«Утверждаю»

Врио директора школы: Н.И.Андреев

**Десятидневное меню рационов питания для обучающихся МБОУ «Шераутская СОШ»**

**Комсомольского района Чувашской Республики**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Сезон: осенне-зимний** | | | | | | | | | | | | | | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Возрастная категория: c 12 лет** | | | | | | | | | | | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| 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 | |  |
| **Первый день (понедельник)** | | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **завтрак** | | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Каша молочная пшенная с маслом | | | | 311\* | 220/5 | | 21,55 | | 15,84 | | 28,86 | | 317,00 | | 0,09 | | 0,27 | | 1,44 | | 0,14 | | 201,68 | | 61,44 | | 181,01 | | 1,61 | |  |
| 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 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:** | | | |  |  | | **25,61** | | **16,3** | | **68,38** | | **495,00** | | **0.09** | | **0.33** | | **4.34** | | **0,69** | | **219,73** | | **73,68** | | **223,29** | | **3,07** | |  |
| **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 | |  |
| Птица тушенная в смет.соусе | | | | 493\* | 100 (60/40) | | 13.88 | | 17.78 | | 4.5 | | 199 | | 0.08 | | 0.07 | | 0.52 | | 2.45 | | 18.53 | | 15.68 | | 128.74 | | 1.03 | |  |
| 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 | | 1.04 | | 0.05 | | 6.13 | | 3.98 | | 7.21 | | 0.58 | |  |
| Хлеб ржаной | | | |  | 60 | | 2.82 | | 0.6 | | 0.6 | | 126 | | 0 | | 0.08 | | 0 | | 0.78 | | 14.4 | | 11.4 | | 52.2 | | 2.24 | |  |
| **итого:** | | | |  |  | | **24,22** | | **24,47** | | **77,46** | | **693,04** | | **0.19** | | **21,32** | | **1,81** | | **5,87** | | **63,96** | | **63,41** | | **260,03** | | **5,59** | |  |
| **всего** | | | |  |  | | **49,83** | | **40,77** | | **145,84** | | **1 188,04** | | **0,28** | | **21,65** | | **6,15** | | **6,56** | | **283,69** | | **137,09** | | **483,58** | | **8,66** | |  |
| **Второй день (вторник)** | | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **завтрак** | | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Каша молочная овсяная с маслом | | | | 311\* | 220/5 | | 13,42 | | 17,12 | | 26,95 | | 293,00 | | 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 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:** | | | |  |  | | **17,42** | | **17,57** | | **66,26** | | **469,00** | | **0.08** | | **0.37** | | **1,54** | | **1.27** | | **237,28** | | **90,99** | | **212,22** | | **3,69** | |  |
| **обед** | | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Винегрет овощной | | | | 71\* | 100 | | 1.37 | | 10.11 | | 7.54 | | 127 | | 0.9 | | 0.05 | | 12.95 | | 4.54 | | 28.05 | | 18.53 | | 41.08 | | 0.77 | |  |
| 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 | |  |
| 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 ржаной | | | |  | 60 | | 2.82 | | 0.6 | | 0.6 | | 126 | | 0 | | 0.08 | | 0 | | 0.78 | | 14.4 | | 11.4 | | 52.2 | | 2.24 | |  |
| **итого:** | | | |  |  | | **6,43** | | **16,19** | | **46,14** | | **376.00** | | **0,20** | | **0,17** | | **24,32** | | **5,53** | | **134,36** | | **60,14** | | **162,56** | | **5,44** | |  |
| **всего** | | | |  |  | | **23,85** | | **33,76** | | **112,4** | | **845,00** | | **0,28** | | **0,54** | | **25,86** | | **6,80** | | **371,64** | | **151,13** | | **374,78** | | **9,13** | |  |
|  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| 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 молочная рисовая с маслом | | | | 311\* | 220/5 | | 22,08 | | 15,42 | | 26,55 | | 290,00 | | 0,08 | | 0,09 | | 1,51 | | 0,28 | | 148,12 | | 40,93 | | 179,55 | | 0,62 | |  |
| Какао с молоком | | | | 693\* | 200 | | 3.04 | | 3.39 | | 27.91 | | 149.00 | | 0.03 | | 0.04 | | 1.30 | | 0.01 | | 120.64 | | 14.88 | | 98.08 | | 0.24 | |  |
| 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:** | | | |  |  | | **28,92** | | **19,21** | | **78,76** | | **558,00** | | **0.11** | | **1.19** | | **2,81** | | **0,84** | | **278,76** | | **62,81** | | **310,13** | | **1,47** | |  |
| **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 | |
| 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 ржаной | | | |  | | 60 | | 2.82 | | 0.6 | | 0.6 | | 126 | | 0 | | 0.08 | | 0 | | 0.78 | | 14.4 | | 11.4 | | 52.2 | | 2.24 | |
| **итого:** | | | |  | |  | | **25,29** | | **19,44** | | **70,09** | | **707,00** | | **0.12** | | **0.58** | | **57,97** | | **4,92** | | **163,92** | | **101,62** | | **418,24** | | **5,85** | |
| **всего** | | | |  | |  | | **54,21** | | **38,65** | | **148,85** | | **1265,00** | | **0,23** | | **1,77** | | **60,78** | | **5,76** | | **226,73** | | **411,75** | | **728,37** | | **7,32** | |
|  | | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 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 молочная пшеничная с маслом | | | | 311\* | | 220/5 | | 22,54 | | 11,70 | | 25,70 | | 300,00 | | 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 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:** | | | |  | |  | | **27,44** | | **13,75** | | **67,36** | | **505,00** | | **0.1** | | **0.28** | | **2.18** | | **1.35** | | **280,68** | | **34,06** | | **269,12** | | **4,00** | |
| **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 | | | | 124\* | | 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 | |
| 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 | | 0.6 | | 0.6 | | 126 | | 0 | | 0.08 | | 0 | | 0.78 | | 14.4 | | 11.4 | | 52.2 | | 2.24 | |
| **итого:** | | | |  | |  | | **5,58** | | **6,53** | | **41,45** | | **348,04** | | **0.11** | | **21,18** | | **25,16** | | **1,36** | | **83,26** | | **58,77** | | **72,59** | | **4,77** | |
| **всего** | | | |  | |  | | **33,02** | | **20,28** | | **108,81** | | **853,04** | | **0,21** | | **21,46** | | **27,34** | | **2,7** | | **363,94** | | **92,83** | | **341,79** | | **8,77** | |
|  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| 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** | | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Запеканка из творога маслом | | | | 733\* | | 220.5 | | 29,18 | | 17,5 | | 35,06 | | 417,4 | | 0.09 | | 0.27 | | 1.44 | | 0.14 | | 201.68 | | 61.44 | | 181.01 | | 1.61 | |
| Какао с молоком | | | | 693\* | | 200 | | 3.04 | | 3.39 | | 27.91 | | 149.00 | | 0.03 | | 0.04 | | 1.30 | | 0.01 | | 120.64 | | 14.88 | | 98.08 | | 0.24 | |
| 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:** | | | |  | |  | | **3,02** | | **21,29** | | **87,27** | | **685,4** | | **0.11** | | **0,37** | | **2,74** | | **0,70** | | **332,32** | | **83,32** | | **311,59** | | **2,4** | |
| **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 | |
| 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 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:** | | | |  | |  | | **22,51** | | **25,46** | | **64,34** | | **683,00** | | **0,22** | | **20,44** | | **29,25** | | **8,73** | | **106,25** | | **133,6** | | **188,86** | | **10,05** | |
| **всего** | | | |  | |  | | **25,53** | | **46,75** | | **151,61** | | **1368,4** | | **0,33** | | **20,81** | | **31,99** | | **9,43** | | **438,57** | | **216,92** | | **500,45** | | **12,45** | |
|  | | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |

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| 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 молочная рисовая с маслом | | | | | | 311\* | 220/5 | 22,08 | 15,42 | 26,55 | 290,00 | 0,08 | 0,09 | 1,51 | 0,28 | 148,12 | 40,93 | 179,55 | 0,62 |
| 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 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:** | | | | | |  |  | **27,48** | **17,47** | **68,21** | **495,00** | **0,2** | **0,17** | **2,26** | **0,83** | **223,37** | **59,33** | **265,29** | **2,07** |
| **обед** | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Винегрет овощной | | | | | | 71\* | 100 | 1.37 | 10.11 | 7.54 | 127 | 0.9 | 0.05 | 12.95 | 4.54 | 28.05 | 18.53 | 41.08 | 0.77 |
| Биточки рубленые с соусом | | | | | | 451\* | 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 |
| 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 ржаной | | | | | |  | 60 | 2.82 | 0.6 | 0.6 | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 |
|  | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **итого:** | | | | | |  |  | **21,87** | **28,14** | **88,41** | **802,00** | **0,96** | **0,41** | **15,3** | **8,85** | **90,25** | **52,86** | **218,65** | **5,19** |
| **всего** | | | | | |  |  | **49,35** | **45,61** | **156,62** | **1297,00** | **1,16** | **0,41** | **15,3** | **8,83** | **313,62** | **112,19** | **483,94** | **7,26** |
|  |  |  |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |
| **Седьмой день (вторник)** | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **завтрак** | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Каша молочная пшенная с маслом | | | | | | 311\* | 220/5 | 21,55 | 15,84 | 28,86 | 317,00 | 0,09 | 0,27 | 1,44 | 0,14 | 201,68 | 61,44 | 181,01 | 1,61 |
| 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 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:** | | | | | |  |  | **25,61** | **16,3** | **68,38** | **495,00** | **0,09** | **0,15** | **4,34** | **0,69** | **219,73** | **73,68** | **223,29** | **3,07** |
| **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 |
| Суп крестьянский с крупой | | | | | | 134\* | 250 | 1.87 | 4.97 | 11.52 | 121 | 0.01 | 0.05 | 10 | 0.4 | 23.5 | 20.75 | 50.1 | 0.65 |
| 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 ржаной | | | | | |  | 60 | 2.82 | 0.6 | 0.6 | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 |
|  | | | | | |  |  | **5,93** | **5,77** | **46,21** | **383,04** | **0,06** | **21,17** | **10,67** | **78,73** | **95,23** | **60,7** | **135,24** | **4,9** |
| **итого:** | | | | | |  |  | **31,54** | **22,07** | **114,59** | **878,04** | **0,15** | **21,32** | **15,01** | **79,42** | **314,96** | **134,38** | **358,53** | **7,97** |
| **всего** | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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 молочная овсяная с маслом | | | | | | 311\* | 220/5 | 13,42 | 17,12 | 26,95 | 293,00 | 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 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:** | | | | | |  |  | **17,42** | **17,57** | **66,26** | **469,00** | **0,08** | **0,37** | **1,54** | **1,27** | **237,28** | **90,99** | **212,22** | **3,69** |
| **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 |
| 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 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 ржаной | | | | | |  | 60 | 2.82 | 0.6 | 0.6 | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 |
| **итого:** | | | | | |  |  | **31,95** | **14,63** | **80,69** | **689,48** | **0,22** | **0,35** | **32,43** | **6,67** | **111,35** | **111,51** | **361,96** | **5,97** |
| **всего** | | | | | |  |  | **49,37** | **32,20** | **146,95** | **1158,48** | **0,30** | **0,72** | **33,97** | **7,94** | **348,63** | **202,50** | **574,18** | **9,66** |
|  | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 молочная пшеничная с маслом | | | | | | 311\* | 220/5 | 22,54 | 11,70 | 25,70 | 300,00 | 0,08 | 0,20 | 1,43 | 0,80 | 205,43 | 15,66 | 183,38 | 2,55 |
| 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 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:** | | | | | |  |  | **26,68** | **12,12** | **74,53** | **514,00** | **0,08** | **0,26** | **2,47** | **1,4** | **221,56** | **26,64** | **223,09** | **3,68** |
| **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 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 |
| 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 ржаной | | | | | |  | 60 | 2.82 | 0.6 | 0.6 | 126 | 0 | 0.08 | 0 | 0.78 | 14.4 | 11.4 | 52.2 | 2.24 |
| **итого:** | | | | | |  |  | **10,62** | **10,33** | **63,16** | **489,00** | **0,08** | **0,45** | **27,4** | **3,44** | **112,32** | **71,11** | **196,31** | **5,53** |
| **всего** | | | | | |  |  | **37,3** | **22,45** | **137,69** | **1003,00** | **0,16** | **0,71** | **29,87** | **4,84** | **333,88** | **97,75** | **419,40** | **9,21** |
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| 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 |

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| **Десятый день (пятница)** | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **завтрак** | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Каша молочная рисовая с маслом | | | | 311\* | 220/5 | 22,08 | 15,42 | 26,55 | 290,00 | 0,08 | 0,09 | 1,51 | 0,28 | 148,12 | 40,93 | 179,55 | 0,62 |
| Какао с молоком | | | | 693\* | 200 | 3.04 | 3.39 | 27.91 | 149.00 | 0.03 | 0.04 | 1.30 | 0.01 | 120.64 | 14.88 | 98.08 | 0.24 |
| 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:** | | | |  |  | **13,44** | **14,13** | **86,31** | **523,86** | **0,1** | **0,38** | **2,61** | **1,21** | **152,67** | **94,23** | **286,47** | **2,85** |
| **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 |
| Фрикадельки из птицы, 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 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 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:** | | | |  |  | **26,5** | **20,57** | **95,22** | **770,04** | **0,18** | **21,17** | **7,21** | **3,58** | **97,18** | **160,87** | **369,66** | **9,7** |
| **всего** | | | |  |  | **39,94** | **34,70** | **181,53** | **1293,90** | **0,28** | **21,55** | **9,82** | **4,79** | **249,85** | **255,10** | **656,13** | **12,55** |
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|  | 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 | | | | | | | | | | | | | | | |  |  |
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