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**Цикличное сбалансированное 10 дневное меню**

**для обеспечения питанием детей от 7 до 11 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: 7-11 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** | 150 | 5.3 | 6.9 | 26.0 | 187.8 | 0.38 | 0.11 | 0.09 | 0.03 | 86.51 | 114.87 | 30.44 | 0.87 |
|  | Пшено - 29 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 48.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко - 73.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 0.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар – 2.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное–4.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** | 200/15/7 | 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 Байховый - 0.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | лимон - 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО за завтрак** | **412** | **8.7** | **8.8** | **61.7** | **364.4** | **1.52** | **0.11** | **0.10** | **0.03** | **107.48** | **146.05** | **40.30** | **1.78** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 99//2008 | **Суп картофельный с бобовыми на курином бульоне** | 200 | 4.8 | 3.9 | 15.2 | 115.0 | 3.73 | 0.14 | 0.07 | 0.24 | 24.88 | 66.75 | 25.80 | 1.60 |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 - 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 - 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 - 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | горох лущенный - 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | лук репчатый-8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.12 - 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-слив - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Бульон куриный - 144 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 309//2011 | **Макаронные изделия отварные** | 150 | 5.4 | 4.8 | 34.7 | 204.3 | 0.00 | 0.07 | 0.03 | 0.02 | 29.83 | 42.19 | 10.55 | 0.98 |
|  | макаронные изделия-50.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное-5.25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 312/2008 | **Птица, тушенная в сметанном соусе** | 80 | 12.4 | 9.2 | 2.9 | 144.0 | 7.20 | 0.05 | 0.00 | 0.06 | 32.80 | 115.20 | 15.20 | 0.80 |
|  | Куры потрашен.-75 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соус сметанный - 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 0.0 | 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Печенье обогащенное** | 40 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
|  | **ИТОГО за обед** | **710** | **26.5** | **19.7** | **104.9** | **686.3** | **10.93** | **0.38** | **0.10** | **0.33** | **115.71** | **281.94** | **75.15** | **5.68** |
|  | **Всего за день** |  | **36.2** | **28.5** | **166.6** | **1051.2** | **12.45** | **0.49** | **0.20** | **0.36** | **223.19** | **427.99** | **115.45** | **7.46** |

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| **Неделя: первая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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** | **13.3** | **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** | 60 | 0.8 | 3.7 | 5.0 | 56.1 | 2.33 | 0.01 | 0.02 | 0.00 | 19.38 | 22.60 | 11.52 | 0.73 |
|  | Свекла |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 –58.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 – 58.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 3.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 88//2011 | **Щи из свежей капусты с картофелем** | 200 | 8.5 | 10.1 | 7.0 | 153.8 | 9.81 | 0.04 | 0.09 | 0.16 | 35.23 | 92.53 | 23.34 | 1.63 |
|  | Бульон мясной - 112 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина – 39.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста белокочанная – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 – 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01. 01 по 31.08 – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатное пюре - 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 323//2008 | **Каша гречневая рассыпчатая** | 150 | 3.6 | 4.6 | 37.7 | 206.0 | 0.00 | 0.03 | 0.00 | 0.03 | 11.00 | 78.00 | 26.00 | 0.60 |
|  | крупа гречневая -69 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное-5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода-115 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 270//2011 | **Котлеты «Московские» (полуфабрикат)** | 80 | 9.1 | 17.2 | 7.2 | 220.3 | 0.04 | 0.05 | 0.07 | 0.04 | 11.96 | 88.69 | 13.43 | 1.69 |
|  | говядина- 43.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 0.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | хлеб пшеничный- 12.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | вода – 17.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сухари- 3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло подсолнечное –3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное–8.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 430//2008 | **Чай с сахаром** | 185/15 | 0.2 | 0.0 | 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 | 0.0 | 20.4 | 0.00 | 0.10 | 0.00 | 0.00 | 7.20 | 34.80 | 7.60 | 1.60 |
|  | **Яблоко** | 120 | 0.5 | 0.5 | 11.8 | 56.4 | 12.00 | 0.04 | 0.02 | 0.01 | 19.20 | 13.20 | 9.60 | 2.64 |
|  | **ИТОГО за обед** | **850** | **25.9** | **37.8** | **83.7** | **773** | **24.18** | **0.27** | **0.20** | **0.24** | **103.97** | **329.82** | **91.49** | **8.89** |
|  | **Всего за день** |  | **34.3** | **51.1** | **117.9** | **1064.5** | **24.70** | **0.33** | **0.32** | **0.34** | **338.01** | **506.47** | **126.35** | **10.16** |

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| **Неделя: первая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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** | 150 | 5.8 | 8.0 | 23.9 | 191.2 | 0.37 | 0.13 | 0.11 | 0.03 | 93.05 | 146.99 | 45.64 | 1.24 |
|  | Овсяные хлопья «Геркулес» 31.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 47.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | молоко - 71.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль – 0.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | сахар -1.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | масло сливочное -4.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** | **390** | **9.2** | **100** | **59.7** | **366.2** | **0.37** | **0.13** | **0.11** | **0.03** | **105.73** | **181.07** | **54.92** | **2.72** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74//2011 | **Рассольник на мясном бульоне (мелкошинкованный)** | 200 | 11.2 | 10.7 | 10.4 | 185.0 | 3.85 | 0.06 | 0.10 | 0.24 | 30.42 | 126.23 | 26.87 | 1.83 |
|  | Крупа перловая - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленные – 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочн – 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана – 15% - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина – 53.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 160 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 321//2011 | **Капуста тушенная** | 150 | 3.6 | 4.4 | 15.2 | 117.2 | 32.18 | 0.04 | 0.07 | 0.11 | 84.99 | 61.47 | 30.87 | 1.86 |
|  | Капуста белокочан – 171.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливоч -5.25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.12 – 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатное пюре – 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Куриная грудка филе- |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар – 4.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Банан** | 200 | 3.0 | 1.0 | 42.0 | 192.0 | 20.00 | 0.08 | 0.10 | 0.05 | 16.00 | 56.00 | 84.00 | 1.20 |
|  | **ИТОГО за обед** | **790** | **21.9** | **18.1** | **112.4** | **689.2** | **256.03** | **0.29** | **0.27** | **0.56** | **151.61** | **281.50** | **152.34** | **7.49** |
|  | **Всего за день** |  | **31.1** | **28.1** | **172.0** | **1055.4** | **256.40** | **0.42** | **0.38** | **0.59** | **257.34** | **452.57** | **207.26** | **10.21** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Неделя: первая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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** | | | | | | | 60 | | | 0.9 | | | | 3.1 | | | 5.3 | 53.0 | | | | | 10.32 | | | | 0.01 | | | | 0.03 | | | | 0.02 | | | 26.72 | | | 14.81 | | | 7.94 | | | 0.48 |
|  | Капуста белокочанная -47.3 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук зеленый – 6 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лимонная кислота – 0.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар – 3 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнечное - 3 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 111/2011 | **Суп с макаронными изделиями** | | | | | | | 200 | | | 2.2 | | | | 4.3 | | | 12.4 | 97.8 | | | | | 0.65 | | | | 0.02 | | | | 0.03 | | | | 0.22 | | | 11.01 | | | 26.08 | | | 7.65 | | | 0.53 |
|  | Бульон из кур - 144 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Макаронные изделия – 16 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Морковь | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.01 по 31.08 – 8 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.09 по 31.12 – 8 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук репчатый – 8 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнчное – 4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Томатное пюре – 1.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 325//2008 | **Рис отварной** | | | | | | | 150 | | | 3.7 | | | | 6.3 | | | 32.8 | 203.0 | | | | | 00.0 | | | | 0.02 | | | | 0.00 | | | | 0.05 | | | 3.00 | | | 61.00 | | | 19.00 | | | 0.60 |
|  | Крупа рисовая – 54 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло сливочное –7 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Соль – 1.5 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 231//2008 | **Рыба, тушенная в томатном соусе с**  **овощами** | | | | | | | 80 | | | 10.6 | | | | 6.5 | | | 3.3 | 114.4 | | | | | 2.40 | | | | 0.10 | | | | 0.00 | | | | 0.26 | | | 17.60 | | | 112.8 | | | 22.40 | | | 0.56 |
|  | Рыба свежемороженая –50.4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Морковь | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.001 по 31.08 -14.4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | С 01.09 по 31.12 – 14.4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лук репчатый – 6.4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Томатная паста – 3.2 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Масло подсолнечное - 4 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Лимонная кислота – 0.1 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
|  | Сахар – 1.6 | | | | | | |  | | |  | | | |  | | |  |  | | | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |  |
| 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 |
| 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** | | | | | | | **730** | | | **20.8** | | | | **21.9** | | | **99.9** | **665.2** | | | | | **26.37** | | | | **0.26** | | | | **0.06** | | | | **0.56** | | | **73.53** | | | **254.49** | | | **67.59** | | | **3.77** |
|  | **Всего за день** | | | | | | |  | | | **41.5** | | | | **37.2** | | | **168.7** | **1163.9** | | | | | **28.76** | | | | **0.36** | | | | **0.37** | | | | **0.64** | | | **285.67** | | | **505.26** | | | **99.23** | | | **5.00** |
| **Неделя: первая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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** | 60 | | 2.4 | | | 3.7 | | | | 26.8 | | | 149.8 | | | | 1.42 | | 0.04 | | | | 0.00 | | | | | 0.04 | | | | 22.72 | | | 31.24 | | | 7.10 | | | 0.99 | | |
|  | | | 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 | | | 0.0 | | | | 15.0 | | | 60.0 | | | | 0.00 | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | |
|  | | | Чай «Байховый»-1 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Сахар-15 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | **ИТОГО за завтрак** | **260** | | **2.6** | | | **3.7** | | | | **41.8** | | | **209.8** | | | | **1.42** | | **0.04** | | | | **0.00** | | | | | **0.04** | | | | **22.72** | | | **31.24** | | | **7.10** | | | **0.99** | | |
|  | | | **Обед** |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 94//2008 | | | **Суп крестьянский с крупой** | 200 | | 62.0 | | | 55.7 | | | | 15.4 | | | 810.5 | | | | 3.68 | | 0.22 | | | | 0.51 | | | | | 1.83 | | | | 138.06 | | | 597.28 | | | 107.82 | | | 8.79 | | |
|  | | | Бульон мясной - 200 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Картофель |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.01 по 28.02 – 20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.03 по 31. 07 – 20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.08 по 31.08 – 20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.09 по 31.10 – 20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.11 по 31.12 - 20 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Пшено – 8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Морковь |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.01 по 31.08 – 8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | с 01.09 по 31.12 -8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Лук репчатый – 8 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | Масло подсолнеч - 5 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
| 312//2011 | | | **Пюре картофельное** | 150 | | 3.2 | | | 5.4 | | | | 21.4 | | | 147.7 | | | | 10.38 | | 0.12 | | | | 0.12 | | | | | 0.04 | | | | 44.87 | | | 85.83 | | | 30.32 | | | 1.22 | | |
|  | | | 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** | 80 | | 12.4 | | | 9.2 | | | | 2.9 | | | 144.0 | | | | 7.20 | | 0.05 | | | | 0.00 | | | | | 0.06 | | | | 0.00 | | | 32.80 | | | 15.20 | | | 0.80 | | |
|  | | | 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 |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | | **Мандарин** | 100 | | 0.8 | | | 0.2 | | | | 7.5 | | | 38.0 | | | | 37.96 | | 0.06 | | | | 0.03 | | | | | 0.01 | | | | 34.97 | | | 16.98 | | | 10.99 | | | 0.10 | | |
|  | | | **Итого за обед** | **770** | | **82.2** | | | **72.3** | | | | **99.3** | | | **1363.2** | | | | **59.22** | | **0.57** | | | | **0.66** | | | | | **1.95** | | | | **278.90** | | | **873.09** | | | **187.93** | | | **13.21** | | |
|  | | | **Всего за день** |  | | **84.8** | | | **76.0** | | | | **141.0** | | | **1573.0** | | | | **60.64** | | **0.61** | | | | **0.66** | | | | | **1.99** | | | | **301.62** | | | **904.33** | | | **195.03** | | | **14.20** | | |
| **Неделя: вторая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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»** | | | 150 | | 4.5 | | | 7.4 | | | | 20.0 | | | 165.4 | | | | 0.58 | | 0.06 | | | | 0.12 | | | 0.04 | | | | 119.71 | | | 107.82 | | | 21.83 | | | 0.39 | | |
|  | | Крупа рисовая – 7.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Пшено – 7.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Молоко- 112.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло сливочное – 4.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Сахар – 4.5 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 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 | | |
| 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** | | | **390** | | **11.5** | | | **12.9** | | | | **65.1** | | | **427.2** | | | | **1.10** | | **0.09** | | | | **0.24** | | | **0.07** | | | | **238.82** | | | **229.48** | | | **54.60** | | | **1.74** | | |
|  | | **Обед** | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 108//2011 | | **Суп картофельный с клецками** | | | 200 | | 8.2 | | | 8.0 | | | | 23.9 | | | 201.3 | | | | 5.28 | | 0.12 | | | | 0.24 | | | 1.85 | | | | 75.20 | | | 146.32 | | | 46.31 | | | 2.26 | | |
|  | | Картофель | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.01 по 28.02 – 40 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.03 по 31.07 – 40 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01..08 по 31.08 – 40 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | 01.09 по 31.10 – 40 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.11 по 31.12 - 40 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Морковь – 13 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.01 по 31.08 – 8 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | с 01.09 по 31.12 – 8 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Лук репчатый – 8 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло подсолнечное –2 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Клецки - 52 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 198//2011 | | **Гороховое пюре с маслом** | | | 150 | | 31.9 | | | 7.9 | | | | 66.7 | | | 466.0 | | | | 0.00 | | 0.87 | | | | 0.19 | | | 0.03 | | | | 115.18 | | | 291.74 | | | 113.18 | | | 9.01 | | |
|  | | Горох лущенный – 142.9 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Масло сливочное – 7.1 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| 270//2011 | | **Котлеты «Домашние» (полуфабрикат)** | | | 80 | | 4.4 | | | 7.6 | | | | 3.8 | | | 101.3 | | | | 0.00 | | 0.07 | | | | 0.03 | | | 0.00 | | | | 7.05 | | | 42.28 | | | 9.01 | | | 0.40 | | |
|  | | 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 | | | | 200.0 | | 0.01 | | | | 0.00 | | | 0.16 | | | | 13.00 | | | 3.00 | | | 3.00 | | | 1.00 | | |
|  | | шиповник-20 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | сахар-20 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | Вода- 200 | | |  | |  | | |  | | | |  | | |  | | | |  | |  | | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | | **Печенье обогащенное** | | | 40 | | 0.0 | | | 0.0 | | | | 0.0 | | | 0.0 | | | | 0.0 | | 0.0 | | | | 0.0 | | | 0.0 | | | | 0.0 | | | 0.0 | | | 0.0 | | | 0.0 | | |
|  | | **ИТОГО за обед** | | | **710** | | **48.4** | | | **25.5** | | | | **139.2** | | | **963.6** | | | | **205.28** | | **1.17** | | | | **0.46** | | | **2.04** | | | | **217.63** | | | **518.14** | | | **179.10** | | | **14.27** | | |
|  | | **Всего за день** | | |  | | **59.9** | | | **38.5** | | | | **204.4** | | | **1390.8** | | | | **206.38** | | **1.26** | | | | **0.70** | | | **2.10** | | | | **456.45** | | | **747.62** | | | **233.70** | | | **16.01** | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Неделя: вторая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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** | 60 | 1.0 | 3.7 | 5.7 | 60.0 | 28.20 | 0.03 | 0.05 | 0.27 | 21.11 | 20.11 | 10.08 | 0.43 |
|  | Капуста белокочанная - 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук зеленый - 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лимонная кислота – 0.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Горошек зеленый консер–12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Перец зеленый сладкий - 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар - 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 3.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 82//2011 | **Борщ с капустой и картофелем** | 200 | 6.6 | 8.3 | 15.5 | 165.9 | 8.14 | 0.09 | 0.21 | 1.85 | 81.61 | 134.34 | 49.27 | 2.40 |
|  | Свекла – 32 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста белокочанная – 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель – 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томатная паста – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Бульон мясной |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 202.1//2011 | **Макаронные изделия отварные** | 150 | 5.6 | 0.7 | 35.9 | 172.1 | 0.00 | 0.07 | 0.02 | 0.00 | 30.35 | 42.87 | 10.91 | 1.02 |
|  | Макаронные изделия – 52.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода – 315 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 – 63.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Яблоко** | 120 | 0.5 | 0.5 | 11.8 | 56.4 | 12.00 | 0.04 | 0.02 | 0.01 | 19.20 | 13.20 | 9.60 | 2.64 |
|  | **ИТОГО за обед** | **870** | **29.7** | **27.6** | **117.5** | **825.8** | **62.14** | **0.37** | **0.30** | **2.14** | **178.67** | **370.32** | **106.46** | **9.69** |
|  | **Всего за день** |  | **34.6** | **37.4** | **142.6** | **1032.5** | **65.14** | **0.40** | **0.30** | **2.22** | **309.28** | **461.39** | **118.83** | **11.09** |

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| **Неделя: вторая** | | | | | | | | | | | | | | |
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| **Возрастная категория: 7-11 лет** | | | | | | | | | | | | | | |
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| **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** | 150 | 14.0 | 27.3 | 2.6 | 312.5 | 0.20 | 0.06 | 0.45 | 0.35 | 97.26 | 211.45 | 15.84 | 2.44 |
|  | Яйца – 104.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко – 38.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное –5.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |
| 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** | **390** | **20.5** | **32.3** | **49.9** | **575.5** | **0.72** | **0.11** | **0.57** | **0.37** | **216.35** | **325.42** | **40.15** | **3.32** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74//2011 | **Рассольник на мясном бульоне (мелкошинкованный)** | 200 | 11.2 | 10.7 | 10.4 | 185.0 | 3.85 | 0.06 | 0.10 | 0.24 | 30.42 | 126.23 | 26.87 | 1.83 |
|  | Крупа перловая - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 –40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31.08 -40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 – 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 31.08 – 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.09 по 31.10 - 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленные - 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочн – 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана – 15% - 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Говядина – 53.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 309//2008 | **Рагу из птицы** | 150 | 12.8 | 16.4 | 13.0 | 251.2 | 6.54 | 0.11 | 0.12 | 0.22 | 22.45 | 138.69 | 28.85 | 1.72 |
|  | Куры потрошенные–62.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное–1.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель-62.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 8.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Пюре томатное – 2.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 11.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука – 1.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |
| 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** | **590** | **27.4** | **28.9** | **58.7** | **588.2** | **10.39** | **0.27** | **0.22** | **0.46** | **65.07** | **307.72** | **67.32** | **6.15** |
|  | **Всего за день** |  | **47.9** | **61.2** | **108.7** | **1163.7** | **11.11** | **0.38** | **0.79** | **0.83** | **281.42** | **633.14** | **107.47** | **9.47** |

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| **Неделя: вторая** | | | | | | | | | | | | | | | | | | |
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| **Возрастная категория: 7-11 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** | 150 | 5.2 | 6.4 | | 26.6 | 184.1 | 0.37 | 0.05 | 0.09 | | 0.03 | 83.86 | 77.23 | 13.77 | | 0.38 |
|  | | Крупа манная – 31.9 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Вода – 47.4 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Молоко – 71.6 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло сливочное – 4.8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Сахар – 1.5 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 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** | 200/15/7 | 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** | **412** | **8.6** | **8.3** | | **62.3** | **360.7** | **1.51** | **0.05** | **0.10** | | **0.03** | **104.83** | **108.41** | **23.63** | | **1.29** |
|  | | **Обед** |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 88//2008 | | **Щи из свежей капусты с картофелем** | 200 | 8.5 | 10.1 | | 7.0 | 153.8 | 9.81 | 0.04 | 0.09 | | 0.16 | 35.23 | 92.53 | 23.34 | | 1.63 |
|  | | Картофель |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 28.02 – 24 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.03 по 31.07 – 24 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.08 по 31.08 – 24 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.10 – 24 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.11 по 31.12 – 24 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Морковь |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 31.08 – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.12 – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Лук репчатый – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Бульон - 122 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло подсолнечное – 4 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Томатное пюре - 2 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Капуста белокочанная - 40 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 311//2008 | | **Плов из птицы** | 150 | 17.9 | 13.7 | | 27.6 | 305.2 | 10.97 | 0.08 | 0.00 | | 0.22 | 36.91 | 187.53 | 36.91 | | 11.97 |
|  | | Куры потрошенные – 73 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Масло подсолнечное – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Лук репчатый – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Морковь |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.01 по 31.08 – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | с 01.09 по 31.12 – 8 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Томатная паста – 2 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | | Крупа рисовая – 35 |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
| 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 | |  |  |  | |  |  |  |  |  | |  |  |  |  | |  |
|  | **Банан** | | 200 | 5.0 | 1.7 | | 70.0 | 320.0 | 33.33 | 0.13 | 0.17 | | 0.08 | 26.66 | 93.23 | 139.99 | | 2.00 |
|  | **ИТОГО за обед** | | **790** | **35.2** | **27.3** | | **156.7** | **1002.0** | **54.11** | **0.35** | **0.26** | | **0.46** | **106.00** | **408.18** | **207.84** | | **17.20** |
|  | | **Всего за обед** |  | **43.8** | **35.6** | | **219.0** | **1362.7** | **55.62** | **0.40** | **0.36** | | **0.49** | **210.83** | **516.59** | **231.47** | | **18.49** |

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| **Неделя: вторая** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| **Возрастная категория: 7-11 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 | 20.8 | 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** | **24.6** | **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** | 60 | 0.8 | 6.1 | 4.4 | 76.3 | 5.57 | 0.02 | 0.04 | 0.12 | 16.10 | 23.53 | 10.48 | 0.48 |
|  | Картофель |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.01 по 28.02 – 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.03 по 31.07 – 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.08 по 31-08 – 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | с 01.11 по 31.12 - 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Свекла |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.01 по 31.08 - 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.12 - 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.01 по 31.08 – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | С 01.09 по 31.2 – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы соленые - 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Капуста квашенная – 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное – 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 87//2012 | **Суп из рыбной консервами** | 200 | 7.2 | 2.7 | 13.1 | 105.6 | 5.00 | 0.07 | 0.07 | 0.27 | 25.08 | 45.85 | 20.33 | 0.77 |
|  | Консервы рыбные – 32 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель - 56 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь – 12.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репчатый – 6.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Крупа рисовая – 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сладко-сливочное - 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 312//2011 | **Пюре картофельное** | 150 | 3.2 | 5.2 | 21.3 | 145.3 | 10.36 | 0.12 | 0.11 | 0.08 | 35.49 | 84.14 | 29.08 | 1.18 |
|  | Картофель - 128 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко – 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное – 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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-37.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло подсолнечное -2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соус сметанный - 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2008 | **Хлеб ржаной** | 40 | 3.2 | 1.7 | 20.4 | 0.0 | 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** | **750** | **30.6** | **27.5** | **87.2** | **610.2** | **229.93** | **0.38** | **0.19** | **0.67** | **137.87** | **335.32** | **89.49** | **6.03** |
|  | **Всего за день** |  | **55.2** | **46.4** | **152.4** | **1142.7** | **230.84** | **0.50** | **0.62** | **0.78** | **456.44** | **673.67** | **146.62** | **7.73** |