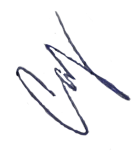
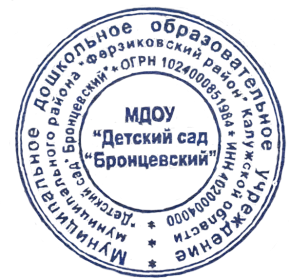
«Утверждаю»

Заведующий МДОУ

«Детский сад «Бронцевский»

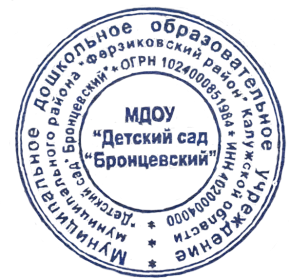
МР «Ферзиковский район»

\_\_\_\_\_\_\_\_\_\_\_Л. В. Сазонова

Приказ №7/1 от 21.05.2021 г.

Примерное10-дневное меню для организации горячего питания для воспитанников МДОУ «Детский сад «Бронцевский» МР « Ферзиковский район» Калужской области на 2021 год

( на летний период)



д. Бронцы

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Наименование | | № | Выход (г)  до3лет/до 7 | Содержание пищ.вещ. | | | | Энерг. ценность  (ККал) | Витамины (мг) | | | | | Минеральные вещ. (мг) | | | |
| Тех  карты | белки | | жиры | углеводы | А | В2 | | С | В1 | Fe | Ca | Mg | P |
|  | **1 день** | | | | | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | | | | | |
| Каша манная с маслом и сахар. | | 132 | 150/200 | 6 | | 8.2 | 25 | **215** | 0,26 | | 0,14 | 0,22 | 0,10 | 1,5 | 125 | 60,42 | 195,26 |
| Сахарн. | 5/7 |  | |  |  |  |  | |  |  |  |  |  |  |  |
| Какао на молоке с сах | | 240 | 180/200 | 4,80 | | 4,80 | 21,96 | **147,84** | 0,22 | | 0,20 | 0,9 | 0,04 | 0,18 | 184,92 | 21,7 | 136,5 |
| 6/7 |
| Бутерброд с маслом | | 1 | 30/40 | 2.4 | | 7.5 | 14 | **100** | 0,19 | | 0,18 | 0,53 | 0,23 | 1,75 | 409,38 | 24,73 | 183,17 |
|  | 8/11 |  | |  |  |  |  | |  |  |  |  |  |  |  |
|  | **О Обед** | | | | | | | | | | | | | | | | |
| Суп гороховый | |  | 180/200 | | 12 | 9,2 | 27,2 | **256.48** | 0,004 | | 0,36 |  |  | 14 | 17,8 | 176 |  |
| Гуляш из говядины | | 259 | 50/80 | | 26,32 | 18,84 | 5,42 | **200,14** | 0,06 | | 0,16 | 0,72 | 0,06 | 3,56 | 38,16 | 37,78 | 242,14 |
| Греч.каша с масл. | | 67 | 120/150 | | 5,7 | 4,82 | 27,45 | **140,34** | 0,02 | | 0,07 | 0 | 0,15 | 3,03 | 9,49 | 90,18 | 135,08 |
| 10/10 | |
| Компот св/ф | | 128 | 180/200\*8/9 | | 104 | 0 | 26,96 | **68** | 0 | | 0,04 | 0,8 | 0,02 | 0,68 | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | 40/50 | | 3,08 | 0,84 | 22,44 | **108** | 0 | | 0,12 | 0 | 0,45 | 1,29 | 7,56 | 20,52 | 54 |
| 30/40 | | 3.07 | 1.07 | 20.93 | **107,215** |  | |  |  |  |  |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | |
| **Йогурт** | | б/н | 100 | 4.5 | | 3.45 | 6.75 | **108** |  | |  | 1.65 |  |  | 270 |  |  |
| **Салат из помидор.реп лук** | | 20 | 100 | 1,10 | | 7,15 | 4,50 | **88,69** | 0 | | 0,04 | 17,64 | 0,06 | 0,85 | 16,6 | 18,24 | 30,08 |
| Кисель | | 122 | 180/200\*8/9 | 0 | | 0 | 19,6 | **80** |  | | 0.6 | 30 | 0.6 |  |  |  |  |
| Печенье витаминизиров | | 151 | 12/20 | 3 | | 2.3 | 13,2 | **94** |  | | 0.02 |  | 0.032 | 0.84 | 11.6 |  |  |
| **ИТОГО** | |  |  |  | |  |  | **1789** |  | |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Наименование | № | Выход (г)  до3лет/до 7 | Содержание пищ.вещ. | | | Энерг. ценность  (ККал) | Витамины (мг) | | | | Минеральные вещ. (мг) | | | | | Тех  карты | белки | жиры | углеводы | А | В2 | С | В1 | Fe | Ca | Mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак 2 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша рисовая мол. жид. С песк | | 131 | 150/  200/\*5/7 | | | | | | | 5 | | 8,2 | | | | | | | 30,3 | | | | **215** | | | |  | | 0.14 | | 0.22 | 0.06 | 0.4 | 122.02 | |  |  |
| Чай с мол.и сахаром | | 195 | 180/200\*7/9 | | | | | | | 1.4 | | 1.6 | | | | | | | 15 | | | | **80** | | | | 0,16 | | 0,06 | | 0,26 | 0,02 | 0,08 | 53 | | 17,5 | 95,94 |
| Батон с маслом и сыром | | 1/1 | 30/8\*4/6 | | | | | | | 11,63 | | 24,74 | | | | | | | 26,76 | | | | **381,17** | | | | 0,19 | | 0,18 | | 0,53 | 0,23 | 1,75 | 409,38 | | 24,73 | 183,17 |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп рыбный со сметаной | | 43 | 150/200 | | | | | | | 15.925 | | 0.75 | | | | | | | 11.525 | | | | **131.8** | | | |  | | 0.125 | | 7.375 | 0.1 | 0.85 | 60.75 | |  |  |
| Макаронные изделия отварные с сосиской | | 19 | 120/150 | | | | | | | 6.426 | | 0.666 | | | | | | | 1.026 | | | | **188,964** | | | |  | | 0.0182 | | 0 | 0.0686 | 9.3744 | 10.8045 | |  |  |
| 275 | 55 | | | | | | | 5.5 | | 11.95 | | | | | | | 0.2 | | | | **130** | | | |  | | 0.08 | |  | 0.1 | 0.9 | 17.5 | |  |  |
| Компот с/ф | | 126 | 180/200\*7/9 | | | | | | | 1.04 | | 0 | | | | | | | 26,96 | | | | **107,44** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | 41,14 | | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | 40/50 | | | | | | | 3,08 | | 0,84 | | | | | | | 22,44 | | | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | 7,56 | | 20,52 | 54 |
|  | 30/40 | | | | | | | 3.07 | | 1.07 | | | | | | | 20.93 | | | | **107,215** | | | |  | |  | |  |  |  |  | |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Блинчики с маслом | | 447 | | 50/  100\*7/8 | 4.67 | | | | | | | 2.51 | | | | | | | 33.85 | | | | **185.45** | | | |  | | 0.05 | |  | 0.09 | 1 | 19.64 | |  |  |
| **Салат из св. овощ Витаминн** | | 5 | | 100 | 1,14 | | | | | | | 7,15 | | | | | | | 7,86 | | | | **100,9** | | | | 0 | | 0,04 | | 19 | 0,03 | 1, | 41,92 | | 17,51 | 27,7 |
| Чай с сахар. | | 136 | | 180/200  \*7/9 | 12 | | | | | | | 3,06 | | | | | | | 13 | | | | **49,28** | | | | 0 | | 0,06 | | 3 | 0 | 0,54 | 11,6 | | 4,50 | 4,94 |
| **Банан** | | 368 | | 110 | 1.5 | | | | | | | 0,5 | | | | | | | 21 | | | | **95** | | | | 0 | | 0,05 | | 10 | 0.04 | 0,6 | 8 | | 0 | 0 |
| Итого | |  | |  |  | | | | | | |  | | | | | | |  | | | | **1880** | | | |  | |  | |  |  |  |  | |  |  |
| **3 день**   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№** | **Выходо**  **3лет /до 7 л.** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | | **Минеральные вещ. (мг)** | | | | | **Тех**  **карты** | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша гречневая рассыпчатая с мас и песком | | 65 | | 150/200\*5/7\*5/6 | | 5.7 | | | | | | | 4.8 | | | | | | 27.45 | | | | 180.34 | | | | 0.02 | | 0.07 | | 0 | 0.14 | 3.03 | | 9.49 | 90.18 | 135.08 |
| Какао на молоке с сах | | 240 | | 180/  200\*6/7 | | 4,80 | | | | | | | 4,80 | | | | | | 21,96 | | | | **147,84** | | | | 0,22 | | 0,20 | | 0,9 | 0,04 | 0,18 | | 184,92 | 21,7 | 136,5 |
| Бутерброд смаслом | | 1 | | 30/40\*8/11 | | 2.4 | | | | | | | 7.5 | | | | | | 14 | | | | **100** | | | | 0,19 | | 0,18 | | 0,53 | 0,23 | 1,75 | | 409,38 | 24,73 | 183,17 |
|  | **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Рассольник с мяс и смет | | 32 | | 180/200 | | | 1,68 | | | | | | | 0.95 | | | | | | 6.12 | | | **147.37** | | | | 0,004 | | 0,04 | | 19,74 | 0,05 | 0,62 | | 3.65 | 21,6 | 0.59 |
| Капуста тушён. С мясом | | 48 | | 150/180 | | | 2.12 | | | | | | | 4.48 | | | | | | 4.65 | | | **179,80** | | | | 0.02 | | 0.06 | | 16 | 0.07 | 0.84 | | 59.3 | 24.13 | 46.64 |
| Компот с/ф | | 126 | | 180/200\*7/9 | | | 1.04 | | | | | | | 0 | | | | | | 26,96 | | | **107,44** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | 3,08 | | | | | | | 0,84 | | | | | | 22,44 | | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | 3.07 | | | | | | | 1.07 | | | | | | 20.93 | | | **107,215** | | | |  | |  | |  |  |  | |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Запеканка твор с о смет соусом | | 81 | | 130/150 | | | | 20.49 | | | | | | | 13.56 | | | | | | 14.88 | | **272** | | | | 0 | | 0,375 | | 0.405 | 0,06 | 0.8 | | 220.395 | 21,52 | 43,81 |
| 115 а | | 100 | | | | 1.65 | | | | | | | 4.79 | | | | | | 2.95 | | **76.97** | | | | 0.03 | | 0.03 | | 0.07 | 0.02 | 0.15 | | 32.72 | 4.90 | 25.66 |
| Чай с сахар. | | 136 | | 180/200\*7/9 | | | | 12 | | | | | | | 3,06 | | | | | | 13 | | **49,28** | | | | 0 | | 0,06 | | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| **нектаринки** | | 368 | | 100 | | | | 0,56 | | | | | | | 0,14 | | | | | | 15.2 | | **64** | | | | 0.03 | | 0,02 | | 26.60 | 0.04 | 0.1 | | 24.8 | 0 | 0 |
| **ИТОГО** | |  | |  | | | |  | | | | | | |  | | | | | |  | | **1540,255** | | | |  | |  | |  |  |  | |  |  |  |
|  | **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | | **Минеральные вещ. (мг)** | | | | | **Тех**  **карты** | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша геркулесовая на мол с сах. | | 413 | | 180/200\*5/7 | | | | 9,8 | | | | | | | 9.68 | | | | | | 30.38 | | **245,16** | | | | 0 | | 0,1 | | 89.54 | 0,16 | 1.64 | | 7.04 | 11,1 | 50,20 |
| Чай с мол.и сахаром | | 195 | | 180/200\*7/9 | | | | 1.4 | | | | | | | 1.6 | | | | | | 15 | | **80** | | | | 0,16 | | 0,06 | | 0,26 | 0,02 | 0,08 | | 53 | 17,5 | 95,94 |
| Бутерброд с сыром | | 1 | | 30/50\*4/6 | | | | 6.9 | | | | | | | 14,84 | | | | | | 16,056 | | **228.702** | | | | 0,19 | | 0,108 | | 0,318 | 0,138 | 1,05 | | 245,628 | 24,73 | 183,17 |
|  | **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Борщ со смет | | 30 | | 180/200 | | | | | 3 | | | | | | | 2.1 | | | | | 6.7 | | **466** | | | | 0 | | 8.3 | | 12.762 | 0,075 | 1.1 | | 73.096 |  |  |
| Плов из филе птицы | | 304 | | 150/200 | | | | | 21 | | | | | | | 19.4 | | | | | 35.133 | | **390** | | | |  | | 0.105 | | 0,546 | 0.252 | 1.9 | | 39.64 |  |  |
| Компот св/ф | | 128 | | 180/200\*8/9 | | | | | 104 | | | | | | | 0 | | | | | 26,96 | | **68** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | 3,08 | | | | | | | 0,84 | | | | | 22,44 | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | 3.07 | | | | | | | 1.07 | | | | | 20.93 | | **107,215** | | | |  | |  | |  |  |  | |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Пряник | | 603 | | 12/20 | | | | | 1.18 | | | | | | | 0.94 | | | | | 15 | | **73** | | | | 0,06 | | 0,24 | | 0,39 | 0,05 | 0,64 | | 144,5 | 21,2 | 185,7 |
| **Салат зелёный с огурцом раст. мас** | | 6 | | 80/100 | | | | | 1,03 | | | | | | | 7,13 | | | | | 2,19 | | **77** | | | | 0 | | 0,05 | | 7,18 | 0,03 | 0,56 | | 43,19 | 23,53 | 36,01 |
| Яйцо варёное | | 78 | | 120 | | | | | 4.6 | | | | | | | 0.28 | | | | | 0.14 | | **63** | | | |  | |  | |  |  |  | |  |  |  |
| Чай с сахар. | | 136 | | 180/200\*7/9 | | | | | 12 | | | | | | | 3,06 | | | | | 13 | | **49,28** | | | | 0 | | 0,06 | | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| ИТОГО | |  | |  | | | | |  | | | | | | |  | | | | |  | | **1955,357** | | | |  | |  | |  |  |  | |  |  |  |
|  | **5 День** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | | **Минеральные вещ. (мг)** | | | | | **Тех**  **карты** | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** |   **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша пшённая мол. Жидк слад | | 68 | | 150/200\*5/7, 3/5 | | | | | | 3,38 | | | | | | | 5.21 | | | | 12.93 | | **112,47** | | | 0 | | | 0,10 | | 0.45 | 130.05 | 0.36 | | 92.93 | 18.62 | 91,20 |
| Какао на молоке с сах | | 240 | | 180/  200\*6/7 | | | | | | 4,80 | | | | | | | 4,80 | | | | 21,96 | | **147,84** | | | 0,22 | | | 0,20 | | 0,9 | 0,04 | 0,18 | | 184,92 | 21,7 | 136,5 |
| Бутерброд смаслом | | 1 | | 30/40\*8/11 | | | | | | 2.4 | | | | | | | 7.5 | | | | 14 | | **100** | | | 0,19 | | | 0,18 | | 0,53 | 0,23 | 1,75 | | 409,38 | 24,73 | 183,17 |
|  | **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп вермишелевый | | 128/1 | | 180/200 | | | | | | 4 | | | | | | | 5.6 | | | | 11,4 | | **467,26** | | | 0,95 | | | 0,16 | | 11,72 | 0,2 | 2,29 | | 46,49 | 43,42 | 272,73 |
| Картофельное пюре | | 58 | | 120/150 4/5 | | | | | | 3,906 | | | | | | | 5.6 | | | | 9,648 | | **148,68** | | | 0 | | | 12.6 | | 3.762 | 0,126 | 0,882 | | 66.096 | 0 | 0 |
| Гуляш из курицы | | 65 | | 60/80 | | | | | | 12,79 | | | | | | | 12,98 | | | | 2.5 | | **173.9** | | | 0,04 | | | 0,07 | | 7,05 | 0,02 | 1.7 | | 7 |  |  |
| Компот с/ф | | 126 | | 180/200\*  7/9 | | | | | | 1.04 | | | | | | | 0 | | | | 26,96 | | **107,44** | | | 0 | | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | | 3,08 | | | | | | | 0,84 | | | | 22,44 | | **108** | | | 0 | | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | | 3.07 | | | | | | | 1.07 | | | | 20.93 | | **107,215** | | |  | | |  | |  |  |  | |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Яблоко** | | 368 | | 100 | | | | | | | 0,42 | | | | | | | 0,42 | | | 9,8 | | **44** | | | 0.03 | | | 0,02 | | 10,12 | 16 | 2,2 | | 0 | 0 | 0 |
| Чай с сахар. | | 136 | | 180/200\*7/9 | | | | | | | 12 | | | | | | | 3,06 | | | 13 | | **49,28** | | | 0 | | | 0,06 | | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| **Выпечка бул дом** | | 469 | | 12/20  3/5 3/4 | | | | | | | 7.28 | | | | | | | 12.52 | | | 53.92 | | **71,6** | | | 0.12 | | | 0.06 | | 0 | 19.8 | 1.3 | |  |  |  |
| **Салат из капусты белокоч** | | 10 | | 80/100 | | | | | | | 1,92 | | | | | | | 10,08 | | | 7,89 | | **130.22** | | | 0 | | | 0,07 | | 48,35 | 0,04 | 0,80 | | 56,33 | 20,58 | 37,43 |
| **Итого** | |  | |  | | | | | | |  | | | | | | |  | | |  | | **1767,905** | | |  | | |  | |  |  |  | |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | | **Минеральные вещ. (мг)** | | | | | **Тех**  **карты** | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак 6 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Омлет натур.с сыром | | 78 | | 150/200  \*4/5\*4/6 | | | | | | 9.24 | | | | | | | 9.82 | | | | 2.97 | | **136.92** | | | | 0.22 | | 0.30 | | 0.29 | 0,04 | 1.28 | | 182,24 | 17,49 | 183.86, |
| Кофейный напит на молоке с сах | | 130 | | 150/  200\*6/7 | | | | | | 4,58 | | | | | | | 5.04 | | | | 21,5 | | **145,34** | | | | 0 | | 0,3 | | 7,36 | 0,04 | 0,14 | | 190,62 |  | 151 |  | 3 | 2.3 | 13,2 | **94** |  | 0.02 |  | 0.032 | 0.84 | 11.6 |  |
| Бутерброд смаслом | | 1 | | 30/40\*5/6 | | | | | | 2.4 | | | | | | | 7.5 | | | | 14 | | **100** | | | | 0,19 | | 0,18 | | 0,53 | 0,23 | 1,75 | | 409,38 | 24,73 | 183,17 |
|  | **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Свекольник с мясом, смет. | | 44 | | 180/200 | | | | | | 3,38 | | | | | | | 1,9 | | | | 12,24 | | **421.67** | | | | 0,004 | | 0,08 | | 7,3 | 1 | 0,88 | | 42,6 | 20 | 70 |
| Гречка рассыпчатая | | 65 | | 120/150\*3/4 | | | | | | 5.70 | | | | | | | 4.82 | | | | 27.45 | | **88,964** | | | |  | | 0,10182 | | 0 | 0,0686 | 9,3744 | | 10,804 |  |  |
| Гуляш из говядины | | 259 | | 50/80 | | | | | | 26,32 | | | | | | | 18,84 | | | | 5,42 | | **200,14** | | | | 0,06 | | 0,16 | | 0,72 | 0,06 | 3,56 | | 38,16 | 37,78 | 242,14 |
| Компот с/ф | | 126 | | 180/200\*  7/9 | | | | | | 1.04 | | | | | | | 0 | | | | 26,96 | | **107,44** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | | 3,08 | | | | | | | 0,84 | | | | 22,44 | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | | 3.07 | | | | | | | 1.07 | | | | 20.93 | | **107,215** | | | |  | |  | |  |  |  | |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Йогурт** | | б/н | | 100 | | | | | | | 4.5 | | | | | | | 3.45 | | | 6.75 | | **108** | | | |  | |  | | 1.65 |  |  | | 270 |  |  |
| **Салат из моркови с яблок** | | 14 | | 80/100 | | | | | | | 1,21 | | | | | | | 7,09 | | | 9,69 | | **106** | | | | 0 | | 0,05 | | 5,59 | 0,05 | 1,10 | | 37,34 | 26,93 | 38,39 |
| **Гренки из пшен хл** | | 269 | | 50/80 | | | | | | | 1.19 | | | | | | | 0.12 | | | 6.82 | | **175,81** | | | |  | |  | | 0 |  |  | |  |  |  |
| Чай с сахар. | | 136 | | 180/200\*7/9 | | | | | | | 12 | | | | | | | 3,06 | | | 13 | | **49,28** | | | | 0 | | 0,06 | | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| **Банан** | | 368 | | 110 | | | | | | | 1.5 | | | | | | | 0,5 | | | 21 | | **95** | | | | 0 | | 0,05 | | 10 | 0.04 | 0,6 | | 8 | 0 | 0 |
| **Итого** | |  | |  | | | | | | |  | | | | | | |  | | |  | | **1946,779** | | | |  | |  | |  |  |  | |  |  |  |
|  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | | **Минеральные вещ. (мг)** | | | | | **Тех**  **карты** | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** |   **7 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша манная. с маслом сах | | 132 | | 150/2005/7\*5/6 | | | | | | | 6 | | | | | | 8,2 | | | | | 29,3 | | | **215** | | | 0 | | 0,14 | 0,22 | 0,06 | 0,4 | | 125,48 |  |  |
| Чай с лимоном | | 393 | | 180/200  6/8 | | | | | | | 0.126 | | | | | | 0.018 | | | | | 10.206 | | | **41,004** | | | 0 | | 0 | 2,8 | 0 | 0,324 | | 12,798 |  |  |
| Бутерброд с маслом и сыром | | 1/1 | | 30/40 4/6\* 4/6 | | | | | | | 2.094 | | | | | | 4,998 | | | | | 10,320 | | | **92,059** | | | 0,19 | | 0,026 | 0,045 | 0,222 | 0.3 | | 48.400 |  |  |
|  | **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Щи со мет | | 32 | | 180/200 9/11 | | | | | | | 5,76 | | | | | | 0,68 | | | | | 19,16 | | | **446,69** | | | 0 | | 0,08 | 24.6 | 0,16 | 0,775 | | 64,04 |  |  |
| Макароны отвар | | 204 | | 120/150 | | | | | | | 5.76 | | | | | | 0,98 | | | | | 31,01 | | | **155,1** | | | 0 | | 0,03 | 0 | 0,09 | 1.2 | | 7.4 |  |  |
| Гуляш из курицы | | 65 | | 60/80 | | | | | | | 12,79 | | | | | | 12,98 | | | | | 2.5 | | | **173.9** | | | 0,04 | | 0,07 | 7,05 | 0,02 | 1.7 | | 7 |  |  |
| Компот св/ф | | 128 | | 180/200\*8/9 | | | | | | | 104 | | | | | | 0 | | | | | 26,96 | | | **68** | | | 0 | | 0,04 | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | | | 3,08 | | | | | | 0,84 | | | | | 22,44 | | | **108** | | | 0 | | 0,12 | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | | | 3.07 | | | | | | 1.07 | | | | | 20.93 | | | **107,215** | | |  | |  |  |  |  | |  |  |  |
|  | **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Венигрет с раст мас** | | 2 | | 150/180 | | | | | | | 1.61 | | | | | | 5.19 | | | | | 8.40 | | | **91.50** | | | 0 | | 0.05 | 11 | 0.06 | 0.90 | | 26.7 | 21.94 | 47 |
| кексы | |  | | 100 | | | | | | | 32,49 | | | | | | 9,82 | | | | | 33,22 | | | **191,75** | | | 0,06 | | 0,24 | 0,39 | 0,05 | 0,64 | | 144,5 | 21,2 | 185,7 |
| сок | | 399 | | 150/180 | | | | | | | 0,9 | | | | | | 0 | | | | | 18.18 | | | **76.809** | | | 0 | | 0,0018 | 3.6 | 0,0018 | 2,52 | | 12.6 |  |  |
| **абрикосы** | | 368 | | 100 | | | | | | | 0,42 | | | | | | 0,42 | | | | | 9,8 | | | **44** | | | 0.03 | | 0,02 | 10,12 | 16 | 2,2 | | 0 | 0 | 0 |
| **Итого** | |  | |  | | | | | | |  | | | | | |  | | | | |  | | | **1810.874** | | |  | |  |  |  |  | |  |  |  |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№**  **Тех**  **карты** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | |  | | | | | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** |   **8 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп молочный с вермишелью | | 35 | | 150/200  4/5 | | | | | | | 2.42 | | | | | | | 1.62 | | | 13.2 | | | **222,38** | | | 0 | | 0,172 | | 0,1.125 | 0,10 | 1,5 | | 132.5 | 60,42 | 195,26 |
| Чай с сахар. | | 136 | | 180/200\*7/9 | | | | | | | 12 | | | | | | | 3,06 | | | 13 | | | **49,28** | | | 0 | | 0,06 | | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| Бутерброд с сыром | | 1 | | 30/50\*4/6 | | | | | | | 6.9 | | | | | | | 14,84 | | | 16,056 | | | **228.702** | | | 0,19 | | 0,108 | | 0,318 | 0,138 | 1,05 | | 245,628 | 24,73 | 183,17 |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп крестьянский со смет | | 37 | | 180/200 | | | | | | | 1,68 | | | | | | | 1,34 | | | 7,38 | | **477.26** | | | | 0,008 | | 0,06 | | 7.08 | 0,1 | 1 | | 38.2 | 29 | 69 |
| Макароны отварные | | 19 | | 180 | | | | | | | 6,426 | | | | | | | 6,0666 | | | 1,026 | | **88,964** | | | |  | | 0,10182 | | 0 | 0,0686 | 9,3744 | | 10,804 |  | 188,441 |
| сосиска | | 275 | | 55 | | | | | | | 5.5 | | | | | | | 11.95 | | | 0.2 | | **130** | | | |  | | 0.08 | |  | 0.1 | 0.9 | | 17.5 |  |  |
| Компот с/ф | | 126 | | 180/200\*  7/9 | | | | | | | 1.04 | | | | | | | 0 | | | 26,96 | | **107,44** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | | | 3,08 | | | | | | | 0,84 | | | 22,44 | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | | | 3.07 | | | | | | | 1.07 | | | 20.93 | | **107,215** | | | |  | |  | |  |  |  | |  |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Запеканка творожная с о смет соусом | | 81 | | 130/150 | | | | | | | 20.49 | | | | | | | 13.56 | | | 14.88 | | **272** | | | | 0 | | 0,375 | | 0.405 | 0,06 | 0.8 | | 220.395 | 21,52 | 43,81 |
| 115 а | | 100 | | | | | | | 1.65 | | | | | | | 4.79 | | | 2.95 | | **76.97** | | | | 0.03 | | 0.03 | | 0.07 | 0.02 | 0.15 | | 32.72 | 4.90 | 25.66 |
| Кисель | | 122 | | 180/200\*8/9 | | | | | | | 0 | | | | | | | 0 | | | 19,6 | | **80** | | | |  | | 0.6 | | 30 | 0.6 |  | |  | 2 | 0 |
| **Салат из горош зел. отварного** | | 3а | | 20/40 | | | | | | | 3,1 | | | | | | | 0,2 | | | 6,5 | | **40** | | | | 0 | | 0,05 | | 10 | 0,11 | 0,7 | | 20 | 21 | 62 |
| Итого | |  | |  | | | | | | |  | | | | | | |  | | |  | | **1948,211** | | | |  | |  | |  |  |  | |  |  |  |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№**  **Тех**  **карты** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | |  | | | | | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак 9 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Каша геркулесовая молочная | | 413 | | 180/200  5/6\*4/5 | | | | | | | 9.8 | | | | | | | 9,6 | | | 30,86 | | **245.15** | | | | 0 | | 0,1 | | 7.04 | 0,16 | 1,64 | | 89.54 |  |  |
| Какао на молоке с сах | | 240 | | 180/  200\*6/7 | | | | | | | 4,80 | | | | | | | 4,80 | | | 21,96 | | **147,84** | | | | 0,22 | | 0,20 | | 0,9 | 0,04 | 0,18 | | 184,92 | 21,7 | 136,5 |
| Бутерброд смаслом | | 1 | | 30/40\*5/6 | | | | | | | 2.4 | | | | | | | 7.5 | | | 14 | | **100** | | | | 0 | | 0,18 | | 0,53 | 0,23 | 1,75 | | 409,38 | 24,73 | 183,17 |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп фасолевый | | 47 | | 180/200 | | | | | | | 5,28 | | | | | | | 13,6 | | | 13,4 | | **532** | | | | 0 | | 8,16 | | 8,72 | 0,036 | 0.63 | | 1.6 |  |  |
| Рис отварной | | 315 | | 120/150 | | | | | | | 4,66 | | | | | | | 6,04 | | | 44,92 | | **251,32** | | | | 0 | | 0,018 | | 0 | 0,04 | 0,59 | | 144,93 | 20,20 | 191,43 |
| Рыба тушёная в смет.соус | | 139 | | 60/80 | | | | | | | 12.2 | | | | | | | 6.5 | | | 55.2 | | **138.2** | | | |  | |  | |  | 0.11 | 1 | | 55 |  |  |
| Компот св/ф | | 128 | | 180/200\*8/9 | | | | | | | 104 | | | | | | | 0 | | | 26,96 | | **68** | | | | 0 | | 0,04 | | 0,8 | 0,02 | 0,68 | | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | | 40/50 | | | | | | | 3,08 | | | | | | | 0,84 | | | 22,44 | | **108** | | | | 0 | | 0,12 | | 0 | 0,45 | 1,29 | | 7,56 | 20,52 | 54 |
|  | | 30/40 | | | | | | | 3.07 | | | | | | | 1.07 | | | 20.93 | | **107,215** | | | |  | |  | |  |  |  | |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Полдник** | | | | | | | | | | | | | | | | |
| **Йогурт** | | б/н | 100 | 4.5 | 3.45 | 6.75 | **108** | |  |  | 1.65 |  |  | | 270 |  |  |
| **Икра кабачковая** | |  |  |  |  |  |  | |  |  |  |  |  | |  |  |  |
| нектаринки | | 508 | 12/20 | 2.08 | 0.26 | 13.74 | **62.4** | | 0 | 0,036 | 0,05 | 13 | 0.34 | |  |  |  |
| Чай с сахар. | | 136 | 180/200\*7/9 | 12 | 3,06 | 13 | **49,28** | | 0 | 0,06 | 3 | 0 | 0,54 | | 11,6 | 4,50 | 4,94 |
| **Итого** | |  |  |  |  |  | **1917.4** | |  |  |  |  |  | |  |  |  |
| **10 день**   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Наименование** | **№**  **Тех**  **карты** | **Выход** | **Содержание пищ.вещ.** | | | **Энерг. ценность** | **Витамины (мг)** | | | |  | | | | | **белки** | **жиры** | **углеводы** | **А** | **В2** | **С** | **В1** | **Fe** | **Ca** | **Mg** | **P** | | | | | | | | | | | | | | | | | | |
| **Завтрак 10 день** | | | | | | | | | | | | | | | | | |
| Каша пшенич.мол с маслом | | 189 | 200 | 7,94 | 8,21 | 35,13 | | **246,17** |  | 0,16 | 2,16 | 0,06 | | 3,04 | 120,06 |  |  |
| Чай с лимоном | | 393 | 180/200  6/8 | 0.126 | 0.018 | 10.206 | | **41,004** | 0 | 0 | 2,8 | 0 | | 0,324 | 12,798 |  | 14 |
| Бутерброд с сыром | | 1 | 30/50\*4/6 | 6.9 | 14,84 | 16,056 | | **228.702** | 0,19 | 0,108 | 0,318 | 0,138 | | 1,05 | 245,628 | 24,73 | 183,17 |
| **Обед** | | | | | | | | | | | | | | | | | |
| Суп вермишелевый | | 128/1 | 180/200 | 4 | 5.6 | 11,4 | | **467,26** | 0,95 | 0,16 | 11,72 | 0,2 | | 2,29 | 46,49 | 43,42 | 272,73 |
| Картофельное пюре | | 58 | 120/150 4/5 | 3,906 | 5.6 | 9,648 | | **148,68** | 0 | 12.6 | 3.762 | 0,126 | | 0,882 | 66.096 | 16 | 102 |
| Сельдь с луком и раст. м | | 26 | 40/60 | 6 | 6.812 | 1 | | **82** | 0.01 | 0.10 | 1.1 | 25.448 | | 0.48 | 33 |  |  |
| Компот с/ф | | 126 | 180/200\*  7/9 | 1.04 | 0 | 26,96 | | **107,44** | 0 | 0,04 | 0,8 | 0,02 | | 0,68 | 41,14 | 22,96 | 29,2 |
| Хлеб рж  Батон пшен. | | 879,147 | 40/50 | 3,08 | 0,84 | 22,44 | | **108** | 0 | 0,12 | 0 | 0,45 | | 1,29 | 7,56 | 20,52 | 54 |
|  | 30/40 | 3.07 | 1.07 | 20.93 | | **107,215** |  |  |  |  | |  |  |  |  |
| **Полдник** | | | | | | | | | | | | | | | | | |
| Салат из варёной свеклы с чесн и раст м | | 18 | 100/150  2/3 | 7.09 | 0,2 | 8.50 | **92** | | 0 | 0,04 | 4.81 | 0,02 | | 1.35 | 36.59 | 21.52 | 43.81 |
| Выпечка бул дом | | 469 | 12/20  3/5 3/4 | 7.28 | 12.52 | 53.92 | **71,6** | | 0.12 | 0.06 | 0 | 19.8 | | 1.3 |  |  |  |
| Чай с сахар. | | 136 | 180/200\*7/9 | 12 | 3,06 | 13 | **49,28** | | 0 | 0,06 | 3 | 0 | | 0,54 | 11,6 | 4,50 | 4,94 |
| Итого | |  |  |  |  |  | **1749.351** | |  |  |  |  | |  |  |  |  |

