*4'*

Наименование сборника рецептур : Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях Могильный М.П. 2011 г.в

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**День 2**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | I ^именование блюда | Масса | |  | Пищевые вещества (г) | | | | | | Энергет. | |  | Витамины (мг) | | | | |  | |  | Минеральные вещества (vu) | | | |  | |  |
| pen. |  | порции | |  |  |  |  | |  | | ценность | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | |  |  |  |  | |  | | (ккал) | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | | Б |  |  | жУ | | | |  | | **в 1** |  | | СА | | | | | Са **-**  Р | | | Mg Fe | | | |  |
|  |  |  | |  |  |  |  | |  | | **Завтрак** | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **Каша рисовая молочная** | **200/5** | | **3,82** |  | **9,191** |  | | **21,893** | | **199,75** | | **0,054** |  | | **0,39** | |  | **0,093** | | **147,416** | **173,199** | | **19,76** |  | **0,231** | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Рис шлиф | 30,8 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Молоко | 176 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Сахар песок | 4 | |  |  |  |  | | **•** | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Масло сливочное | 5 | |  |  |  |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Соль | 0,3 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **Какао на молоке** | **200** | | **2,05** |  | **3,003** |  | | **21,655** | | **116,7** | | **0,027** |  | | **0,285** | |  | **0,023** | | **134,545** | **147,426** | | **11,44** |  | **0,339** | |  |
|  | Какао | 4 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Молоко | 180 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Сахар песок | 20 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **|Хлеб пшеничный** | **25** | | **0,225** |  | **0,185** |  | | **17,57** | | **73,628** | | **0,035** |  | |  | |  |  | | **8,84** | **6,776** | | **16,9** |  | **0,194** | |  |
|  | **Всего за завтрак** |  | | **9,61** |  | **22,72** |  | | **61,185** | | **455,174** | | **0,12** |  | | **0,689** | |  | **0,222** | | **460,087** | **432,308** | | **48,126** |  | **0,775** | |  |
|  |  |  | |  |  |  |  | |  | | **Обед** | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **Суп картофельный** | **250** | | **4,322** |  | **4,928** |  | | **22,184** | | **152,762** | | **0,118** |  | | **6,858** | |  |  | | **21,548** | **92,976** | | **20,273** |  | **0,657** | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Картофель ст нетто | 112 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Морковь ст нетто | 10 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Лук репка ст нетто | 10 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Масло растит рафин | 1,5 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Консервы "Сайра натур" | 26 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | Соль йодир | 0,5 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  |  |  | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **Сосиска отварная** | **60** | | **9,827** |  | **5,025** |  | | **5,836** | | **128,81** | | **0,088** |  | | **0,461** | |  |  | | **16,411** | **186,62** | | **17,441** |  | **0,956** | |  |
|  | Сосиска | 62 | |  |  |  |  | |  | |  | |  |  | |  | |  |  | |  |  | |  |  |  | |  |
|  | **Капуста тушёная** | **150** | **2,627** | | | **3,858** | | **13,709** | | **96,096** | | **0,09** | | | **24,863** | |  | | | **96,699** | | **75,238** | **19,851** | | **2,128** | |
|  | Капуста ст бел. кач. | 172 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Морковь ст. | 3 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Лук репка ст. | 6 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Томат паста | 3 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Масло раст.. | 5 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Сахар песок | 4,5 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Мука пшен. | 2 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | **Компот** из **сухофруктов** | **200** | **0,192** | | |  | | **21,09** | | **85,478** | | **0,032** | | |  | | **0,052** | | | **15,912** | | **28,072** |  | | **0,292** | |
|  | Сухофрукты смесь | 20 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | Сахар песок | 20 |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | | *9* | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | **Хлеб пшеничный** | **30** | **1,125** | | | **0,092** | | **8,786** | | **36,81** | | **0,018** | | |  | |  | | | **4,42** | | **15,73** | **1,82** | | **0,097** | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | **Хлеб ржаной** | **30** | **1,391** | | | **0,215** | | **15,42** | | **67,624** | | **0,04** | | |  | |  | | | **9,282** | | **42,108** | **4,94** | | **0,432** | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  | **Всего за обед** |  | **24,699** | | | **19,362** | | **112,05** | | **823,005** | | **0,467** | | | **30,002** | | **0,095** | | | **351,784** | | **469,095** | **63,727** | | **3,417** | |
|  | **Всего за день** |  | **34,309** | | | **42,082** | | **173,235** | | **1278,18** | | **0,587** | | | **30,691** | | **0,317** | | | **611,871** | | **901,403** | **111,853** | | **4,192** | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |
|  |  |  |  | | |  | |  | |  | |  | | |  | |  | | |  | |  |  | |  | |

**День 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № | Наименование блюда | Масса | Пищевые вещества (г) | Энергет. | Витамины (мг) | Минеральные вещества (vu) |
| рец. |  | порции |  | ценность |  |  |
|  |  |  |  | (ккал) |  |  |
|  |  |  | Б i Ж j У |  | В 1 | С 1 А | Са | Р j Mg | Fe |

Завтрак

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Запеканка из творога с | 150/20 | 20,498 | 15,054 | 31,55 | 341,383 | 0,082 | 0,279 | 0,129 | 352,55 |  | 84,144 | 0,602 | 0,556 |  |
|  | молоком сгуш |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Творог | 141 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Кр. Манная | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо ст. 1 к | 4.0 |  |  | • |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | - |  |  |  |  |
|  | Сметана | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сухари паниров. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко сгущ. с сахаром | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай с сахаром с лимоном | 200/15/7 | 0,444 |  | 12,785 | 46,033 | 0,002 | 0,08 |  | 3,094 |  | 2,795 | 0,055 | 0,002 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай листовой | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лимон свеж | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | (Хлеб пшеничный | 25 | 0,225 | 0,185 | 17,57 | 73,628 | 0,021 |  |  | 8,84 |  | 10,164 | 16,9 | 0,194 |  |
|  | Всего за завтрак |  | 21,204 | 20,822 | 61,972 | 520,136 | 0,105 | 0,359 | 0,187 | 365,81 |  | 100,548 | 17,583 | 0,763 |  |
|  |  |  |  |  |  | Обед |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Щи из б/к капусты | 250 | 1,668 | 0,182 | 13,796 | 81,303 | 0,065 | 10,793 |  | 48,714 |  | 102,28 | 16,645 | 0,495 |  |
|  | Капуста б/к нетто | 50 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст нетто | 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Котлета рыбная | 75 | 11,64 | 13,213 | 7,66 | 198,954 | 0,075 |  | 0,127 | 78,564 |  | 60,56 | 36,179 | 0,705 |  |
|  | Рыба с/м б/г (филе) | 64 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб пшеничный | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо ст 1 к | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сухари панированные | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Масло растит рафиниров | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Картофельное пюре** | 150 | 2,42 | 3,465 | 22,134 | 120,578 | 0,13 | 7,35 | 0,023 | 46,222 | 174,549 | 21,326 | 0,64 |  |  |
|  | Картофель ст нетто | 128 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко | 22 |  |  |  |  |  |  |  | а |  |  |  |  |  |
|  | Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодиров | 0,2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Компот из апельсинов | 200 | 0,74 |  | 21,56 | 88,48 | 0,032 | 0,011 |  | 8,87 | 10,89 | 23,4 | 0,216 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб пшеничный | 30 | 1,125 | 0,092 | 8,786 | 36,81 | 0,018 |  |  | 4,42 | 15,73 | 1,82 | 0,097 | 1 |  |
|  |  |  |  | 0,215 | 15,42 | 67,624 | 0,04 |  |  | 9,282 | 42,108 | 4,94 | 0,432 |  |  |
|  | Хлеб ржаной | 30 | 1,391 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Всего за обед |  | 27,101 | 10,859 | 121,157 | 744,161 | 0,98 | 37,172 | 0,207 | 439,693 | 729,458 | 105,159 | 4,75 |  |  |
|  | Всего за день |  | 48,305 | 31,681 | 183,129 | 1264,297 | 1,085 | 37,531 | 0,394 | 805,503 | 830,006 | 122,742 | 5,513 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 4**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | Наименование блюда | Масса | Пищевые вещества (г) | | | | | Энергет. |  | Витамины (мг) | | | |  |  | | Минеральные вещества (vu) | | | |  |  |
| рец. |  | порции |  | |  |  | | ценность |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  |  |  |  | |  |  | | (ккал) |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  |  |  |  | | Б | Ж | У |  | |  |  |  | | В 1 **|** С **|** А | |  | *—***\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**1£** | | | | Mg **|** Fe | | |  |
|  |  |  |  | |  |  | | **Завтрак** |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Сырники из творога со сгущ молоком** | **2/75/20** | **20.498** | | **15,688** | 31.55 | | **131,298** | 0.082 |  | | 0.275 |  | 0.129 | **352.55** | | **151.3** | **0,8** |  |  | **0,551** |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | творог | 114 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Крупа манная | **11** |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | сахар | 11 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | яйцо | 7.5 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Сгущ молоко | 20 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Масло сливочное** | **10** | **0,037** | | **5,583** | **0,067** | | **59,092** |  |  | |  |  | **0,058** | **1,326** | | **2,299** | **0,026** |  |  | **0,011** |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Ряженка** | **150** | **2,072** | | **1,925** | **14,7** | | **82,16** | **0,03** |  | | **0,262** |  | **0,012** | **171,275** | | **143,687** | **12,188** |  |  | **0,07** |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Чай с сахаром** | **200/15** |  | |  | **12,575** | | **44,319** |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Чай листовой | 1 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Сахар песок | 15 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **25** | **0,225** | | **0,185** | **17,57** | | **73,628** | **0,035** |  | |  |  |  | **8,84** | | **6,776** | **16,9** |  |  | **0,194** |  |
|  | **Всего за завтрак** |  | **11,702** | | **17,565** | **44,88** | | **498,206** | **0,135** |  | | **0,262** |  | **0,048** | **214,812** | | **322,244** | **42,348** | |  | **1,277** |  |
|  |  |  |  | |  |  | | **Обед** |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Салат из б/к капусты** | **60** | **0,574** | | **1,925** | **4,183** | | **35,183** | **0,022** |  | | **5,691** |  |  | **23,768** | | **18,144** | **5,343** |  |  | **0,246** |  |
|  | Капуста ст б/к | 49.5 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Морковь ст | 5 |  | |  |  | |  |  |  | |  |  |  | **\*** | |  |  |  |  |  |  |
|  | Сахар песок | 2.5 |  | |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  |
|  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Масло растит рафии | 2.5 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Соль | 0,2 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Суп картофельный с** | **250** | **0,418** | | **3,088** | **19,396** | | **115,933** | **0,203** |  | | **11,5** |  | **0,017** | **35,581** | | **104,665** | **22,393** |  |  | **1,112** |  |
|  | **горохом** |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Картофель ст. нетто | 50 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Горох колотый | 20 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Морковь ст. нетто | 10 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 10 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Масло сливочное крест. | 5 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  |  |  |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | **Биточки рыбныце** | **2/50** | **15,522** | | **18,56** | **4,204** | | **252,982** | **0,074** |  | | **9,64** |  | **0,109** | **26,095** | | **13,619** | **16,646** |  |  | **1,928** |  |
|  | Рыба | 90 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Масло сливочное | 3 |  | |  |  | |  |  |  | |  |  |  |  | |  |  |  |  |  |  |
|  | Томат паста | 3 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | Мука пшенич | 3.5 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | Сахар песок | 1 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | Масло растит | 1.5 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | **Рис отварной** | **150** | **4,329** | **2,88** | | **26,3** | **136,749** | | **0,196** | |  | | **0,013** | | **36,509** | **138,99** | | **29,37** | | **1,99** | |
|  | Рис | 51 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | Масло сливочное крест. | 5 |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | **Компот из апельсинов** | **200** | **5,6** | **6,4** | | **9,4** | **116** | | **0,06** | | **2** | | **0,04** | | **242** | **182** | | **28** | | **0,2** | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | **Хлеб пшеничный** | **30** | **1,125** | **0,092** | | **8,786** | **36,81** | | **0,018** | |  | |  | | **4,42** | **15,73** | | **1,82** | | **0,097** | |
|  | **Хлеб ржаной** | **30** | **1,391** | **0,215** | | **15,42** | **67,624** | | **0,04** | |  | |  | | **9,282** | **42,108** | | **4,94** | | **0,432** | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  | **Всего за обед** |  | **24,794** | **28,403** | | **118,756** | **807,153** | | **0,554** | | **42,477** | | **0,139** | | **286,007** | **393,478** | | **85,629** | | **8,701** | |
|  | **Всего за день** |  | **36,496** | **45,968** | | **163,636** | **1305,359** | | **0,689** | | **42,739** | | **0,187** | | **500,819** | **715,722** | | **127,977** | | **9,978** | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |
|  |  |  |  |  | |  |  | |  | |  | |  | |  |  | |  | |  | |

**День 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № | Наименование блюда | Масса | Пищевые вещества (г) | Энергет. | Витамины (мг) | Минеральные вещества (vu) |
| рец. |  | порции |  | ценность |  |  |
|  |  |  |  | (ккал) |  |  |
|  |  |  | Б | Ж | У |  | В 1 | С | А | Са | Р | Mg | Fe |

Завтрак

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Омлет натуральный с | 1/110/30 | 8,924 | 13,451 | 1,907 | 174,906 | 0,079 | 0,939 | 0,378 | 96,69 | 233,77 | 35,1 | 1,307 |  |
|  | зелёным горошком |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо ст. 1 к. | 60 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко цел. | 22 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное крест. | 3+3 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Зелёный горошек коне. | 30 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай с сахаром | 200 | 1,767 | 1,363 | 23,78 | 105,26 | 0,012 | 0,142 | 0,012 | 66,897 | 55,055 | 4,55 | 0,059 |  |
|  | Чай | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб пшеничный | 25 | 0,225 | 0,185 | 17,57 | 73,628 | 0,021 |  |  | 8,84 | 6,776 | 16,9 | 0,194 |  |
|  | Всего за завтрак |  | 14,394 | 19,757 | 43,257 | 359,798 | 0,114 | 1,092 | 0,438 | 340,387 | 398,209 | 56,55 | 1,56 |  |
|  |  |  |  |  |  | Обед |  |  |  |  |  |  |  |  |
|  | Сельдь с/с филе | 25 | 3,145 | 1,64 |  | 28,637 |  |  |  | 14,652 |  |  | 0,95 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Борщ из св. капусты со | 250/10 | 1,643 | 3,588 | 11,911 | 82.863 | 0,049 | 5,784 | 0,024 | 50,167 | 67,276 | 20,377 | 1,76 |  |
|  | сметаной |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Свекла ст. нетто | 40 |  |  |  |  |  |  |  | \* |  |  |  |  |
|  | Капуста ст. бел. кач.нетто | 20 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст. нетто | 20 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста 30% | 3 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливоч. крест. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 2,5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана 15%ж | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Жаркое по-домашнему | 150/40 | 13,72 | 7,67 | 34,86 | 285,862 | 0,199 | 9,856 |  | 31,901 | 316,173 | 36,16 | 2 |  |
|  | Говядина 1 к. нетто | 63,2 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст. нетто | 120 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 12 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста | л |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растител. раф. | 6 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Компот из св груш | 200 | 0,74 |  | 21,56 | 88,48 | 0,032 | 0,011 | 8,87 | 10,89 | 23,4 | 0,216 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб пшеничный | 30 | 1,125 | 0,092 | 8,786 | 36,81 | 0,018 |  | 4,42 | 15,73 | 1,82 | 0,097 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб ржаной | 30 | 1,391 | 0,215 | 15,42 | 67,624 | 0,04 |  | 9,282 | 42,108 | 4,94 | 0,432 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Всего за обед | 21,32 | 13,205 | 106,475 | 634,042 | 0,314 | 19,34 | 0,024 | 328,102 | 454,597 | 69,147 | 5,357 |  |
| Всего за день | 35,714 | 32,962 | 149,732 | 993,84 | 0,428 | 20,432 | 0,462 | 468,489 | 652,806 | 125,697 | 6,917 |  |
| “Г |  |  |  |  |  |  |  |  |  |  |  |  |
| \_\_!\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | \* |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

**День 5**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № | Наименование блюда | Масса | Пищевые вещества (г) | | | Энергет. |  |  | Витамины (мг) | | |  |  | Минеральные вещества (vu) | | | |  |  |
| рец. |  | порции |  |  |  | ценность |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | (ккал) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Б | Ж | У |  |  |  |  | \_\_\_\_\_С\_\_\_\_\_ 1 | | Л | Са 1... — P\_J | | | -\_Мё\_ | | Fe |  |
|  |  |  |  |  |  | Завтрак | |  |  |  |  |  |  |  |  |  |  |  |  |
| 175 | Каша из пшена и риса | 200/5 | 13,59 | 12,999 | 10,949 | 218,087 |  | 0,082 |  | 0,646 |  | 0,061 | 123,257 |  | 263,309 | 19,75 |  | 0,955 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Рис | 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко цельное , | 100 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Пшено | 19 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар | 6 |  |  |  |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
|  | Масло сливочное | 10 . |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Вода. | 65 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай с сахаром | 200 | 0,444 |  | 12,785 | 46,033 |  | 0,001 |  | 0,065 |  |  | 3,094 |  | 2,795 | 0,055 |  | 0,002 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай листовой | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |Хлеб пшеничный | 25 | 0,225 | 0,185 | 17,57 | 73,628 |  | 0,035 |  |  |  |  | 8,84 |  | 6,776 | 16,9 |  | 0,194 |  |
|  | Всего за завтрак |  | 16,434 | 16,148 | 65,479 | 459,668 |  | 0,154 |  | 1,711 |  | 0,156 | 255,534 |  | 340,821 | 41,716 |  | 1,641 |  |
|  |  |  |  |  |  | Обед | |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Винегрет овощной | 60 | 0,503 | 4,08! | 3,612 | 52,183 1 0,02 | |  |  | 1,24 |  |  | 73,26 |  | 25,489 | 6,266 |  | 0,189 |  |
|  | Свекла ст. нетто | 7,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст. нетто | 10,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст нетто | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 7,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Огурец консерв. Нетто** | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Зелёный горошек коне. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит, рафин. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Суп из овощей** | **250** | **1,51** | **2,857** | **11,206** | **72,561** | **0,076** | **6,402** | **0,017** | **28,288** |  | **63,888** | **14,397** | **0,502** |
|  | Капуста ст. бел. кач.нетто | 20 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст. нетто | 50 |  |  |  |  |  |  |  |  | **а** |  |  |  |
|  | Морковь ст. нетто | ю |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Зелёный горошек коне. | 7,5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное крест. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Гуляш мясной | **50/50** | **11,64** | **11,419** | **4,091** | **169,637** | **0,051** | **0,722** | **0,046** | **14,674** |  | **207,345** | **12,565** | **1,243** |
|  | Говядина морож 1 к | 79 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит рафин | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | 15 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста 30% | 4,8 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшенич | **4** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодир | 0,5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Макаронные изделия** | **150** | **3,944** | **3,767** | **0,035** | **166,801** | **0,07** |  | **0,036** | **15,47** |  | **54,895** | **5,46** | **0,462** |
|  | **отварные** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Макаронные изд. | 51 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливоч. крест. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Компот из сухофруктов** | 200 | **0,192** |  | **21,09** | **85,478** | **0,032** |  | **0,052** | **15,912** |  | **28,072** |  | **0,292** |
|  | Сухофрукты смесь | . 20 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 20 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **30** | **1,125** | **0,092** | **8,786** | **36,81** | **0,018** |  |  | **4,42** |  | **15,73** | **1,82** | **0,097** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | **30** | **1,391** | **0,215** | **15,42** | **67,624** | **0,04** |  |  | **9,282** |  | **42,108** | **4,94** | **0,432** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за обед** |  | **20,202** | **22,522** | **85,44** | **613,411** | **0,359** | **50,311** | **0,126** | **373,063** |  | **464,888** | **91\*689** | **4,969** |
|  | **Всего за день** |  | **36,666** | **38,67** | **150,919** | **1073,079** | **0,513** | **52,022** | **0,282** | **528,597** |  | **805,709** | **133,405** | **6,61** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 6**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | Наименование блюда | | Масса | | | Пищевые вещества (г) | | | Энергет. | | | Витамины (мг) | | | | Минеральные вещества (vu) | | |
| рец. |  | | порции | | |  | | | ценность | | |  | | | |  | | |
|  |  | |  | | |  | | | (ккал) | | |  | | | |  | | |
|  | | |  | |  | **\_\_\_\_ Б\_\_\_\_ i\_\_\_ Ж\_\_\_ I\_\_\_** у\_\_\_\_\_ | | | | |  | **в 1** | | **\_\_\_** С**\_\_\_ I\_\_\_ А\_\_\_** \_\_\_ | | | |  | Р **|** Mg **|** Fe |  |
|  | | |  | |  |  | |  |  | | **Завтрак** |  | |  |  |  | |  |  |  |
|  | | | **Каша геркулесовая** | | **200/5** | **6,209** | | **10,156** | **31,45** | | **231,612** | **0,171** | | **0,25** | **0,072** | **172,689** | | **297,031** | **4,694** | **0,176** |
|  | | | **молочная** | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Г еркулес | | 30,8 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Молоко цел. 3,2 %ж | | 176 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Сахар песок | | **4** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Масло сливочное крест. | | **5** |  | |  | **-** | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Какао на молоке** | | **200** | **2,05** | | **3,003** | **21,655** | | **116,7** | **0,017** | | **0,232** | **0,023** | **134,545** | | **147,426** | **11,44** | **0,339** |
|  | | | Какао Золотой ярлык | | **4** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Молоко цельное 3,2%ж | | 180 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Сахар песок | | 20 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Хлеб пшеничный** | | **25** | **0,225** | | **0,185** | **17,57** | | **73,628** | **0,021** | |  |  | **8,84** | | **6,776** | **16,9** | **0,194** |
|  | | | **Всего за завтрак** | |  | **12,28** | | **22,469** | **70,977** | | **425,614** | **0,232** | | **0,482** | **0,315** | **341,71** | | **443,072** | **47,1** | **1,303** |
|  | | |  | |  |  | |  |  | | **Обед** |  | |  |  |  | |  |  |  |
|  | | | **Икра из кабачков консерв** | | **60** | **0,74** | | **3,465** | **3,612** | | **48,19** | **0,012** | | **1** |  | **22,653** | | **40,535** | **11,375** | **1,89** |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Щи из б/к капусты** | | **250** | **1,668** | | **4,026** | **9,605** | | **81,303** | **0,065** | | **10,793** |  | **48,714** | | **68,185** | **16,644** | **0,495** |
|  | | | Капуста б/к нетто | | **50** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Картофель ст нетто | | 30 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Морковь ст нетто** | | **10** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Лук репка ст нетто | | **10** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Масло растит раф | | **5** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Плов из птицы** | | **200** | **14,067** | | **12,258** | **34,81** | | **296,029** | **0,082** | | **0,675** |  | **33,155** | | **267,035** | **21,3** | **1,76** |
|  | | | Куры | | 107 |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Рис шлифов. | | **51** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Масло слив. Крест. | | **7** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Морковь ст нетто | | **11** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Лук репка нетто | | **7.5** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | Томат паста 30% | | **4.5** |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | |  | |  |  | |  |  | |  |  | |  |  |  | |  |  |  |
|  | | | **Компот из куроги** | | **200** | **0,74** | |  | **21,56** | | **88,48** | **0,032** | | **0,011** |  | **8,87** | | **7,26** | **23,4** | **0,216** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Яблоко свежее** | **100** | **0,296** |  | **9,492** | **36,34** | **0,008** | **3,7** |  | **17,68** | **13,31** | **5,85** | **0,118** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **30** | **1,125** | **0,092** | **8,786** | **36,81** | **0,018** |  |  | **4,42** | **15,73** | **1,82** | **0,097** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | **30** | **1,391** | **0,215** | **15,42** | **67,624** | **0,04** |  |  | **9,282** | **42,108** | **4,94** | **0,432** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за обед** |  | **20,397** | **20,056** | **100,849** | **648,456** | **0,281** | **29,552** |  | **164,124** | **468,683** | **87,929** | **5,052** |
|  | **Всего за день** |  | **32,677** | **42,525** | **171,826** | **1074,07** | **0,513** | **30,034** | **0,315** | **505,834** | **711,755** | **135,029** | **6,355** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 7**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № | Наименование блюда | Масса | Пищевые вещества (г) | | | Энергет. |  | Витамины (мг) | | |  |  | Минеральные вещества (vu) | | | |  |  |
| рец. |  | порции |  |  |  | ценность |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | (ккал) |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | Б | Ж | У |  |  |  |  | В 1 | С | А | |  |  |  | Са | Р | Mg | Fe | | |  |  |
|  |  |  |  |  |  | Завтрак |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Пудинг из творога с | 150/20 | 20,498 | 15,054 | 31,55 | 341,38 | 0,082 |  | 0,275 |  | 0,129 | 352,55 |  | 56,1 | 0,6 |  | 0,556 |  |
|  | молоком с гут |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Творог 9 %ж | 114 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Крупа манная | 11 |  |  |  |  |  |  |  |  |  |  | ч |  |  |  |  |  |
|  | Сахар песок | 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливоч. крест. | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо ст. 1 к | 7,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сухари паниров. | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Изюм б/кост | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана ) 5 %ж | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко сгущ. с сахаром | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай сладкий с лимоном | 200/15/7 | 0,444 |  | 12,785 | 46,033 | 0,002 |  | 0,08 |  |  | 3,094 |  | 2,795 | 0,055 |  | 0,002 |  |
|  | Чай листовой | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лимон свежий | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |Хлеб пшеничный | 25 | 0,225 | 0,185 | 17,57 | 73,628 | 0,035 |  |  |  |  | 8,84 |  | 6,776 | 16,9 |  | 0,194 |  |
|  | Всего за завтрак |  | 21,204 | 20,822 | 61,972 | 520,133 | 0,119 |  | 0,355 |  | 0,187 | 365,81 |  | 67,038 | 17,581 |  | 0,763 |  |
|  |  |  |  |  |  | Обед |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Салат из свежих овощей | 60 | 0,437 | 7,69 | 1,772 | 79,553 | 0,025 |  | 11,4 |  |  | 12,431 |  | 41,927 |  |  | 0,243 |  |
|  | Помидоры св пары | 45 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы св парник | 35 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит рафин | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Рассольник | 250 | 2,205 | 3,673 | 16,96 | 103,806 | 0,085 |  | 4,5 |  | 0,024 | 33,15 |  | 94,682 | 17,94 |  | 0,648 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофельст. нетто | 75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Перловка | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное крест. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Огурцы консерв. нетто | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Рыба,тушеная в томате с овощами** | 80 | 10,219 | 7,808 | 3,242 | 127,846 | 0,017 | 7,44 | 0,098 | 19,978 | 324,715 | 10,61 | 1,563 |  |
|  | Треска | 64.8 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит, раф. | 4 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь | 18 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшен. | 0 |  |  |  |  |  |  |  | 1 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 8 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста 30% | 8 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар | 1.6 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Картофельное пюре** | 150 | 2,42 | 3,465 | 22,134 | 120,578 | 0,13 | 7,35 | 0,023 | 46,222 | 116,366 | 21,326 | 0,64 |  |
|  | Картофель ст нетто | 128 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко цел 3,2% | 22 |  |  | • |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное 72,5% | 5 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодиров | 0,2 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Кисель п/ягодный** | 200 |  |  | 26.006 | 95,906 |  |  |  |  |  |  |  |  |
|  | **Кисель концентрат п/ф** | 24 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Сахар песок** | 10 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | 30 | 1,125 | 0,092 | 8,786 | \*' 36,81 | 0,018 |  |  | 4,42 | 15,73 | 1,82 | 0,097 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | 30 | 1,391 | 0,215 | 15,42 | 67,624 | 0,04 |  |  | 9,282 | 42,108 | 4,94 | 0,432 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за обед** |  | **25,089** | **29,343** | **121,204** | **828,695** | **0,444** | **34,316** | **0,277** | **391,395** | **855,6** | **84,67** | **4,115** |  |
|  | **Всего за день** |  | **46,293** | **50,165** | **183,176** | **1348,828** | **0,563** | **34,671** | **0,464** | **757,205** | **922,638** | **102,251** | **4,878** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 8**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | Наименование блюда | Масса | Пищевые вещества (г) | | | Энергет. |  | Витамины (мг) | | |  |  | Минеральные вещества **(vu)** | | | |  |  |
| рец. |  | порции |  |  |  | ценность |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | (ккал) |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **Б** | Ж |  |  |  |  | В 1 | С | А | |  | Са |  | **i\_\_\_\_£\_\_\_\_** | **1** Ms | | Fe |  |
|  |  |  |  |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Макароны отвар, с** | **150/20/10** | **7,851** | **11,173** | **32,29** | **252,026** | **0,076** |  | **0,15** |  | **0,1** | **197,552** |  | **168,977** | **5,5** |  | **0,341** |  |
|  | **тёртым сыром и маслом** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Макаронные изделия | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сыр **"** Голландский" | 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное крест. | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Ряженка** | **150** | **2,072** | **1,925** | **14,7** | **82,16** | **0,185** |  | **0,212** |  | **0,012** | **171,275** |  | **143,687** | **12,188** |  | **0,07** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Чай с сахаром** | **200/15** |  |  | **12,575** | **44,319** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай листовой | **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **25** | **0,225** | **0,185** | **17,57 '** | **73,628** | **0,021** |  |  |  |  | **8,84** |  | **6,776** | **16,9** |  | **0,194** |  |
|  | **Всего за завтрак** |  | **13,204** | **19,905** | **77,135** | **526,393** | **0,32** |  | **0,362** |  | **0,112** | **380,43** |  | **387,805** | **38,976** |  | **1,746** |  |
|  |  |  |  |  |  | **Обед** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Помидор порционный** | **60** | **0,259** |  | **0,756** | **3,95** | **0,012** |  | **0,992** |  |  | **9,392** |  | **25,41** |  |  | **0,135** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Суп картоф с бобовыми** | **250** | **5,224** | **4,297** | **22,336** | **146,11** | **0,057** |  | **3,507** |  |  | **66,632** |  | **231,715** | **10,855** |  | **0,074** |  |
|  | Картофель ст нетто | 50 |  |  |  |  |  |  |  |  |  | • |  |  |  |  |  |  |
|  | Фасоль белая косерв | 37.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло раст тафин | 2.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодиров | 0,3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Рогу из птицы** | **200** | **15,533** | **11,813** | **28,891** | **286,257** | **0,345** |  | **9,075** |  | **0,187** | **188,457** |  | **82,171** | **21,028** |  | **0,057** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Курица | 121 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст нетто | 122 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь | 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло рост. | 2.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшеничная | 1.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодир | 0,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло рост | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | томат | **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Компот из куроги** | **200** | **0,74** |  | **21,56** | **88,48** | **0,032** | **0,011** |  | **8,87** | **7,26** | **23,4** | **0,216** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Яблоко свежее** | **100** | **0,296** |  | **9,492** | **36,34** | **0,013** | **4,55** |  | **17,68** | **13,31** | **5,85** | **0,118** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **30** | **1,125** | **0,092** | **8,786** | **36,81** | **0,018** |  |  | **4,42** | **15,73** | **1,82** | **0,097** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | **30** | **1,391** | **0,215** | **15,42** | **67,624** | **0,04** |  |  | **9,282** | **42,108** | **4,94** | **0,432** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Всего за обед** | **27,138** | **21,356** | **137,358** | **847,611** | **0,552** | **18,135** | **0,204** | **311,563** | **419,354** | **67,991** | **2,055** |
|  | **Всего за день** | **40,342** | **41,261** | **214,493** | **1374** | **0,872** | **18,497** | **0,316** | **691,993** | **807,159** | **106,967** | **3,801** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | еч |  |  |  |  |  |  |  |  |

**День 9**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № | Наименование блюда | Масса |  | Пищевые вещества (г) | | | | Энергет. | |  | Витамины (мг) | | |  |  | Минеральные вещества (vu) | | |  |
| рец. |  | порции |  |  |  |  |  | ценность | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | (ккал) |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **\_** | Б**\_ \_** | **I** \_\_\_ж\_\_\_ **I** | | **\_ \_** V **\_ \_** | **\_ \_** | **\_** |  |  | В 1 | С | А | |  | Са | \_\_\_\_\_ Р\_\_\_\_\_ | Mg | Fe | |  |
|  |  |  |  |  |  |  |  | **Завтрак** | |  |  |  |  |  |  |  |  |  |  |
|  | **Омлет натуральный с** | **110/30** |  | **8,924** |  | **13,451** | **1,907** |  | **174,906** | **0,079** |  | **0,939** |  | **0,378** | **96,69** | **233,77** | **35,1** |  | **1,307** |
|  | **зелёным горошком** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо ст. 1к. | 60 |  |  |  |  |  |  |  |  |  |  |  |  |  | -Г |  |  |  |
|  | Молоко цел. | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное крест. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Зелёный горошек коне. | 30 |  |  |  |  | ■ |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Какао на молоке** | **200** |  | **2,05** |  | **3,003** | **21,655** |  | **116,7** | **0,017** |  | **0,232** |  | **0,023** | **134,545** | **147,426** | **11,44** |  | **0,339** |
|  | Какао Золотой ярлык | **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко цельное | 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
|  | **|хлеб пшеничный** | **25** |  | **0,225** |  | **0,185** | **17,57** | **, 73,628** | | **0,035** |  |  |  |  | **8,84** | **6,776** | **16,9** |  | **0,194** |
|  | **Всего за завтрак** |  |  | **14,394** |  | **19,757** | **43,257** | **359,798** | | **0,13** |  | **1,095** |  | **0,438** | **340,387** | **398,209** | **56,55** |  | **1,56** |
|  |  |  |  |  |  |  |  |  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  | **Суп с макаронными издел** | **250** |  | **9,872** |  | **3,919** | **7,703** |  | **67,742** | **0,01** |  | **0,425** |  |  | **11,05** | **24,2** | **4,42** |  | **0,173** |
|  | Вермешель в/с | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст нетто | **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит рафин | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодиров | 0,25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Голубцы ленивые** | **200** |  | **11,662** |  | **9,325** | **17,858** |  | **199,459** | **0,096** |  | **8,78** |  | **0,054** | **76,035** | **229,017** | **23,26** |  | **0,285** |
|  | Капуста б/к нетто | **110** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Г овядина мор 1 к | **59** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Рис шлифован | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо 1к | **0,7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливоч 72,5% | 3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана 15%ж | 12.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшенич | 3.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Гомат паста 30%** | 2 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Компот из св яблок** | **200** | **0,133** |  | **24,394** | **87,263** | **0,004** | **1,659** |  | **7,956** | **5,99** | **2,632** | **0,534** |
|  | **Яблоки** СВ | **40** |  |  |  |  |  |  |  |  |  |  |  |
|  | **Сахар песок** | **24** |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **30** | **1,125** | **0,092** | **8,786** | **36,81** | **0,018** |  |  | **4,42** | **15,73** | **1,82** | **0,097** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | **30** | **1,391** | **0,215** | **15,42** | **67,624** | **0,04** |  |  | **9,282** | **42,108** | **4,94** | **0,432** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за обед** |  | **25,053** | **17,054** | **87,277** | **534,804** | **0,182** | **13,335** | **0,054** | **148,341** | **360,079** | **44,872** | **3,107** |
|  | **Всего за день** |  | **39,447** | **36,811** | **130,534** | **894,602** | **0,312** | **14,43** | **0,492** | **488,728** | **758,288** | **101,422** | **4,667** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 10**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Лг9 | Наименование блюда | Масса | Пищевые вещества (г) | Энергет. | Витамины (мг) | Минеральные вещества (vu) |
| рец. |  | порции |  | ценность |  |  |
|  |  |  |  | (ккал) |  |  |
|  |  |  | Б | Ж | У |  | В 1 | С | А | Са | Р | Mg | Fe |

Завтрак

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Сырники из творога со сгущ молоком** | 2/75/20 | 6,627 | 4,285 | 4,064 | 94,697 | 0,06 | 0,292 | 0,024 | 46,837 |  | 123,076 | 12,082 | 0,663 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Творог | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука | 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Яйцо | 4.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сухари паниров | 5 |  |  | - |  |  |  |  |  |  |  |  |  |  |
|  | Масло растит | 6 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | - |  |  |  |  |
|  | Соль йодиров | 0,25 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Мука пшенич | 2,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай сладкий | 200/15/7 | 0,444 |  | 12,785 | 46,033 | 0,002 | 0,08 |  | 3,094 |  | 2,795 | 0,055 | 0,002 |  |
|  | Чай листовой | 1 |  |  |  |  |  |  |  | • |  |  |  |  |  |
|  | Сахар песок | 15 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **|Хлеб пшеничный** | 25 | 0,225 | 0,185 | 17,57 | 73,628 | 0,035 |  |  | 8,84 |  | 6,776 | 16,9 | 0,194 |  |
|  | Всего за завтрак |  | 11,884 | 7,35 | 61,475 | 355,057 | 0,431 | 1,367 | 0,037 | 104,672 |  | 296,115 | 58,407 | 2,984 |  |
|  |  |  |  |  |  | Обед |  |  |  |  |  |  |  |  |  |
|  | **Салат из моркови** | 60 | 0,481 | 2,3 | 4,996 | 41,364 | 0,024 | 0,709 | 0,028 | 28,229 |  | 33,275 | 12,35 | 0,193 |  |
|  | Морковь ст | 53 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло растител рафин | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Борщ из св. капусты со** | 250/10 | 1,643 | 3,588 | 11,911 | 82,863 | 0,049 | 5,763 | 0,024 | 50,167 |  | 67,276 | 20,377 | 1,76 |  |
|  | **сметаной** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Свекла ст. нетто | 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | капуста ст. бел. кач.нетто | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Картофель ст. нетто | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст. нетто | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста 30% |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливоч. крест. | 5 |  |  |  |  |  |  |  |  | 1.' |  |  |  |  |
|  | Сахар песок | 2,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сметана | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Рыба тушёная с овощами | 75/75 | 12,398 | 0,505 | 6,905 | 138,416 | 0,208 | 1,315 | 0,104 | 62,793 |  | 57,786 | 9,028 | 2,535 |  |
|  | Треска потр б/г (филе) | 91 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Морковь ст нетто | 27 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Лук репка ст нетто | 13 |  |  | - |  |  |  |  |  |  |  |  |  |  |
|  | Томат паста 30% | 6 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло раст рафин | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сахар песок | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодиров | 0,5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Картофельное пюре** | 150 | 2,42 | 3,465 | 22,134 | 120,578 | 0,079 | 5,953 | 0,023 | 46,222 |  | 116,366 | 21,326 | 0,64 |  |
|  | Картофель ст нетто | 128 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Молоко цел | 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сольйодиров | 0,2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Компот | 200 | 0,74 |  | 21,56 | 88,48 | 0,032 | 0,011 |  | 8,87 |  | 7,26 | 23,4 | 0,216 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Апельсин свежий | ' 100 | 0,296 |  | 9,492 | 36,34 | 0,013 | 4,55 |  | 17,68 |  | 13,31 | 5,85 | 0,118 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб пшеничный | 30 | 1,125 | 0,092 | 8,786 | 36,81 | 0,018 |  |  | 4,42 |  | 15,73 | 1,82 | 0,097 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Хлеб ржаной | 30 | 1,391 | 0,215 | 15,42 | 67,624 | 0,04 |  |  | 9,282 |  | 42,108 | 4,94 | 0,432 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за обед** |  | 19,736 | 22,873 | 101,959 | 673,013 | 0,33 | 16,986 | 0,202 | 243,434 |  | 355,885 | 126,245 | 4,161 |  |
|  | **Всего** за **день** |  | 31,62 | 30,223 | 163,434 | 1028,07 | 0,761 | 18,342 | 0,239 | 448,106 |  | 652 | 184,649 | 7,145 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Норма** |  |  |  |  |  |  |  |  |  |  |  | **Норма** | **Факт** |  |  | **ГР** |
|  | **за** | **1 день** | **2 день** | **3 день** | **4 день** | **5 день** | **6 день** | **7 день** | **8 день** | **9 день** | **10 день** |  |  | **за** | **брутто** | нетто | **выпол­** |
|  | **1 день** |  |  |  |  |  |  |  |  |  |  |  | **10 дней** | **10 дней** |  |  | **нения** |
| **Хлеб ржаной** | **40** | **40** | **40** | **40** | **40** | **40** | **40** | **40** | **40** | **40** | **40** |  | **400** | **400** |  | **400** | **100%** |
| **Хлеб пшеничный** | **75** | **75** | **75** | **75** | **75** | **75** | **75** | **75** | **75** | **75** | **75** |  | **750** | **750** |  | **750** | **100%** |
| **Мука пшеничная** | **7,5** |  | 35 | 5 |  | **12** |  |  | **25** | **5** |  |  | **75** | **82** | **7** | **75** | **100%** |
| **Крупа** | **23** |  | 30 |  | 65 | **54** | **65** |  |  | **8** | **11** |  | **230** | **233** |  | **233** | **101%** |
| **Макаронные изделия** | **7,5** |  | 34 |  | 34 |  |  |  | **34** |  |  |  | **75** | **102** | **27** | **75** | **100%** |
| **Картофель нетто** | **94** | **128** | **110** | **160** | **50** | **50** | **30** | **203** | **200** |  | **128** |  | **1000** | **1059** |  | **1059** | **105%** |
| **Овощи нетто** | **140** | **150** | **75** | **140** | **104** | **285** | **120** | **115** | **70** | **200** | **165** |  | **1400** | **1424** |  | **1424** | **102%** |
| **Фрукты** | **100** | **100** | **100** | **100** | **100** | **100** | **100** | **100** | **100** | **100** | **100** |  | **1000** | **1000** |  | **1000** | **100%** |
| **Сухофрукты** | **7,5** |  | 20 |  |  | **20** |  | **15** |  | **20** |  |  | **75** | **75** |  | **75** | **100%** |
| **Соки** | **100** | 200 |  | 200 |  |  | **200** |  | **200** |  | **200** |  | **1000** | **1000** |  | **1000** | **100%** |
| **Говядина 1 кат. Нетто** | **35** |  | 56 | 63 |  | **79** | **63** |  |  | **59** | **37** |  | **350** | **357** |  | **357** | **102%** |
| **Птица цыплята** | **17,5** |  |  |  | 112 | **59** |  |  |  |  |  |  | **175** | **171** |  | **171** | **98%** |
| **Филе рыбы** | **29** | **55** | **25** | 25 |  |  |  |  | **93** |  | **93** |  | **290** | **291** |  | **291** | **100%** |
| **Колбасные изделия** | **7,5** |  |  | **60** | 60 |  |  |  | **15** |  |  |  | **73** | **75** |  | **75** | **103%** |
| **Молоко 3,2%ж** | **150** | **82** | **370** | **125** | **211** | **35** | **348** | **72** | **175** | **210** | **55** |  | **1500** | **1683** | **300** | **2233** | **~|-99%** |
| **Кисломолочные пр-ты** | **75** |  |  |  | 150 |  |  |  | **150** |  |  |  | **750** | **250** |  |  |  |
| **Творог 9%ж** | **25** | 141 |  |  |  |  |  | **114** |  |  |  |  | **250** | **255** |  | **255** | **102%** |
| **Сыр Голландский** | **5** |  | 20 | 20 |  |  |  |  | **20** | **20** |  |  | **50** | **80** | **30** | **50** | **100%** |
| **Сметана 15%ж** | **5** | 15 |  | 10 |  |  | **10** | **10** |  | **5** |  |  | **50** | **50** |  | **50** | **100%** |
| **Масло сливочное 72%ж** | **15** | **20** | **10** | **8** | **20** | **14** | **25** | **20** | **15** | **8** | **10** |  | **150** | **150** |  | **150** | **100%** |
| **Масло растител. раф.** | **7,5** | **7** | **8** | **12** | **10** | **10** | **5** | **5** |  | **15** | **5** |  | **75** | **77** |  | **77** | **102%** |
| **Яйцо ст. 1 кат.** | **20** | 20 |  | 60 |  |  | **40** | **10** |  | **60** | **10** |  | **200** | **200** |  | **200** | **100%** |
| **Сахарный песок** | **25** | **15** | **40** | **10** | **35** | **15** | **20** | **35** | **35** | **30** | **15** |  | **250** | **250** |  | **250** | **100%** |
| **Кондитерские из-я** | **5** |  |  |  |  |  |  |  | **25** |  |  |  | **50** | **49** |  |  | **100%** |
| **Чай** | **0,2** | 0.5 |  |  |  | **0,5** |  | **0,5** |  |  | **0,5** |  | **2** | **2** |  | **2** | **100%** |
| **Какао** | **0,6** |  | 4 |  |  |  | **4** |  |  |  |  |  | **6** | **8** |  | **8** | **105%** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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|  | Соль |  | **2,5** |  | **2,5 2,5** |  | **2,5 2,5** |  | **2,5** |  | **2,5** |  | **2,5** |  | **2,5** |  | **2,5** |  | 2.5 | **5** | | **25** |  | **25 100%** |  |  |
|  | **2,5** |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | Энергет. |  |  |  | Витамины (мг) | | |  |  |  |  |  | Минеральные вещества (vu) | | | |  |  |  |  |
|  |  |  |  |  |  |  | ценность |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | Белки | Жиры |  | Углеводы |  |  |  | **В 1** |  | С |  | А |  |  |  | Са |  | **р** |  |  | Mg | Fe |  |  |  |
|  | **1 день** | **34,309** | **42,082** |  | **173,235** |  | **1278,18** |  | **0,587** |  | **30,691** |  | **0,317** |  |  |  | **611,87** |  | **901,403** |  | **111,853** | | **4,192** |  |  |  |
|  | **2 день** | **48,305** | **31,681** |  | **183,129** |  | **1264,297** |  | **0,702** |  | **37,531** |  | **0,394** |  |  |  | **805,5** |  | **830,006** |  | **122,742** | | **5,513** |  |  |  |
|  | **3 день** | **36,496** | **45,968** |  | **163,636** |  | **1305,359** |  | **0,689** |  | **42,739** |  | **0,187** |  |  |  | **500,82** |  | **715,722** |  | **127,977** | | **9,978** |  |  |  |
|  | **4 день** | **35,714** | **32,962** |  | **149,732** |  | **993,84** |  | **0,428** |  | **20,432** |  | **0,462** |  |  |  | **468,49** |  | **652,806** |  | **125,697** | | **6,917** |  |  |  |
|  | **5 день** | **36,666** | **38,67** |  | **150,919** |  | **1073,079** |  | **0,513** |  | **52,022** |  | **0,282** |  |  |  | **528,6** |  | **805,709** |  | **133,405** | | **6,61** |  |  |  |
|  | **6 день** | **32,677** | **42,525** |  | **171,826** |  | **1074,07** |  | **0,513** |  | **30,034** |  | **0,315** |  |  |  | **505,83** |  | **711,755** |  | **135,029** | | **6,355** |  |  |  |
|  | **7 день** | **46,293** | **50,165** |  | **183,176** |  | **1348,828** |  | **0,563** |  | **34,671** |  | **0,464** |  |  |  | **757,21** |  | **922,938** |  | **102,251** | | **4,878** |  |  |  |
|  | **8 день** | **40,342** | **41,261** |  | **214,493** |  | **1374** |  | **0,872** |  | **18,497** |  | **0,316** |  |  |  | **691,99** |  | **807,159** |  | **106,967** | | **3,801** |  |  |  |
|  | **9 день** | **39,447** | **36,811** |  | **130,534** |  | **894,602** |  | **0,312** |  | **14,43** |  | **0,492** |  |  |  | **488,73** |  | **758,288** |  | **101,422** | | **4,667** |  |  |  |
|  | **10 день** | **31,62** | **30,223** |  | **163,434** |  | **1028,07** |  | **0,791** |  | **18,342** |  | **0,239** |  |  |  | **448,11** |  | **652** |  | **184,649** | | **7,145** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |
|  | **ИТОГО за 10 дней** | **381,869** | **392,35** |  | **1684,114** |  | **11634,325** |  | **5,97** |  | **299,39** |  | **3,468** |  |  |  | **5807,1** |  | **7757,786** |  | **1251,99** | | **60,056** |  |  |  |
|  | **НОРМЫ за 10 дней** | **385** | **395** |  | **1675** |  | **11750** |  | **6** |  | **300** |  | **3,5** |  |  |  | **5500** |  | **8250** |  |  | **1250** | **60** |  |  |  |
|  | **% выполнения** | **99,2** | **99,4** |  | **100,5** |  | **99,3** |  | **99,5** |  | **99,8** |  | **99,8** |  |  |  | **100,1** |  | **100,1** |  | **100,2** | | **100** |  |  |  |
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**ТАБЛИЦА ЗАМЕНЫ ПРОДУКТОВ**

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