|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рец** | **Наименование блюд** | | **Выход грамм** | **Пищевые вещ-ва , гр** | | | **Минеральные вещ-ва, мг** | | | **Витамины, мг** | | | | |  | **Энерг**  **ценность, Ккал** |
|  | | |  | **Белки** | **Жиры** | **Углевод** | **Mg** | **P** | **Fe** | **A** | **B1** | **B2** | **PP** | **C** |  |
| ***Обед: День №1*** | | | | | | | | | | | | | | | | |
| *52* | | *Салат из свеклы с р/м* | *60* | *1,1* | *5,1* | *6,2* | *10,35* | *20,31* | *0,66* | *0,086* | *-* | *0,019* | *0,56* | *-* | *3,56* | *74,4* |
| *98* | | *Суп крестьянский с крупой* | *250* | *2,2* | *5,3* | *15* | *50,88* | *35,52* | *91,26* | *2,57* |  | *0,288* | *0,06* | *0,84* | *0,96* | *117,1* |
| *245* | | *Бефстроганов* | *80* | *15,7* | *23,1* | *3,2* | *23,28* | *4,14* | *99,9* | *7,56* | *12,75* | *0.05* | *0.088* | *2,35* | *0.0124* | *248,3* |
| *139* | | *Капуста тушеная* | *150* | *4,7* | *6,5* | *14,1* |  |  |  |  |  |  |  |  |  | *134,5* |
| *349* | | *Компот из сухофруктов* | *200* | *0,08* | *-* | *26,3* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *105* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной ( ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***27,58*** | ***40,6*** | ***173*** | ***143,48*** | ***327,07*** | ***196,16*** | ***10,59*** | ***12,91*** | ***0,522*** | ***1,528*** | ***3,19*** | ***5,63*** | ***786,6*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
| *410* | | *Булочка с изюмом* | *75* | *3,96* | *11,94* | *22,9* | *18,78* | *13,94* | *40,71* | *0,59* | *18,2* | *0,05* | *0,04* | *0,55* |  | *215* |
| 376 | | *Чай с сахаром* | *200* | *0.07* | *0.02* | *15.0* | *11.1* | *1.40* | *2.80* | *0.28* | *-* | *-* | *-* | *0.02* | *0.03* | *60* |
|  | | *Йогурт порционный* | *95* |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***4,03*** | ***11,96*** | ***37,9*** | ***29,79*** | ***15,34*** | ***43,51*** | ***0,87*** | ***18,2*** | ***0,05*** | ***004*** | ***0,57*** | ***0,03*** | ***275*** |
| ***Обед: День2*** | | | | | | | | | | | | | | | | |
|  | | *Икра кабачковая* | *60* | *1,2* | *4,7* | *7,7* |  |  |  |  |  |  |  |  |  | *78* |
| *88* | | *Щи из свежей (или квашеной) капусты с картофелем* | *250* | *2,4* | *7,30* | *10,2* | *58* | *32,53* | *59,88* | *0,96* | *0,036* | *0,096* | *0,084* | *0,92* | *37,08* | *116,6* |
| *294* | | *Котлета из курицы* | *80* | *22,6* | *8,5* | *2,1* | *42.4* | *14.4* | *65.5* | *0.91* | *31.6* | *0.07* | *0.07* | *2.6* | *0.64* | *175,3* |
| *312* | | *Картофельное пюре* | *150* | *3,06* | *4,8* | *20,4* | *49,28* | *37* | *115,4* | *1,34* |  | *0,18* | *0,14* | *1,81* | *24,26* | *137* |
| *350* | | *Кисель из ягод (замороженных или свежих)* | *200* | *0,2* | *0,1* | *28,5* | *14.0* | *5.58* | *8.94* | *0.14* | *-* | *0.01* | *0.01* | *0.03* | *24* | *116,8* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной( ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***33,26*** | ***26*** | ***178*** | ***209,05*** | ***209,13*** | ***251,26*** | ***3,35*** | ***31,8*** | ***0,521*** | ***1,16*** | ***5,36*** | ***85,98*** | ***731*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
|  | | *Коктейль молочный* | *200* |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *426* | | *Булочка со сгущенкой* | *75* | *6,6* | *14,36* | *41,1* | *21,3* | *28,2* | *76,8* | *1,39* | *\** | *4,71* | *0,16* | *0,06* |  | *240* |
|  | | ***Итого:*** |  | *6,6* | *14,36* | *41,1* | *21,3* | *28,2* | *76,8* | *1,39* |  | *4,71* | *0,16* | *0,06* |  | *240* |
| ***Обед: День №3*** | | | | | | | | | | | | | | | | |
|  | | *Капуста квашеная* | *60* | *1* | *1,5* | *1,7* |  |  |  |  |  |  |  |  |  | *57,6* |
| *103* | | *Суп картофельный с макаронными изделиями* | *250* | *3,4* | *3,6* | *25,2* | *13,44* | *10,34* | *44,6* | *1,13* | *-* | *0,08* | *0026* | *0,69* |  | *147,2* |
| *274* | | *Тефтели (мясо, птица)* | *80* | *11,8* | *13,1* | *11* | *23,52* | *14,79* | *72,6* | *5,3* | *9,2* | *0,17* | *0,05* | *0,96* | *3,38* | *209,5* |
| *302* | | *Каша гречневая рассыпчатая* | *150* | *8,9* | *4,1* | *39,8* | *13,6* | *96,4* | *145* | *2,66* | *1,87* | *0,04* | *0,026* | *0,97* | *-* | *88* |
| *349* | | *Компот из плодов сухих (шиповник) \** | *200* | *0,7* | *0,3* | *29,6* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *136,6* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной( ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***29,6*** | ***23,1*** | ***216*** | ***109,53*** | ***245,15*** | ***266,54*** | ***9,47*** | ***11,23*** | ***0,455*** | ***0,922*** | ***2,62*** | ***4,48*** | ***746,2*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
| *409* | | *Пирог с капустой* | *75* | *2,46* | *1,14* | *13,8* | *50,57* | *4,99* | *20,82* | *0,33* | *8,13* | *0,03* | *0,02* | *0,25* |  | *76* |
| *379* | | *Кофейный напиток* | *200* | *3,17* | *2,7* | *15,9* | *125.8* | *14.0* | *90.0* | *0.13* | *20* | *0.04* | *0.16* | *0.10* | *1.3* | *101* |
|  | | ***Итого:*** |  | ***5,53*** | ***3,21*** | ***29,7*** | ***176,3*** | ***18,99*** | ***110,82*** | ***0,46*** | ***28,13*** | ***0,07*** | ***0,18*** | ***0,35*** | ***1,3*** | ***177*** |
| ***Обед: День №4*** | | | | | | | | | | | | | | | | |
| *71* | | *Овощи свежие порционно(помидор)* | *60* | *0,9* | *5,1* | *4,8* | *6.3* | *9.0* | *11.7* | *0.41* | *-* | *0.03* | *0.02* | *0.23* | *7.9* | *69,1* |
| *84* | | *Борщ с картофелем и фасолью* | *250* | *2,9* | *6,8* | *14,4* | *49,6* | *29,4* | *63,36* | *1,44* | *0,036* | *0,384* | *1,08* | *0,92* | *46,56* | *132,3* |
| *291* | | *Плов из мяса (птицы)* | *200* | *20,6* | *20* | *42,8* | *39,23* | *58,57* | *20,5* | *2,03* | *30,43* | *0,16* | *0,16* | *5,8* | *7,06* | *434,3* |
| *349* | | *Напиток клюквенный* | *200* | *0,1* | *0* | *20,7* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *85,4* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной ( ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***28,3*** | ***32,5*** | ***191*** | ***154,1*** | ***220,59*** | ***99,9*** | ***4,26*** | ***30,63*** | ***0,739*** | ***2,08*** | ***6,95*** | ***62,62*** | ***828,4*** |
| ***Полдник*** | | | | | | | | | | | | | | | | |
| *410* | | *Ватрушка с творогом* | *75* | *4,61* | *2,74* | *14,5* | *10,8* | *45,1* | *0,45* | *17,0* | *0,04* | *0,06* | *0,46* | *0,02* |  | *101* |
| 376 | | *Чай с сахаром* | *200* | *0.07* | *0.02* | *15.0* | *11.1* | *1.40* | *2.80* | *0.28* | *-* | *-* | *-* | *0.02* | *0.03* | *60* |
|  | | *Йогурт порционный* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***4,68*** | ***2,76*** | ***29,5*** | ***21,9*** | ***46,5*** | ***3,25*** | ***17,28*** | ***0,04*** | ***0,06*** | ***0,46*** | ***0,04*** | ***0,03*** | ***161*** |
| ***Обед: День №5*** | | | | | | | | | | | | | | | | |
| *70* | | *Огурец соленый* | *60* | *0,5* | *0,1* | *1* | *8.1* | *5.0* | *8.4* | *0.2* | *-* | *0.01* | *0.04* | *0.04* | *1.23* | *7,8* |
| *117* | | *Суп овощной с мясными фрикадельками* | *250/20* | *6,8* | *4,9* | *25,7* | *50,88* | *35,52* | *91,26* | *2,57* |  | *0,288* | *0,06* | *0,84* | *0,96* | *174,5* |
| *234* | | *Котлета рыбная «Дружба»* | *80* | *25,4* | *15,7* | *9* | *327* | *23,4* | *99,4* | *068* | *22* | *0,07* | *0,07* | *0,54* | *0,74* | *278,6* |
| *125* | | *Картофель отварной* | *150* | *4,2* | *6,6* | *33,8* | *49,28* | *37* | *115,4* | *1,34* |  | *0,18* | *0,14* | *1,81* | *24,26* | *212,3* |
| *350* | | *Кисель из ягод (замороженных или свежих)* | *200* | *0,2* | *0,1* | *28,5* | *14.0* | *5.58* | *8.94* | *0.14* | *-* | *0.01* | *0.01* | *0.03* | *24* | *116,8* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***40,9*** | ***28*** | ***207*** | ***494,63*** | ***226,12*** | ***324,9*** | ***4,93*** | ***22,16*** | ***0,723*** | ***1,14*** | ***3,26*** | ***51,19*** | ***897,3*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
|  | | *Шаньга с сыром* | *75* | *4,28* | *5,37* | *25,1* | *12,9* | *15,4* | *46,1* | *0,73* | *44* | *32* | *0,07* | *0,05* |  | *166* |
| *382* | | *Какао с молоком* | *200* | *4,08* | *3,54* | *17,5* | *152.2* | *21.34* | *124.6* | *0.48* | *24.4* | *0.06* | *0.19* | *0.16* | *1.6* | *119* |
|  | | *Фрукт (яблоко)* | *1шт* |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***8,36*** | ***8,91*** | ***42,6*** | ***165,1*** | ***36,38*** | ***170,7*** | ***1,21*** | ***68,4*** | ***32,06*** | ***0,26*** | ***0,21*** | ***1,6*** | ***285*** |
| ***Обед: День №6*** | | | | | | | | | | | | | | | | |
| *70* | | *Овощи свежие (или соленые) в нарезке (огурцы)* | *60* | *0,5* | *0,1* | *1* | *8.1* | *5.0* | *8.4* | *0.2* | *-* | *0.01* | *0.04* | *0.04* | *1.23* | *7,8* |
| *82* | | *Борщ со сметаной* | *250/10* | *2,4* | *4,6* | *14,1* | *49,6* | *29,4* | *63,36* | *1,44* | *0,036* | *0,384* | *1,08* | *0,92* | *46,56* | *108* |
| *278* | | *Тефтели (мясные)* | *80* | *11,8* | *13,1* | *11* | *23,52* | *14,79* | *72,6* | *5,3* | *9,2* | *0,17* | *0,05* | *0,96* | *3,38* | *209,5* |
| *203* | | *Вермишель отварная* | *150* | *5,66* | *0,67* | *32* | *13,44* | *10,34* | *44,6* | *1,13* | *-* | *0,08* | *0026* | *0,69* |  | *156* |
| *349* | | *Компот из ягод (замороженных или свежих)* | *200* | *0,08* | *0* | *26,3* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *105* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***24,24*** | ***19,07*** | ***193*** | ***153,63*** | ***183,15*** | ***193,3*** | ***8,45*** | ***9,4*** | ***0,80*** | ***2,01*** | ***2,61*** | ***52,2*** | ***693,6*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
| *410* | | *Булочка с изюмом* | *75* | *3,96* | *11,94* | *22,9* | *18,78* | *13,94* | *40,71* | *0,59* | *18,2* | *0,05* | *0,04* | *0,55* |  | *215* |
| 376 | | *Чай с сахаром* | *200* | *0.07* | *0.02* | *15.0* | *11.1* | *1.40* | *2.80* | *0.28* | *-* | *-* | *-* | *0.02* | *0.03* | *60* |
|  | | *Йогурт порционный* | *95* |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***4,03*** | ***11,96*** | ***37,9*** | ***29,79*** | ***15,34*** | ***43,51*** | ***0,87*** | ***18,2*** | ***0,05*** | ***004*** | ***0,57*** | ***0,03*** | ***275*** |
| ***Обед: День №7*** | | | | | | | | | | | | | | | | |
| *52* | | *Салат из свеклы с р/м* | *60* | *1,1* | *5,1* | *6,2* | *10,35* | *20,31* | *0,66* | *0,086* | *-* | *0,019* | *0,56* | *-* | *3,56* | *74,4* |
| *106* | | *Суп рыбный* | *250* | *6,7* | *9,6* | *21,1* | *26,16* | *31,68* | *76,8* | *1,18* |  | *0,12* | *0,09* | *0,09* | *11,96* | *198,3* |
| *292* | | *Куры тушеные* | *80* | *26,8* | *16,9* | *0,1* | *18.5* | *10* | *81.0* | *0.9* | *20.0* | *0.09* | *0.08* | *1.15* | *-* | *260,1* |
| *171* | | *Рис припущенный* | *150* | *2,4* | *4,6* | *14,1* | *5* | *24.46* | *89.47* | *0.8* | *1.87* | *0.04* | *0.026* | *0.97* |  | *108* |
| *349* | | *Компот из плодов свежих (изюм)\** | *200* | *0,4* | *0,1* | *34,1* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *135* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***41,2*** | ***36,9*** | ***184*** | ***118,98*** | ***210,07*** | ***252,27*** | ***3,34*** | ***22,03*** | ***0,434*** | ***1,576*** | ***2,21*** | ***16,62*** | ***883,1*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
|  | | *Коктейль молочный* | *200* |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *426* | | *Булочка со сгущенкой* | *75* | *6,6* | *14,36* | *41,1* | *21,3* | *28,2* | *76,8* | *1,39* | *\** | *4,71* | *0,16* | *0,06* |  | *240* |
|  | | ***Итого:*** |  | ***6,6*** | ***14,36*** | ***41,1*** | ***21,3*** | ***28,2*** | ***76,8*** | ***1,39*** |  | ***4,71*** | ***0,16*** | ***0,06*** |  | ***240*** |
| ***Обед: День №8*** | | | | | | | | | | | | | | | | |
| *42* | | *Салат картофельный с зеленым горошком с р/м* | *60* | *4* | *7,5* | *8,1* | *10,47* | *29,37* | *0,2* | *-* | *0,042* | *0,015* | *0,48* |  | *7,95* | *115,7* |
| *99* | | *Суп овощной* | *250* | *2,6* | *6,9* | *14,6* | *41,61* | *19,9* | *53,4* | *0,74* |  | *0,07* | *0,04* | *0,55* | *9,48* | *131,1* |
| *259* | | *Жаркое по-домашнему* | *200* | *18,4* | *20,3* | *28,4* | *60* | *168* | *2,97* | *22,66* | *0,1* | *0,23* | *7,04* | *17,6* |  | *370,5* |
| *349* | | *Компот из сухофруктов* | *200* | *0,08* | *-* | *26,3* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *105* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***28,88*** | ***35,3*** | ***186*** | ***171,05*** | ***340,89*** | ***60,91*** | ***23,78*** | ***0,307*** | ***0,48*** | ***8,38*** | ***18,1*** | ***18,53*** | ***829,5*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
| *409* | | *Пирог с капустой* | *75* | *2,46* | *1,14* | *13,8* | *50,57* | *4,99* | *20,82* | *0,33* | *8,13* | *0,03* | *0,02* | *0,25* |  | *76* |
| *379* | | *Кофейный напиток* | *200* | *3,17* | *2,7* | *15,9* | *125.8* | *14.0* | *90.0* | *0.13* | *20* | *0.04* | *0.16* | *0.10* | *1.3* | *101* |
|  | | ***Итого:*** |  | ***5,53*** | ***3,21*** | ***29,7*** | ***176,3*** | ***18,99*** | ***110,82*** | ***0,46*** | ***28,13*** | ***0,07*** | ***0,18*** | ***0,35*** | ***1,3*** | ***177*** |
| ***Обед: День №9*** | | | | | | | | | | | | | | | | |
| *67* | | *Винегрет с р/м* | *60* | *1,1* | *6,1* | *9,3* | *10,05* | *16,25* | *0,43* | *-* | *2,31* | *0,02* | *0,022* | *-* | *5,54* | *95,8* |
| *96* | | *Рассольник по-ленинградски* | *250* | *3* | *7* | *26,6* | *30,72* | *25,56* | *59,8* | *0,96* |  | *0,096* | *0,06* | *1,04* | *88,8* | *180,4* |
| *Ттк8* | | *Рыба запеченная с овощами* | *100* | *34,6* | *20,6* | *12,6* | *55.5* | *8.4* | *105.9* | *1.3* | *39.3* | *0.17* | *0.12* | *3.9* | *4.1* | *374,6* |
| *312* | | *Картофельное пюре* | *150* | *3,06* | *4,8* | *20,4* | *49,28* | *37* | *115,4* | *1,34* |  | *0,18* | *0,14* | *1,81* | *24,26* | *116,8* |
| *350* | | *Кисель из ягод (замороженных или свежих)* | *200* | *0,2* | *0,1* | *28,5* | *14.0* | *5.58* | *8.94* | *0.14* | *-* | *0.01* | *0.01* | *0.03* | *24* | *47* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *60,3* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  |  |
|  | | ***Итого*** |  | ***42,7*** | ***34,4*** | ***186*** | ***206,4*** | ***212,41*** | ***292,11*** | ***3,74*** | ***39,46*** | ***0,641*** | ***1,17*** | ***6,78*** | ***146,,7*** | ***874,9*** |
| ***Полдник*** | | | | | | | | | | | | | | | | |
| *410* | | *Ватрушка с творогом* | *75* | *4,61* | *2,74* | *14,5* | *10,8* | *45,1* | *0,45* | *17,0* | *0,04* | *0,06* | *0,46* | *0,02* |  | *101* |
| 376 | | *Чай с сахаром* | *200* | *0.07* | *0.02* | *15.0* | *11.1* | *1.40* | *2.80* | *0.28* | *-* | *-* | *-* | *0.02* | *0.03* | *60* |
|  | | *Йогурт порционный* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***4,68*** | ***2,76*** | ***29,5*** | ***21,9*** | ***46,5*** | ***3,25*** | ***17,28*** | ***0,04*** | ***0,06*** | ***0,46*** | ***0,04*** | ***0,03*** | ***161*** |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Обед: День №10*** | | | | | | | | | | | | | | | | |
| *71* | | *Овощи в нарезке — огурец свежий* | *60* | *0,5* | *0,1* | *1,5* | *8.1* | *5.0* | *8.4* | *0.2* | *-* | *0.01* | *0.04* | *0.04* | *1.23* | *8,4* |
| *82* | | *Борщ со сметаной* | *250/10* | *2,4* | *4,6* | *14,1* | *49,6* | *29,4* | *63,36* | *1,44* | *0,036* | *0,384* | *1,08* | *0,924* | *46,56* | *108* |
| *294* | | *Биточки (мясо или птица)* | *80* | *12,1* | *15,6* | *7,1* | *27.95* | *18.33* | *88.37* | *0.87* | *33.92* | *0.05* | *0.07* | *1.67* | *0.72* | *216,4* |
| *302* | | *Каша гречневая рассыпчатая* | *150* | *2,4* | *4,6* | *14,1* | *13,6* | *96,4* | *145* | *2,66* | *1,87* | *0,04* | *0,026* | *0,97* | *-* | *108* |
| *349* | | *Напиток клюквенный* | *200* | *0,1* | *0* | *20,7* | *13,6* | *4,0* | *2,8* | *0,38* | *-* | *-* | *-* | *-* | *1,1* | *85,4* |
|  | | *Хлеб пшеничный* | *20* | *1,5* | *0,2* | *98* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *47* |
|  | | *Хлеб ржаной (ржано-пшеничный)* | *30* | *2,3* | *0,4* | *11* | *33* | *87* | *1,12* |  | *0,12* | *0,12* | *0,6* |  |  | *60,3* |
|  | | ***Итого*** |  | ***21,3*** | ***25,5*** | ***166*** | ***158,22*** | ***272,75*** | ***309,47*** | ***5,55*** | ***35,99*** | ***0,949*** | ***2,036*** | ***3,6*** | ***49,61*** | ***633,5*** |
| ***Полдник:*** | | | | | | | | | | | | | | | | |
|  | | *Шаньга с сыром* | *75* | *4,28* | *5,37* | *25,1* | *12,9* | *15,4* | *46,1* | *0,73* | *44* | *32* | *0,07* | *0,05* |  | *166* |
| *382* | | *Какао с молоком* | *200* | *4,08* | *3,54* | *17,5* | *152.2* | *21.34* | *124.6* | *0.48* | *24.4* | *0.06* | *0.19* | *0.16* | *1.6* | *119* |
|  | | *Фрукт (яблоко)* | *1шт* |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого:*** |  | ***8,36*** | ***8,91*** | ***42,6*** | ***165,1*** | ***36,38*** | ***170,7*** | ***1,21*** | ***68,4*** | ***32,06*** | ***0,26*** | ***0,21*** | ***1,6*** | ***285*** |

*Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях /Под ред. М.П.Могильного и В.А Тутельяна.- М.: ДеЛи принт, 2011. – 544с.*

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***Управление Роспотребнадзора Директор МАОУ СОШ №16 ИП Чеботаренко Е.В***

***По Томской области***

***\_\_\_\_\_\_\_\_\_\_\_/Астраханцева Е.В/ \_\_\_\_\_\_\_\_\_\_\_\_\_/Чеботаренко Е.В/***

***Цикличное меню обедов и полдников***

***для обучающихся МАОУ СОШ № 16 с ограниченными возможностями здоровья с 1-4 класс.***