 | 24.4 | 103.0 | 200.00 | 0.01 | 0.00 | 0.16 | 13.00 | 3.00 | 3.00 | 1.00 |
|  | шиповник-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сахар-20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода- 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за обед** | **890** | **34.1** | **34.4** | **100.6** | **831.5** | **238.37** | **0.46** | **0.27** | **0.83** | **179.18** | **392.78** | **112.92** | **6.98** |
|  | **Всего за день** |  | **58.4** | **53.3** | **165.8** | **1364** | **239.28** | **0.58** | **0.70** | **0.94** | **497.75** | **731.13** | **170.05** | **8.68** |