|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ 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** |  |
| ***День №1*** | | | | | | | | | | | | | | | | |
| *171* | | *Каша рисовая молочная с маслом сливочным* | *200* | *6,3* | *8* | *61,5* | *163,37* | *45,57* | *196,75* | *0,75* | *68,75* | *0,17* | *0,21* | *0,92* | *1,2* | *374,2* |
| *378* | | *Чай с молоком* | *200* | 0.07 | 0.02 | 15.0 | 11.1 | 1.40 | 2.80 | 0.28 | - | - | - | 0.02 | 0.03 | 60 |
|  | | *Иогурт порционный* | *125* | *6,3* | *4* | *4,4* |  |  |  |  | *0,6* | *0,005* | *0,03* | *0,11* |  | *52,5* |
|  | | *Хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *-* | *0,01* | *0,01* | *-* |  | *66,1* |
|  | | ***Итого*** |  | ***17,3*** | ***19,62*** | ***94,8*** | ***189,74*** | ***83,77*** | ***206,11*** | ***0,89*** | ***68,89*** | ***0,185*** | ***0,25*** | ***1,05*** | ***1,23*** | ***623,3*** |
| *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*** |
| ***День2*** | | | | | | | | | | | | | | | | |
| *210* | | *Омлет натуральный* | *140* | *13,8* | *16,1* | *2,6* | *119,5* | *18,7* | *261,9* | *3,06* | *376,5* | *0,12* | *0,66* | *0,33* | *0,39* | *210,6* |
|  | | *Горошек консервированный* | *60* | *0,9* | *5,1* | *4,6* |  |  |  |  |  |  |  |  |  | *68,1* |
| *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* |
|  | | *Хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
| *14* | | *Масло сливочное* | *10* | *0,1* | *7,3* | *0,1* | *-* | *3,0* | *0,02* | *40* | *-* | *0,01* | *0,01* | *-* |  | *66,1* |
| *15* | | *Сыр Российский и др* | *15* | *3,9* | *4* | *0* | *8,25* | *90* | *0,11* | *31,5* | *0,6* | *0,005* | *0,03* | *0,11* |  | *52,5* |
|  | | ***Итого*** |  | ***24,17*** | ***35,4*** | ***38*** | ***265,92*** | ***158,32*** | ***352,42*** | ***74,9*** | ***397,14*** | ***0,22*** | ***1,08*** | ***0,54*** | ***1,69*** | ***568,8*** |
|  | | *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*** |
| ***День 3*** | | | | | | | | | | | | | | | | |
| *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* |
| *309* | | *Макаронные изделия отварные* | *150* | *5,66* | *0,67* | *31,9* | *13,44* | *10,34* | *44,6* | *1,13* | *-* | *0,08* | *0026* | *0,69* |  | *156* |
| *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* |
|  | |  |  | ***19,66*** | ***14,27*** | ***170*** | ***62,93*** | ***61,75*** | ***120,42*** | ***6,81*** | ***9,24*** | ***0,295*** | ***0,296*** | ***1,65*** | ***4,48*** | ***549,10*** |
|  | | *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*** |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***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* |
| *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*** |  | ***51,78*** | ***24,24*** | ***79,4*** | ***262,67*** | ***100,96*** | ***207,4*** | ***48,68*** | ***24,4*** | ***0,225*** | ***0,96*** | ***1,03*** | ***2,45*** | ***751,4*** |
| *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*** |
| ***День 5*** | | | | | | | | | | | | | | | | |
| *223* | | *Запеканка творожная с соусом молочным* | *200/30* | *45,3* | *13,2* | *47* | *98.1* | *44* | *82.4* | *8.2* | *-* | *0.11* | *0.54* | *0.87* | *0.85* | *495,8* |
| *382* | | *Какао с молоком* | *200* | *4,08* | *3,54* | *17,58* | *152.2* | *21.34* | *124.6* | *0.48* | *24.4* | *0.06* | *0.19* | *0.16* | *1.6* | *119* |
|  | | *Хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
|  | | *Фрукт (банан)* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого*** |  | ***22,94*** | ***18,2*** | ***72,3*** | ***75,25*** | ***73,62*** | ***118,62*** | ***1,72*** | ***0,045*** | ***0,225*** | ***0,36*** | ***1,81*** | ***25,36*** | ***543,9*** |
| *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*** |
| ***День 6*** | | | | | | | | | | | | | | | | |
| *181* | | *Каша манная молочная* | *200* | *8,1* | *10,3* | *46,2* | *166,7* | *46,52* | *195,87* | *1,01* | *68,5* | *0,12* | *0,175* | *0,72* | *1,2* | *310,5* |
| *15* | | *Сыр(Российский и д )* | *15* | *3,9* | *4* | *0* | *8,25* | *90* | *0,11* | *31,5* | *0,6* | *0,005* | *0,03* | *0,11* |  | *52,5* |
| *377* | | *Чай с лимоном\** | *200/7* | *0,13* | *0,02* | *13,2* | *14.2* | *2.40* | *4.4* | *0.36* | *-* | *-* | *-* | *0.03* | *2.83* | *62* |
|  | | *Хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
| *14* | | *Масло сливочное* | *10* | *0,1* | *7,3* | *0,1* | *-* | *3,0* | *0,02* | *40* | *-* | *0,01* | *0,01* | *-* |  | *66,1* |
|  | | ***Итого*** |  | ***14,53*** | ***21,82*** | ***74,3*** | ***201,52*** | ***174,54*** | ***200,82*** | ***72,87*** | ***69,14*** | ***0,18*** | ***0,435*** | ***0,86*** | ***4,03*** | ***561,6*** |
| *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*** |
| ***День 7*** | | | | | | | | | | | | | | | | |
| *268* | | *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* |
| *309* | | *Макаронные изделия отварные* | *150* | *5,66* | *0,67* | *31,9* | *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 \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого*** |  | ***24,24*** | ***27,31*** | ***71,4*** | ***205,96*** | ***85,63*** | ***258,01*** | ***42,48*** | ***58,36*** | ***0,245*** | ***0,516*** | ***2,52*** | ***2,32*** | ***628*** |
| *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 \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***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*** |
| ***День 8*** | | | | | | | | | | | | | | | | |
| 71 | | *Овощи свежие порционно (огурцы)* | *30* | 0.5 | 0.09 | 1.71 | 6.3 | 9.0 | 11.7 | 0.41 | - | 0.03 | 0.02 | 0.23 | 7.9 | 10 |
| 243 | | *Сосиска отварная с сметанным соусом* | *50/30* | 5.6 | 9 | 0.48 | 64 | 59.2 | 0.72 | - | - | 0.18 | 4.73 | - |  | 106 |
| 312 | | *Картофельное пюре* | *150* | 3.06 | 4.8 | 20.44 | 36.96 | 27.75 | 86.6 | 1.01 | - | 0.14 | 0.11 | 1.36 | 18.2 | 137 |
| ТТК | | *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*** |  | ***21,3*** | ***25,5*** | ***166*** | ***158*** | ***272,75*** | ***309,47*** | ***5,55*** | ***35,99*** | ***0,949*** | ***2,036*** | ***3,6*** | ***49,6*** | ***633,5*** |
| ***День 9*** | | | | | | | | | | | | | | | | |
| *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*** |
| ***День 9*** | | | | | | | | | | | | | | | | |
| 289 | | *Рагу из птицы* | *250* | 17,94 | 16,74 | 21,7 | 55,28 | 154,57 | 2,74 | 20,85 | 0,1 | 0,21 | 6,48 | 16,1 | - | 310 |
| 376 | | *Чай с сахаром* | *200* | 0.07 | 0.02 | 15.0 | 11.1 | 1.40 | 2.80 | 0.28 | - | - | - | 0.02 | 0.03 | 60 |
|  | | *Хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
|  | | *Фрукт (яблоко)* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | ***Итого*** |  | ***14,97*** | ***22,32*** | ***73,7*** | ***195,09*** | ***170,59*** | ***200,21*** | ***72,53*** | ***49,39*** | ***0,11*** | ***0,397*** | ***0,79*** | ***0,89*** | ***564,1*** |
| *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*** |
| ***День 10*** | | | | | | | | | | | | | | | | |
| *274* | | *Тефтели (мясо или птица)* | *80* | *10,9* | *16,3* | *11* | *23,52* | *14,79* | *72,6* | *5,3* | *9,2* | *0,17* | *0,05* | *0,96* | *3,38* | *234,6* |
| *302* | | *Каша гречневая рассыпчатая* | *150* | *8,9* | *4,1* | *39,8* | *13,6* | *96,4* | *145* | *2,66* |  | *0,26* | *0,14* | *3,3* |  | *88* |
| *71* | | *Овощи свежие в нарезке* | *60* | *0,5* | *0,1* | *1,5* | *6.3* | *9.0* | *11.7* | *0.41* | *-* | *0.03* | *0.02* | *0.23* | *7.9* | *8,4* |
| *342* | | *Сок фруктовый* | *200* | *0,16* | *0,16* | *27,8* | *14.18* | *5.14* | *4.4* | *0.95* | *-* | *0.01* | *0.01* | *0.10* | *0.90* | *115* |
|  | | *хлеб \* \** | *30* | *2,3* | *0,2* | *14,8* | *12,37* | *32,62* | *0,42* | *-* | *0.045* | *0.045* | *0.22* | *-* |  | *70,5* |
|  | | ***Итого*** |  | ***22,76*** | ***20,86*** | ***95*** | ***69,97*** | ***157,95*** | ***234*** | ***9,32*** | ***9,24*** | ***0,515*** | ***0,44*** | ***4,59*** | ***12,18*** | ***516,5*** |
| *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*** |

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

***Согласовано: Утверждаю:***

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

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

***Цикличное меню завтраков и обедов***

***для обучающихся МАОУ СОШ № 16***

***(из расчета 60,91 и 78.00 рублей)***