

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | | | | | | |  |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Наименование блюда | номер по СР | выход (гр) | Пищевая ценность | | | | Витамины и минеральные вещества | | | | | | | | | Белки | Жиры | Углеводы | Калл | A | B | C | E | Ca | Mg | P | Fe | | | | | | | | | | | | | | | | | | | | |
| **Второй день (вторник)** | | | |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  | |  |
| **завтрак** | | | |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  | |  |
| Каша вязкая овсяная с маслом | | | | 302\* | 220/5 | | 6.60 | 12.32 | | 29.04 | 253.44 | 0.08 | 0.31 | 1.44 | 0.72 | 222.03 | 79.59 | 171.48 | 2.27 | |  |
| Чай с сахаром | | | | 685\* | 200 | | 0.20 | 0.05 | | 15.01 | 57.00 | 0.00 | 0.00 | 0.10 | 0.00 | 5.25 | 4.40 | 8.24 | 0.87 | |  |
| Хлеб пшенично-ржаной | | | |  | 50 | | 3.80 | 0.40 | | 24.30 | 119.00 | 0.00 | 0.06 | 0.00 | 0.55 | 10.00 | 7.00 | 32.50 | 0.55 | |  |
| **итого:** | | | |  |  | | **10.6** | **12.77** | | **68.35** | **429.44** | **0.08** | **0.37** | **1.54** | **1.27** | **237.28** | **90.99** | **212.22** | **3.69** | |  |
| **обед** | | | |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  | |  |
| Салат из белокочанной капусты | | | | 43\* | 100 | | 1.55 | 5.08 | | 9.42 | 88 | 0.02 | 0.07 | 15.9 | 2.3 | 43.12 | 16.44 | 29.99 | 0.55 | |  |
| Борщ с капустой картофелем со сметаной | | | | 110\* | 250/5 | | 1.8 | 5.48 | | 9.12 | 107 | 0.11 | 0.04 | 10.99 | 0.21 | 47.11 | 24.21 | 53.88 | 1.17 | |  |
| Тефтели рубленые с соусом | | | | 462\* | 105 (70/35) | | 10.15 | 16.54 | | 12.02 | 238 | 0 | 0.06 | 3.08 | 4.96 | 30.91 | 10.02 | 59.95 | 0.66 | |  |
| Каша гречневая рассыпчатая | | | | 508\* | 180 | | 10.51 | 7.94 | | 51.7 | 325 | 0.06 | 0.1 | 0 | 0.67 | 17.39 | 166.34 | 249.01 | 5.58 | |  |
| Чай с сахаром | | | | 639\* | 200 | | 0.20 | 0,05 | | 15.01 | 57 | 0 | 0 | 0.1 | 0 | 5.25 | 4,40 | 8.24 | 0.87 | |  |
| Хлеб пшенично-ржаной | | | |  | 60 | | 2.82 | 0.6 | | 0.6 | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 | |  |
| **итого:** | | | |  |  | | **27.03** | **35.69** | | **97.87** | **941.00** | **0.19** | **0.35** | **30.07** | **8.92** | **158.18** | **232.81** | **453.27** | **11.07** | |  |
| **всего** | | | |  |  | | **37.63** | **48.46** | | **166.22** | **1370.44** | **0.27** | **0.72** | **31.61** | **10.19** | **395.46** | **323.80** | **665.49** | **14.76** | |  |
|  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  | |  |
| Наименование блюда | | | | номер по СР | выход (гр) | | Пищевая ценность | | | | | Витамины и минеральные вещества | | | | | | | |  |
| Белки | Жиры | Углеводы | | Калл | A | B | C | E | Ca | Mg | P | Fe | |  |
| **Третий день (среда)** | | | |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  | |  |
| **завтрак** | | | |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  | |  |
| Каша вязкая рисовая с маслом | | | | 302\* | 220/5 | | 3.3 | 8.8 | 34.76 | | 231.44 | 0.08 | 0.09 | 1.51 | 0.28 | 148.12 | 40.93 | 179.55 | 0.62 | |  |
| Кофейный напиток с молоком | | | | 692\* | 200 | | 2.5 | 3.6 | 28.7 | | 152 | 0.02 | 1 | 0.1 | 0 | 61 | 45 | 7 | 1 | |  |
| Хлеб пшенично-ржаной | | | |  | 50 | | 3.80 | 0.40 | 24.30 | | 119.00 | 0.00 | 0.06 | 0.00 | 0.55 | 10.00 | 7.00 | 32.50 | 0.55 | |  |
| **итого:** | | | |  |  | | **9.60** | **12.80** | **87.76** | | **502.44** | **0.1** | **1.15** | **1.61** | **0.83** | **219.12** | **92.93** | **219.05** | **2.17** | |  |
| **обед** | | | |  |  | |  |  |  | |  |  |  |  |  |  |  |  |  | |  |
| Салат из кваш.капусты с рас. маслом | | | | 45\* | 100 | | 1.6 | 5.07 | 8.33 | | 87 | 0 | 0.07 | 25.3 | 2.1 | 42.08 | 14.36 | 30.91 | 0.58 | |
| Рассольник ленинградский со сметаной | | | | 132\* | 250/5 | | 2.31 | 5.99 | 17.36 | | 135 | 0.08 | 0.1 | 16.79 | 0.21 | 27.81 | 27.16 | 68.4 | 1 | |
| Рыба припущенная с соусом | | | | 371\* | 100 (60/40) | | 16.64 | 7.09 | 3.59 | | 169 | 0.02 | 0.03 | 1.54 | 1.78 | 42.49 | 28.25 | 194.57 | 0.95 | |
| Пюре картофельное | | | | 520\* | 180 | | 3.87 | 6.68 | 26.41 | | 197 | 0.1 | 0.35 | 31.13 | 0.16 | 48.55 | 39.21 | 114.76 | 1.42 | |
| Компот из изюма | | | | 638\* | 200 | | 0.36 | 0 | 33.16 | | 128 | 0 | 0.05 | 0 | 0.1 | 16.4 | 8.4 | 25.8 | 0.66 | |
| Хлеб пшенично-ржаной | | | |  | 60 | | 2.82 | 0.6 | 0.6 | | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 | |
| **итого:** | | | |  |  | | **27.60** | **25.43** | **89.45** | | **842.00** | **0.20** | **0.68** | **74.76** | **5.13** | **191.73** | **128.78** | **486.64** | **6.85** | |
| **всего** | | | |  |  | | **37.20** | **38.23** | **177.21** | | **1344.44** | **0.3** | **1.83** | **76.37** | **5.96** | **410.85** | **221.71** | **705.69** | **9.02** | |
|  | | | | | | | | | | | | | | | | | | | | |
| Наименование блюда | | | | номер по СР | выход (гр) | Пищевая ценность | | | | | | Витамины и минеральные вещества | | | | | | | | |
| Белки | | Жиры | Углеводы | | Калл | A | B | C | E | Ca | Mg | P | Fe | |
| **Четвертый день (четверг)** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| **завтрак** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| Каша вязкая гречневая с маслом | | | | 302\* | 200/5 | 6.6 | | 10.34 | 34.1 | | 255.86 | 0.07 | 0.28 | 1.31 | 0.65 | 222.03 | 72.35 | 155.89 | 0.06 | |
| Чай с молоком | | | | 297\*\* | 200 | 1.60 | | 1.65 | 17.36 | | 86.00 | 0.02 | 0.02 | 0.75 | 0.00 | 65.25 | 11.40 | 53.24 | 0.90 | |
| Хлеб пшенично-ржаной | | | |  | 50 | 3.80 | | 0.40 | 24.30 | | 119.00 | 0.00 | 0.06 | 0.00 | 0.55 | 10.00 | 7.00 | 32.50 | 0.55 | |
| **итого:** | | | |  |  | **12.00** | | **12.39** | **75.76** | | **460.86** | **0.09** | **0.36** | **2.06** | **1.20** | **297.28** | **90.75** | **241.63** | **1.51** | |
| **обед** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| Помидоры свежие порциями | | | |  | 100 | 0.8 | | 0.2 | 5.21 | | 20.04 | 0.05 | 21.04 | 0.27 | 0.33 | 12.53 | 22.55 | 17.54 | 0.75 | |
| Щи из св капусты с картофелем со сметаной | | | | 250,/ | 250/5 | 1.80 | | 5.57 | 7.77 | | 93.00 | 0.05 | 0.05 | 18.29 | 0.17 | 49.45 | 21.52 | 50.65 | 0.83 | |
| Плов из птицы | | | | 492\* | 200 | 26.96 | | 8.96 | 37.35 | | 340.48 | 0.21 | 0.12 | 6.38 | 1.8 | 34.47 | 60.25 | 258.1 | 2.34 | |
| Компот из св. плодов | | | | 631\* | 200 | 0.16 | | 0.16 | 27.87 | | 109 | 0.01 | 0.01 | 6.6 | 0.08 | 6.88 | 3.6 | 4.4 | 0.95 | |
| Хлеб пшенично-ржаной | | | |  | 60 | 2.82 | | 0.6 | 0.6 | | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 | |
| **итого:** | | | |  |  | **32.54** | | **15.49** | **78.80** | | **688.52** | **0.32** | **21.3** | **31.54** | **3.16** | **117.73** | **119.32** | **382.89** | **7.11** | |
| **всего** | | | |  |  | **44.54** | | **27.88** | **154.56** | | **1149.38** | **0.41** | **21.66** | **33.60** | **4,36** | **415.01** | **210.07** | **624.52** | **8.62** | |
|  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| Наименование блюда | | | | номер по СР | выход (гр) | Пищевая ценность | | | | | | Витамины и минеральные вещества | | | | | | | | |
| Белки | | Жиры | Углеводы | | Калл | A | B | C | E | Ca | Mg | P | Fe | |
| **Пятый день (пятница)** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| **завтрак** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| Каша вязкая пшенная с маслом | | | | 302\* | 220.5 | 6.38 | | 10.12 | 34.98 | | 256.52 | 0.09 | 0.27 | 1.44 | 0.14 | 201.68 | 61.44 | 181.01 | 1.61 | |
| Кофейный напиток с молоком | | | | 692\* | 200 | 2.50 | | 3.60 | 28.70 | | 152.00 | 0.02 | 1.00 | 0.10 | 0.00 | 61.00 | 5.24 | 9.78 | 1.00 | |
| Хлеб пшенично-ржаной | | | |  | 50 | 3.80 | | 0.40 | 24.30 | | 119.00 | 0.00 | 0.06 | 0.00 | 0.55 | 10.00 | 7.00 | 32.50 | 0.55 | |
| **итого:** | | | |  |  | **18.78** | | **14.12** | **87.98** | | **527.2** | **0.11** | **1.33** | **1.54** | **1.69** | **272.68** | **73.68** | **223.29** | **3.16** | |
| **обед** | | | |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  | |
| Салат из свеклы отварной | | | | 88\* | 100 | 1.27 | | 15.06 | 7.65 | | 171.00 | 0.01 | 0.05 | 8.50 | 6.70 | 31.45 | 18.70 | 36.55 | 1.19 | |
| Суп картоф.с макарон. издел. | | | | 140\* | 250 | 2.84 | | 5.37 | 20.84 | | 146 | 0.07 | 0.12 | 16.5 | 0.29 | 23.28 | 24.51 | 66.14 | 1.05 | |
| Жаркое по-домашнему | | | | 436\* | 200 | 17.85 | | 9.80 | 21.68 | | 250.00 | 0.20 | 20.23 | 20.00 | 0.80 | 40.00 | 78.00 | 79.36 | 5.81 | |
| Компот из чернослива | | | | 638\* | 200 | 0.57 | | 0 | 34.41 | | 136 | 0.01 | 0.08 | 0.75 | 0.45 | 20.4 | 25.5 | 20.75 | 0.81 | |
| Хлеб пшенично-ржаной | | | |  | 60 | 2.82 | | 0.60 | 0.60 | | 126.00 | 0.00 | 0.08 | 0.00 | 0.78 | 14.40 | 11.40 | 52.20 | 2.24 | |
| **итого:** | | | |  |  | **25.35** | | **30.83** | **85.18** | | **829.00** | **0.29** | **20.56** | **45.75** | **9.02** | **129.53** | **158.11** | **255.0** | **11.1** | |
| **всего** | | | |  |  | **44.13** | | **44.95** | **173.16** | | **1356.2** | **0.4** | **21.89** | **47.29** | **10.71** | **402.21** | **231.79** | **478.29** | **14.26** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | | |  | |  |  | | |  | |  | | |  | |  | | |  | | |  | | |  | |  | | | |  | | | |  | | | |  | | |
| Наименование блюда | | | | | | номер по СР | | выход (гр) | Пищевая ценность | | | | | | | | | | Витамины и минеральные вещества | | | | | | | | | | | | | | | | | | | | | | | | | |
| Белки | | | Жиры | | Углеводы | | | Калл | | A | | | | B | | | | C | | E | | | Ca | | | | Mg | | | | P | | | Fe | |
| **Шестой день (понедельник)** | | | | | |  | |  |  | | |  | |  | | |  | |  | | | |  | | | |  | |  | | |  | | | |  | | | |  | | |  | |
| **завтрак** | | | | | |  | |  |  | | |  | |  | | |  | |  | | | |  | | | |  | |  | | |  | | | |  | | | |  | | |  | |
| Каша вязкая пшеничная с маслом | | | | | | 302\* | | 220/5 | 6.60 | | | 9.02 | | 36.52 | | | 253.66 | | 0.08 | | | | 0.20 | | | | 1.43 | | 0.80 | | | 205.43 | | | | 15.66 | | | | 183.38 | | | 2.55 | |
| Чай с молоком | | | | | | 297\*\* | | 200 | 1.60 | | | 1.65 | | 17.36 | | | 86.00 | | 0.02 | | | | 0.02 | | | | 0.75 | | 0.00 | | | 65.25 | | | | 11.40 | | | | 53.24 | | | 0.90 | |
| Хлеб пшенично-ржаной | | | | | |  | | 50 | 3.80 | | | 0.40 | | 24.30 | | | 119.00 | | 0.00 | | | | 0.06 | | | | 0.00 | | 0.55 | | | 10.00 | | | | 7.00 | | | | 32.50 | | | 0.55 | |
| **итого:** | | | | | |  | |  | **12.00** | | | **16.87** | | **78.18** | | | **458.66** | | **0.1** | | | | **0.28** | | | | **2.18** | | **1.35** | | | **280.68** | | | | **34.06** | | | | **269.12** | | | **4.0** | |
| **обед** | | | | | |  | |  |  | | |  | |  | | |  | |  | | | |  | | | |  | |  | | |  | | | |  | | | |  | | |  | |
| Салат из свежих огурцов | | | | | | 16\* | | 100 | 0.79 | | | 10.07 | | 3.02 | | | 105 | | 0.05 | | | | 0.2 | | | | 9.1 | | 4.5 | | | 21.73 | | | | 12.74 | | | | 39.82 | | | 0.57 | |
| Суп картофельный с горохом | | | | | | 139\* | | 250 | 5.89 | | | 4.65 | | 19.98 | | | 147 | | 0.06 | | | | 0.25 | | | | 11.5 | | 0.26 | | | 38.4 | | | | 34.87 | | | | 88.32 | | | 2.08 | |
| Тефтели с соусом | | | | | | 413\* | | 80 (50/30) | 6.01 | | | 13.3 | | 3.14 | | | 157 | | 0 | | | | 0.01 | | | | 0.84 | | 0.68 | | | 23,5 | | | | 12.1 | | | | 106.8 | | | 1.11 | |
| Макаронные изделия отварные | | | | | | 516\* | | 180 | 6.38 | | | 5.87 | | 42.62 | | | 253 | | 0.06 | | | | 0.13 | | | | 0 | | 0.92 | | | 12.37 | | | | 9.8 | | | | 54.34 | | | 0.99 | |
| Чай с фруктовым соком | | | | | | 79\*\* | | 200 | 0.34 | | | 0.02 | | 24.53 | | | 95 | | 0 | | | | 0.08 | | | | 1.04 | | 0.05 | | | 6.13 | | | | 3.98 | | | | 7.21 | | | 0.58 | |
| Хлеб пшенично-ржаной | | | | | |  | | 60 | 2.82 | | | 0.6 | | 0.6 | | | 126 | | 0 | | | | 0.08 | | | | 0 | | 0.78 | | | 14.4 | | | | 11.4 | | | | 52.2 | | | 2.24 | |
| **итого:** | | | | | |  | |  | **22.23** | | | **34.51** | | **93.89** | | | **883.00** | | **0.17** | | | | **0.75** | | | | **22.48** | | **7.19** | | | **116.53** | | | | **84.89** | | | | **348.69** | | | **7.57** | |
| **всего** | | | | | |  | |  | **34.23** | | | **51.38** | | **172.07** | | | **1448.66** | | **0.26** | | | | **1.03** | | | | **24.66** | | **8.54** | | | **397.21** | | | | **118.95** | | | | **617,81** | | | **11.54** | |
|  |  |  |  | | |  | |  |  | | |  | |  | | |  | |  | | | |  | | | |  | |  | | |  | | | |  | | | |  | | |  | |
| Наименование блюда | | | | | | номер по СР | | выход (гр) | Пищевая ценность | | | | | | | | | | Витамины и минеральные вещества | | | | | | | | | | | | | | | | | | | | | | | | | |
| Белки | | Жиры | | Углеводы | | Калл | | | | A | | B | | | | C | | | E | | | Ca | | | | | | Mg | | | | P | | Fe | |
| **Седьмой день (вторник)** | | | | | |  | |  |  | |  | |  | |  | | | |  | |  | | | |  | | |  | | |  | | | | | |  | | | |  | |  | |
| **завтрак** | | | | | |  | |  |  | |  | |  | |  | | | |  | |  | | | |  | | |  | | |  | | | | | |  | | | |  | |  | |
| Каша вязкая овсяная с маслом | | | | | | 302\* | | 220/5 | 6.60 | | 12.32 | | 29.04 | | 253.44 | | | | 0.08 | | 0.31 | | | | 1.44 | | | 0.72 | | | 222.03 | | | | | | 79.59 | | | | 171.48 | | 2.27 | |
| Чай с лимоном | | | | | | 686\* | | 200 | 0.26 | | 0.06 | | 15.22 | | 59.00 | | | | 0.00 | | 0.00 | | | | 2.90 | | | 0.00 | | | 8.05 | | | | | | 5.24 | | | | 9.78 | | 0.91 | |
| Хлеб пшенично-ржаной | | | | | |  | | 50 | 3.80 | | 0.40 | | 24.30 | | 119.00 | | | | 0.00 | | 0.06 | | | | 0.00 | | | 0.55 | | | 10.00 | | | | | | 7.00 | | | | 32.50 | | 0.55 | |
| **итого:** | | | | | |  | |  | **10.66** | | **12.66** | | **68.56** | | **431.44** | | | | **0.08** | | **0.37** | | | | **4.34** | | | **1.27** | | | **240.08** | | | | | | **91.83** | | | | **213.76** | | **3.73** | |
| **обед** | | | | | |  | |  |  | |  | |  | |  | | | |  | |  | | | |  | | |  | | |  | | | | | |  | | | |  | |  | |
| Помидоры свежие порциями | | | | | |  | | 100 | 0.8 | | 0.2 | | 5.21 | | 20.04 | | | | 0.05 | | 21.04 | | | | 0.27 | | | 0.33 | | | 12.53 | | | | | | 22.55 | | | | 17.54 | | 0.75 | |
| Борщ с капустой картофелем со сметаной | | | | | | 110\* | | 250/5 | 1.8 | | 5.48 | | 9.12 | | 107 | | | | 0.11 | | 0.04 | | | | 10.99 | | | 0.21 | | | 47.11 | | | | | | 24.21 | | | | 53.88 | | 1.17 | |
| Котлеты руб.из птицы с соусом | | | | | | 498\* | | 100 (60/40) | 13.09 | | 9.3 | | 13.35 | | 191 | | | | 0 | | 0.07 | | | | 1.32 | | | 3.61 | | | 51.95 | | | | | | 21.91 | | | | 144.42 | | 1.32 | |
| Рис отварной | | | | | | 511\* | | 180 | 4.58 | | 7.33 | | 46.33 | | 275 | | | | 0.08 | | 0.04 | | | | 0 | | | 0.53 | | | 6.15 | | | | | | 32.43 | | | | 98.74 | | 0.67 | |
| Компот из смеси сухофруктов | | | | | | 639\* | | 200 | 0.44 | | 0 | | 28.88 | | 116 | | | | 0 | | 0 | | | | 0.4 | | | 0 | | | 44.8 | | | | | | 6 | | | | 15.4 | | 1.26 | |
| Хлеб пшенично-ржаной | | | | | |  | | 60 | 2.82 | | 0.6 | | 0.6 | | 126 | | | | 0 | | 0.08 | | | | 0 | | | 0.78 | | | 14.4 | | | | | | 11.4 | | | | 52.2 | | 2.24 | |
| **итого:** | | | | | |  | |  | **23.53** | | **22.91** | | **103.49** | | **835.04** | | | | **0.24** | | **21.27** | | | | **12.98** | | | **5.46** | | | **176.94** | | | | | | **118.50** | | | | **382.18** | | **7.41** | |
| **всего** | | | | | |  | |  | **34.19** | | **35.57** | | **172.05** | | **1266.48** | | | | **0.32** | | **21.64** | | | | **17.32** | | | **6.73** | | | **417.02** | | | | | | **210.33** | | | | **595.94** | | **11.14** | |
|  | | |  |  |  |  | |  |  | |  | |  | |  | | | |  | |  | | | |  | | |  | | |  | | | | | |  | | | |  | |  | |
| Наименование блюда | | | | | | номер по СР | | выход (гр) | Пищевая ценность | | | | | | | | | | Витамины и минеральные вещества | | | | | | | | | | | | | | | | | | | | | | | | | |
| Белки | Жиры | | | Углеводы | | | Калл | | | A | | | B | | | | C | | | E | | | | Ca | | | | Mg | | | | P | | | Fe |
| **Восьмой день (среда)** | | | | | |  | |  |  |  | | |  | | |  | | |  | | |  | | | |  | | |  | | | |  | | | |  | | | |  | | |  |
| **завтрак** | | | | | |  | |  |  |  | | |  | | |  | | |  | | |  | | | |  | | |  | | | |  | | | |  | | | |  | | |  |
| Каша вязкая рисовая с маслом | | | | | | 302\* | | 220/5 | 3.3 | 8.8 | | | 34.76 | | | 231.44 | | | 0.08 | | | 0.09 | | | | 1.51 | | | 0.28 | | | | 148.12 | | | | 40.93 | | | | 179.55 | | | 0.62 |
| Чай с сахаром | | | | | | 685\* | | 200 | 0.20 | 0.05 | | | 15.01 | | | 57.00 | | | 0.00 | | | 0.00 | | | | 0.10 | | | 0.00 | | | | 5.25 | | | | 4.40 | | | | 8.24 | | | 0.87 |
| Хлеб пшенично-ржаной | | | | | |  | | 50 | 3.80 | 0.40 | | | 24.30 | | | 119.00 | | | 0.00 | | | 0.06 | | | | 0.00 | | | 0.55 | | | | 10.00 | | | | 7.00 | | | | 32.50 | | | 0.55 |
| **итого:** | | | | | |  | |  | **7.3** | **9.25** | | | **74.07** | | | **407.44** | | | **0.08** | | | **0.15** | | | | **1.61** | | | **0.83** | | | | **166.37** | | | | **52.33** | | | | **220.29** | | | **2.04** |
| **обед** | | | | | |  | |  |  |  | | |  | | |  | | |  | | |  | | | |  | | |  | | | |  | | | |  | | | |  | | |  |
| Салат из кваш. капусты с рас. маслом | | | | | | 45\* | | 100 | 1.6 | 5.07 | | | 8.33 | | | 87 | | | 0 | | | 0.07 | | | | 25.3 | | | 2.1 | | | | 42.08 | | | | 14.36 | | | | 30.91 | | | 0.58 |
| Щи из св. капусты с картофелем со сметаной | | | | | | 124\* | | 250/5 | 1.8 | 5.57 | | | 7.77 | | | 93 | | | 0.05 | | | 0.05 | | | | 18.29 | | | 0.17 | | | | 49.45 | | | | 21.52 | | | | 50.65 | | | 0.83 |
|  | | | | | | 388\* | | 100 (60/40) | 10.96 | 11.54 | | | 13.12 | | | 201 | | | 0 | | | 0.07 | | | | 1.31 | | | 2.56 | | | | 29.3 | | | | 9.15 | | | | 63.82 | | | 0.61 |
| Пюре картофельное | | | | | | 520\* | | 180 | 3.87 | 6.68 | | | 26.41 | | | 197 | | | 0.1 | | | 0.35 | | | | 31.13 | | | 0.16 | | | | 48.55 | | | | 39.21 | | | | 114.76 | | | 1.42 |
| Компот из чернослива | | | | | | 638\* | | 200 | 0.57 | 0 | | | 34.41 | | | 136 | | | 0.01 | | | 0.08 | | | | 0.75 | | | 0.45 | | | | 20.4 | | | | 25.5 | | | | 20.75 | | | 0.81 |
| Хлеб пшенично-ржаной | | | | | |  | | 60 | 2.82 | 0.6 | | | 0.6 | | | 126 | | | 0 | | | 0.08 | | | | 0 | | | 0.78 | | | | 14.4 | | | | 11.4 | | | | 52.2 | | | 2.24 |
| **итого:** | | | | | |  | |  | **27.3** | **25.01** | | | **81.11** | | | **808.00** | | | **0.18** | | | **0.66** | | | | **77.01** | | | **5.44** | | | | **217.37** | | | | **140.24** | | | | **463.84** | | | **6.83** |
| **всего** | | | | | |  | |  | **34.6** | **34.26** | | | **155.18** | | | **1215.44** | | | **0.26** | | | **0.81** | | | | **78.62** | | | **6.27** | | | | **383.74** | | | | **192.57** | | | | **684.13** | | | **8,87** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Наименование блюда | | | | | | | номер по СР | выход (гр) | Пищевая ценность | | | | | | | | | Витамины и минеральные вещества | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Белки | Жиры | | | Углеводы | | Калл | | | A | | B | | | | C | | | | E | | | Ca | | | | Mg | | | | P | | | | Fe | |
| **Девятый день (четверг)** | | | | | | |  |  |  |  | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | | |  | | | |  | | | |  | |
| **завтрак** | | | | | | |  |  |  |  | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | | |  | | | |  | | | |  | |
| Каша вязкая пшенная с маслом | | | | | | | 311\* | 220/5 | 6.38 | 10.12 | | | 34.98 | | 256.52 | | | 0.09 | | 0.27 | | | | 1.44 | | | | 0.14 | | | 201.68 | | | | 61.44 | | | | 181.01 | | | | 1.32 | |
| Чай с фруктовым соком | | | | | | | 79\*\* | 200 | 0.34 | 0.02 | | | 24.53 | | 95 | | | 0 | | 0 | | | | 1.04 | | | | 0.05 | | | 6.13 | | | | 3.98 | | | | 7.21 | | | | 0.58 | |
| Хлеб пшенично-ржаной | | | | | | |  | 50 | 3.80 | 0.40 | | | 24.30 | | 119.00 | | | 0.00 | | 0.06 | | | | 0.00 | | | | 0.55 | | | 10.00 | | | | 7.00 | | | | 32.50 | | | | 0.55 | |
| **итого:** | | | | | | |  |  | **10.52** | **10.54** | | | **83.81** | | **470.52** | | | **0.09** | | **0.33** | | | | **2.48** | | | | **0.74** | | | **217.81** | | | | **72.42** | | | | **220.72** | | | | **2.45** | |
| **обед** | | | | | | |  |  |  |  | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | | |  | | | |  | | | |  | |
| Салат из белокочанной капусты | | | | | | | 43\* | 100 | 1.55 | 5.08 | | | 9.42 | | 88 | | | 0.02 | | 0.07 | | | | 15.9 | | | | 2.3 | | | 43.12 | | | | 16.44 | | | | 29.99 | | | | 0.55 | |
| Суп картофельный рыбный | | | | | | | 133\* | 250/12,5 | 5.16 | 3.39 | | | 20.07 | | 134 | | | 0.04 | | 0.15 | | | | 24.1 | | | | 0.36 | | | 27.26 | | | | 35.39 | | | | 103.81 | | | | 1.31 | |
| Котлеты Особые | | | | | | | 452\* | 80(50/30) | 13.88 | 17.78 | | | 4.5 | | 199 | | | 0.08 | | 0.07 | | | | 0.52 | | | | 2.03 | | | 18.53 | | | | 15.68 | | | | 128.74 | | | | 1.03 | |
| Каша гречневая рассыпчатая | | | | | | | 508\* | 180 | 10.51 | 7.94 | | | 51.7 | | 325 | | | 0.06 | | 0.1 | | | | 0 | | | | 0.67 | | | 17.39 | | | | 166.34 | | | | 249.01 | | | | 5.58 | |
| Компот из изюма | | | | | | | 638\* | 200 | 0.36 | 0 | | | 33.16 | | 128 | | | 0 | | 0.05 | | | | 0 | | | | 0.1 | | | 16.4 | | | | 8.4 | | | | 25.8 | | | | 0.66 | |
| Хлеб пшенично-ржаной | | | | | | |  | 60 | 2.82 | 0.6 | | | 0.6 | | 126 | | | 0 | | 0.08 | | | | 0 | | | | 0.78 | | | 14.4 | | | | 11.4 | | | | 52.2 | | | | 2.24 | |
| **итого:** | | | | | | |  |  | **34.28** | **34.79** | | | **119.45** | | **1000.00** | | | **0.20** | | **0.52** | | | | **40.52** | | | | **6.24** | | | **137.10** | | | | **253.65** | | | | **589.55** | | | | **11.37** | |
| **всего** | | | | | | |  |  | **44.80** | **45.33** | | | **203.26** | | **1470.52** | | | **0.29** | | **0.85** | | | | **43.00** | | | | **6.98** | | | **354.91** | | | | **326.07** | | | | **810.27** | | | | **13.82** | |
|  | | |  |  |  | |  |  |  |  | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | | |  | | | |  | | | |  | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Наименование блюда | | | | номер по СР | выход (гр) | Пищевая ценность | | | | Витамины и минеральные вещества | | | | | | | |
| Белки | Жиры | Углеводы | Калл | А | В | С | Е | Ca | Mg | P | Fe |
| **Десятый день (пятница)** | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **завтрак** | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Каша вязкая гречневая с маслом | | | | 302\* | 200/5 | 6.6 | 10.34 | 34.1 | 255.86 | 0.07 | 0.28 | 1.31 | 0.65 | 22.03 | 72.35 | 155.89 | 2.06 |
| Кофейный напиток с молоком | | | | 692\* | 200 | 2.50 | 3.60 | 28.70 | 152.00 | 0.02 | 1.00 | 0.10 | 0.00 | 61.00 | 45.00 | 7.00 | 1.00 |
| Хлеб пшеничный | | | |  | 50 | 3.80 | 0.40 | 24.30 | 119.00 | 0.00 | 0.06 | 0.00 | 0.55 | 10.00 | 7.00 | 32.50 | 0.55 |
| **итого:** | | | |  |  | **12.9** | **14.34** | **87.10** | **526.86** | **0.09** | **1.34** | **1.41** | **1.2** | **93.03** | **124.35** | **195.39** | **3.61** |
| **обед** | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Огурцы свежие порциями | | | |  | 100 | 0.8 | 0.2 | 5.21 | 20.04 | 0.05 | 21.04 | 0.25 | 1,67 | 12.53 | 22.55 | 17.54 | 0.75 |
| Рассольник ленинградский со сметаной | | | | 132\* | 250/5 | 2.31 | 5.99 | 17.36 | 135 | 0.08 | 0.1 | 16.79 | 0.21 | 27.81 | 27.16 | 68.4 | 1 |
| Фрикадельки из говядины, тушенные в соусе | | | | 471\* | 105 (70/35) | 12.21 | 11.67 | 9.84 | 190 | 0.06 | 0.06 | 0.36 | 0.38 | 45.98 | 6.98 | 46.51 | 0.18 |
| Каша вязкая пшеничная с маслом | | | | 302\* | 180 | 5.4 | 7.38 | 29.88 | 207.54 | 0.04 | 0.13 | 0.73 | 0.25 | 67.22 | 41.26 | 133.07 | 1 |
| Компот из св. плодов | | | | 631\* | 200 | 0.16 | 0.16 | 27.87 | 109 | 0.01 | 0.01 | 6.6 | 0.08 | 6.88 | 3.6 | 4.4 | 0.95 |
| Хлеб ржаной | | | |  | 60 | 2.82 | 0.60 | 0.60 | 126.00 | 0.00 | 0.04 | 0.00 | 0.78 | 14.40 | 11.40 | 52.20 | 2.24 |
| **итого:** | | | |  |  | **23.70** | **26. 0** | **90.76** | **787.58** | **0.24** | **21.38** | **24.97** | **3.37** | **174.8** | **112.95** | **322.12** | **6.12** |
| **всего** | | | |  |  | **36.6** | **40.34** | **177.86** | **1314.44** | **0.33** | **22.72** | **26.38** | **4.57** | **267.83** | **23730** | **517.51** | **9.73** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | При составлении меню использовались: | | | | | | | | | | |  |  |  |  |  |  |  |
|  | \* Сборник рецептур блюд и кулинарных изделий для предприятий ОП при общеобразовательных школах изд. 2004 год | | | | | | | | | | | | | | | |  |  |
|  | \*\* Сборник рецептур блюд и кулинарных изделий диетического питания для предприятий ОП изд. 2002 года | | | | | | | | | | | | | | | |  |  |
|  | \*\*\* Сборник технических нормативов изд. 2008 год | | | | | | | | | | | | | | | |  |  |