

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **302** | **Каша гречневая рассыпчатая с маслом** | **210(200/10)** | **359,91** | **11,64** | **8,7** | **57,26** | **0,28** | **0** | **0,03** | **0,82** | **20,07** | **276,58** | **184,24** | **6,19** |
|  | **349** | **Компот из смеси сухофруктов** | **200** | **126,05** | **0,57** | **0** | **32,21** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб Дарницкий** | **40** | **98** | **ЗД2** | **0,36** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Итого** | **915** | **962,29** | **26,18** | **33,5** | **118,75** | **0,41** | **25,3** | **0,54** | **10,72** | **109,99** | **454,32** | **244,76** | **9,34** |
|  |  |  |  |  |  | **День 3 (Среда)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводь** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **Завтрак** | **14** | **Масло сливочное порц.** | **10** | **74,8** | **0,05** | **8,25** | **0,08** | **0** | **0** | **0,04** | од | **2,4** | **3** | **0** | **0,02** |
|  | **219** | **Сырники из творога с молоком сгущенным** | **210** | **579** | **32,52** | **26,91** | **51,42** | **ОД** | **0,792** | **88,56** | **0,684** | **422,1** | **470,64** | **55,02** | **2,205** |
|  | **377** | **Чай с лимоном** | **200(15/7)** | **59,16** | **0,16** | **0,03** | **15,2** | **0** | **2,8** | **0** | **0,01** | **2,8** | **1,54** | **0,84** | **0,04** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  | **338** | **Яблоки св.порциями** | **100** | **45** | **0,4** | **0,4** | **9,8** | **0,03** | **4** | **0,01** | **0,4** | **10** | **8** | **2** | **1** |
|  |  | **Итого** | **560** | **853,16** | **36,17** | **35,91** | **95,94** | **0,17** | **7,592** | **88,61** | **1,234** | **445,3** | **509,18** | **63,46** | **3,705** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Обед** | **47** | **Салат из квашеной капусты с раст.маслом** | **100** | **81,19** | **1,59** | **4,99** | **7,12** | **0,02** | **27,3** | **0,03** | **2,38** | **48,88** | **27,71** | **14,76** | **0,59** |
|  | **103** | **Суп картофельный с макарон.изделиями** | **250** | **121,95** | **2,82** | **2,79** | **20,91** | **0,11** | **21,6** | **0,32** | **1,48** | **27,45** | **68,25** | **28,3** | **1,08** |
|  | **227** | **Рыба припущенная с соусом** | **100(50/50)** | **65,76** | **9,29** | **1,78** | **3,29** | **0,06** | **1,03** | **0,04** | **0,38** | **35,34** | **100,19** | зд | од |
|  | **312** | **Пюре картофельное** | **230** | **253,42** | **4,78** | **12,51** | **30,23** | **0,21** | **7,96** | **0,26** | **0,33** | **57,94** | **126,86** | **42,55** | **1,52** |
|  | **349** | **Компот из смеси сухофруктов** | **200** | **126,05** | **0,57** | **0** | **32,21** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб ржано-пшеничный** | **50** | **94,5** | **3,65** | **0,65** | **17,75** | **0,09** | **0** | **0** | **0,7** | **18,5** | **89** | **27,5** | **1,35** |
|  |  | **Итого** | **930** | **742,87** | **22,7** | **22,72** | **111,51** | **0,49** | **57,89** | **0,65** | **5,27** | **188,11** | **412,01** | **116,21** | **4,64** |
|  |  |  |  |  |  | **День 4 (Четверг)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводы** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **Завтрак** | **3** | **Бутерброд с сыром** | **50** | **162,8** | **5,76** | **7,95** | **14,62** | **0,04** | **0,1** | **0,06** | **0,16** | **139,2** | **96** | **9,45** | **0,49** |
|  | **175** | **Каша из риса и пшена с маслом** | **260(250/10)** | **320,97** | **7,4** | **14,12** | **40,97** | **0,12** | **1,61** | **0,07** | **0,26** | **157,69** | **193,99** | **45,07** | **0,95** |
|  | **376** | **Чай с сахаром** | **200(15)** | **56,85** | **0,1** | **0,03** | **14,99** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  |  | **Итого** | **550** | **635,82** | **16,3** | **22,42** | **90,02** | **0,2** | **1,71** | **0,13** | **0,46** | **304,89** | **315,99** | **60,12** | **1,88** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Обед** | **71** | **Огурцы свежие кусками** | **50** | **12** | **0,7** | **0,1** | **4,72** | **0,01** | **5,7** | **0** | **1,64** | **21,09** | **24,51** | **12,54** | **0,8** |
|  | **88** | **Щи из свежей капусты с картоф.со сметаной** | **255(250/5)** | **98,12** | **1,85** | **5,94** | **8,26** | **0,06** | **21,86** | **0,25** | **2,37** | **38,64** | **50,06** | **21,86** | **0,78** |
|  | **260** | **Гуляш из говядины** | **100(50/50)** | **221** | **14,55** | **16,79** | **2,89** | **0,03** | **0,92** | **0,03** | **2,42** | **21,81** | **154,15** | **22,03** | **3,06** |
|  | **309** | **Макароны отварные** | **200** | **260,59** | **7,03** | **6,5** | **42,3** | **0,07** | 0 | **0,03** | **1,09** | **5,42** | **50,54** | **9,02** | **1,06** |
|  | **377** | **Чай с лимоном** | **200** | **59,16** | **0,16** | **0,03** | **15,2** | **0** | **2,8** | **0** | **0,01** | **2,8** | **1,54** | **0,84** | **0,04** |
|  |  | **Хлеб ржано-пшеничный** | **40** | **75,6** | **2,92** | **0,52** | **14,2** | **0,07** | **0** | **0** | **0,56** | **14,8** | **71,2** | **22** | **1,08** |

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|  |  | **Итого** | **845** | **726,47** | **27,21** | **29,88| 87,57| 0,24** | | | **31,28** | **0,31** | **8,09** | **104,56** | **352** | **88,29** | **6,82** |
|  |  |  |  |  |  | **День 5 (Пятница)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводь** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | Mg | **Fe** |
| **Завтрак** | **302** | **Каша гречневая рассыпчатая с маслом** | **200** | **359,91** | **11,64** | **8,7** | **57,26** | **0,28** | **0** | **0,03** | **0,82** | **20,07** | **276,58** | **184,24** | **6,19** |
|  | **15** | **сыр порциями** | **25** | **90** | **5,75** | **5,95** | **0** | **0,01** | **0,17** | **0,06** | **0,13** | **220** | **125** | **8,75** | **0,25** |
|  | **382** | **Какао с молоком** | **200** | **143** | **3,79** | **3,2** | **25,81** | **0,04** | **1,3** | **0,02** | **0,01** | **125,12** | **116,2** | **31** | **0,98** |
|  | **338** | **мандарины св. порциями** | **100** | **40** | **0,8** | **0,3** | **8**Д | **0,06** | **38** | **0,01** | **0,2** | **35** | **17** | **11** | од |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  |  | **Итого** | **565** | **728,11** | **25,02** | **18,47** | **110,61** | **0,43** | **39,47** | **0,12** | **1,2** | **408,19** | **560,78** | **240,59** | **7,96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Обед** | **62** | **Салат из моркови с сахаром** | **100** | **49,02** | **0,74** | **0,05** | **6,89** | **0,04** | **2,0** **2** | **0,04** | **0** | **15,46** | **31,66** | **21,63** | **0,4** |
|  | **96** | **Рассольник Ленинградский со сметаной** | **255**(**250**/**5**) | **134,1** | **2,23** | **6,06** | **16,91** | од | **7,54** | **0,28** | **2,41** | **21,4** | **74,65** | **26,25** | **0,97** |
|  | **290** | **Птица тушенная в смет.соусе** | **100**(**50**/**50**) | **113,6** | **14,42** | **19,99** | **2,95** | **0,01** | **0,06** | **0,01** | **0,97** | **16,69** | **9,99** | **1,61** | **0,05** |
|  | **312** | **Пюре картофельное** | **230** | **253,42** | **4,78** | **12,51** | **30,23** | **0,21** | **7,96** | **0,26** | **0,33** | **57,94** | **126,86** | **42,55** | **1,52** |
|  | **342** | **Компот из св.яблок** | **200** | **108,96** | **0,16** | **0,16** | **27,87** | **0,01** | **1,6** | **0** | **0,16** | **4** | **3,2** | **0,8** | **0,4** |
|  |  | **Хлеб ржано-пшеничный** | **40** | **75,6** | **2,92** | **0,52** | **14,2** | **0,07** | **0** | **0** | **0,56** | **14,8** | **71,2** | **22** | **1,08** |
|  |  | **Итого** | **925** | **734,7** | **25,25** | **39,29** | **99,05** | **0,44** | **19,18** | **0,59** | **4,43** | **130,29** | **317,56** | **114,84** | **4,42** |
|  |  |  |  |  |  | **День 6(Суббота)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводь** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | Mg | **Fe** |
| **Завтрак** | **182** | **Каша полбяная молочная с маслом** | **260**(**250**/**10**) | **351,13** | **11,47** | **12,62** | **46,01** | **0,04** | **1,63** | **0,06** | од | **150,88** | **114,35** | **17,33** | **0,14** |
|  | **209** | **Яйцо вареное** | **40** | **62,8** | **5,08** | **4,6** | **0,28** | **0,03** | **0** | од | **0,24** | **22** | **76,8** | **4,8** | **1** |
|  | **379** | **Кофейный напиток с молоком** | **200** | **157,27** | **3,35** | **2,7** | **26,54** | **0,04** | **1,4** | **0,02** | **0** | **129** | **96,75** | **15,05** | **0,11** |
|  |  | **Хлеб пшеничный** | **50** | **119** | **3,08** | **0,4** | **24,3** | **0,05** | **0** | **0** | **0,05** | **10** | **32,5** | **7** | **0,55** |
|  |  | **Итого** | **550** | **690,2** | **22,98** | **20,32** | **97,13** | **0,16** | **3,03** | **0,18** | **0,39** | **311,88** | **320,4** | **44,18** | **1,8** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Обед** | **45** | **Салат из белокочанной капусты** | **100** | **86,07** | **1,48** | **5,08** | **8,98** | **0,03** | **36,01** | **0,21** | **2,32** | **40,57** | **29,96** | **16,42** | **0,54** |
|  | **98** | **Суп крестьянский с крупой** | **250** | **109,76** | **1,89** | **4,97** | **14,28** | **0,05** | **18** | **0,23** | **2,36** | **23,5** | **50,1** | **20,75** | **0,65** |
|  | **280** | **Фрикадельки из говядины** | **105**(**55**/**50**) | **161,44** | **8,37** | **9,52** | **11,52** | **0,05** | **1,6** | **0,01** | **2,41** | **30,86** | **96,23** | **13,62** | **1,28** |
|  | **171** | **Каша рассыпчатая пшеничная с маслом** | **200**(**187**,**5**/**12**,**5**) | **317,5** | **10,96** | **2,88** | **62,14** | **0,26** | **0** | **0,26** | **0** | **30,36** | **259,18** | **175,64** | **5,92** |
|  | **376** | **Чай с сахаром** | **200**(**15**) | **56,85** | **0,1** | **0,03** | **14,99** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб ржано-пшеничный** | **40** | **75,6** | **2,92** | **0,52** | **14,2** | **0,07** | **0** | **0** | **0,56** | **14,8** | **71,2** | **22** | **1,08** |
|  |  | **Итого** | **895** | **807,22** | **25,72** | **23** | **126,11** | **0,46** | **55,61** | **0,71** | **7,65** | **140,09** | **506,67** | **248,43** | **9,47** |
|  |  |  |  |  |  | **День 7 (Понедельник)** | | |  |  |  |  |  |  |  |
|  | **N° по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводы** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | Mg | **Fe** |
| **Завтрак** | **3** | **Бутерброд с сыром** | **50** | **162,8** | **5,76** | **7,95** | **14,83** | **0,04** | од | **0,6** | **0,16** | **139,2** | **96** | **9,45** | **0,49** |
|  | **174** | **Каша молоч.рисовая с маслом** | **210**(**200**/**10**) | **281,28** | **5,89** | **11,16** | **38,83** | **0,06** | **1,3** | **0,06** | **0,28** | **124,68** | **157,4** | **35,64** | **0,55** |
|  | **382** | **Какао с молоком** | **200** | **143** | **3,79** | **3,2** | **25,81** | **0,04** | **1,3** | **0** | **0,01** | **125,12** | **116,2** | **31** | **0,98** |
|  |  | **Хлеб пшеничный** | **20** | **47,6** | **1,52** | **0,16** | **9,72** | **0,02** | **0** | **0** | **0,02** | **4** | **13** | **2,8** | **0,22** |
|  | **338** | **Яблоки св.порциями** | **100** | **45** | **0,4** | **0,4** | **9,8** | **0,03** | **4** | **0,01** | **0,4** | **10** | **8** | **2** | **1** |
|  |  | **Итого** | **580** | **679,68** | **17,36** | **22,87** | **98,99** | **0,19** | **6,7** | **0,67** | **0,87** | **403** | **390,6** | **80,89** | **3,24** |

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| **Обед** | **62** | **Салат из моркови с сахаром** | **100** | **49,02** | **0,74** | **0,05** | **6,89** | **0,04** | **2,02** | **0,04** | **0** | **15,46** | **31,66** | **21,63** | **0,4** |
|  | **102** | **Суп картофельный с горохом** | **250** | **148,29** | **5,13** | **5,33** | **19,5** | **0,23** | **13,73** | **0,27** | **2,45** | **34,72** | **87,88** | **36,42** | **2,05** |
|  | **294** | **Котлеты рубленые из птицы с соусом** | **100(50/50)** | **164** | **8,45** | **9,85** | **10,36** | **0,13** | **0,84** | **0,13** | **1,79** | **37,94** | **48,8** | **13,4** | **0,98** |
|  | **309** | **Макароны отварные** | **230** | **307,08** | **8,33** | **7,5** | **50,15** | **0,08** | **0** | **0,03** | **1,29** | **6,37** | **59,84** | **10,69** | **1,25** |
|  | **348** | **Компот из кураги** | **200** | **124,18** | **1,08** | **0** | **31,33** | **0,02** | **0,83** | **0,12** | **1,14** | **33,08** | **30,19** | **21,71** | **0,66** |
|  |  | **Хлеб Дарницкий** | **40** | **98** | **3,12** | **0,36** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Итого** | **920** | **890,57** | **26,85** | **23,09** | **118,23** | **0,5** | **17,42** | **0,59** | **6,67** | **127,57** | **258,37** | **103,85** | **5,34** |
|  |  |  |  |  |  | **День 8 (Вторник)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводь** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **завтрак** | **330/223** | **Запеканка творожная со сметан.соус.** | **215(180/35)** | **409,5** | **28,74** | **21,95** | **23,41** | **0,09** | **0,47** | **0,13** | **0,65** | **290,25** | **397,38** | **39,1** | **1,11** |
|  | **376** | **Чай с сахаром** | **200(15)** | **56,85** | од | **0,03** | **14,99** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  | **2** | **Бутерброд с повидлом** | **55** | **156,7** | **2,38** | **4,39** | **27,11** | **0,05** | од | **0,02** | **0,44** | **10,9** | **29,4** | **11,3** | **0,87** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  |  | **Итого :** | **510** | **718,25** | **34,26** | **26,69** | **84,95** | **0,18** | **0,57** | **0,15** | **1,13** | **309,15** | **452,78** | **56** | **2,42** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **обед** | **67** | **Винегрет овощной** | **100** | **124,34** | **1,34** | **10,11** | **6,86** | **0,05** | **12,95** | **0,22** | **4,54** | **26,65** | **41,08** | **18,53** | **0,77** |
|  | **82** | **Борщ с капустой картофелем со смет.** | **255(250/5)** | **114,89** | **2,04** | **5,96** | **14,37** | **0,05** | **12,35** | **0,27** | **2,5** | **45,01** | **58,06** | **28,33** | **1,24** |
|  | **291** | **Плов из птицы** | **200** | **305,34** | **16,94** | **10,46** | **35,74** | од | **6,03** | од | **4,4** | **46,34** | **175,34** | **54,04** | **1,98** |
|  | **349** | **Компот из сухофруктов** | **200** | **126,05** | **0,57** | **0** | **32,21** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб Дарницкий** | **40** | **98** | **3,12** | **0,36** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Итого** | **795** | **768,62** | **24,01** | **26,89** | **89,18** | **0,2** | **31,33** | **0,59** | **11,44** | **118** | **274,48** | **100,9** | **3,99** |
|  |  |  |  |  |  | **День 9 (Среда)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводы** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **Завтрак** | **14** | **Масло сл. порциями** | **10** | **74,8** | **0,05** | **8,25** | **0,08** | **0** | **0** | **0,04** | од | **2,4** | **3** | **0** | **0,02** |
|  | **173** | **Каша молоч.пшенная с маслом** | **210(200/10)** | **320,3** | **8,53** | **12,28** | **43,61** | **0,19** | **1,3** | **0,06** | **0,25** | **134,54** | **207,4** | **54,94** | **1,46** |
|  |  | **Чай с фруктовым соком** | **200** | **33** | **0,54** | **0,1** | **8,58** | **0** | **1,38** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
| **Завтрак i** | **338** | **Груша се. порциями** | **100** | **42** | **0,4** | **0,3** | **9,5** | **0,02** | **5** | **0** | **0,4** | **19** | **16** | **12** | **2,3** |
|  |  | **Итого** | **560** | **565,3** | **12,56** | **21,25** | **81,21** | **0,25** | **7,68** | од | **0,79** | **163,94** | **252,4** | **72,54** | **4,22** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Обед** | **71** | **Огурцы свежие кусками** | **50** | **12** | **0,7** | од | **4,72** | **0,01** | **5,7** | **0** | **1,64** | **21,09** | **24,51** | **12,54** | **0,8** |
|  | **103** | **Суп картофельный с макарон.изделиями** | **250** | **121,95** | **2,82** | **2,79** | **20,91** | **0,11** | **21,6** | **0,32** | **1,48** | **27,45** | **68,25** | **28,3** | **1,08** |
|  | **234** | **Котлеты рыбные с соусом** | **100(50/50)** | **118,76** | **7,21** | **5** | **10,92** | **0,06** | **0,62** | **0,03** | **2,54** | **45,26** | **102,07** | **8,82** | **0,4** |
|  | **312** | **Пюре картофельное** | **230** | **253,42** | **4,78** | **12,51** | **30,23** | **0,21** | **7,98** | **0,26** | **0,33** | **57,94** | **126,86** | **45,55** | **1,52** |
|  | **348** | **Компот из чернослива** | **200** | **92,81** | **0,34** | **0** | **23,65** | **0** | **0,45** | **0** | **0,27** | **11,89** | **12,33** | **15,16** | **0,45** |
|  |  | **Хлеб ржано-пшеничный** | **50** | **94,5** | **3,65** | **0,65** | **17,75** | **0,09** | **0** | **0** | **0,7** | **18,5** | **89** | **27,5** | **1,35** |
|  |  | **Итого** | **880** | **693,44** | **19,5** | **21,05** | **108,18** | **0,48** | **36,35** | **0,61** | **6,96** | **182,13** | **423,02** | **137,87** | **5,6** |
|  |  |  |  |  |  | **День 10 (Четверг)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** 1 **Белки |Жиры | Углеводы** | | | | il [с **[a** [i **[са [р [Mg \fe** | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак** | **1** | **Бутерброд с маслом сливочным** | **40** | **146,2** | **2,33** | **8,49** | **14,66** | **0,03** | **0** | **0,04** | **0,13** | **8,4** | **22,5** | **4,2** | **0,35** |
|  | **204** | **Макароны отварные с сыром** | **205(200/5)** | **286,32** | **10,95** | **9,41** | **38,33** | **0,07** | **0,14** | **0,07** | **1,1** | **66,21** | **121,92** | **14,52** | **1,13** |
|  | **382** | **Какао с молоком** | **200** | **143** | **3,79** | **3,2** | **25,81** | **0,04** | **1,3** | **0,02** | **0,01** | **125,12** | **116,2** | **31** | **0,98** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  | **338** | **Яблоки св.порциями** | **100** | **45** | **0,4** | **0,4** | **9,8** | **0,03** | **4** | **0,01** | **0,4** | **10** | **8** | **2** | **1** |
|  |  | **Итого** | **585** | **715,72** | **20,51** | **21,82** | **108,04** | **0,21** | **5,44** | **0,14** | **1,68** | **217,73** | **294,62** | **57,32** | **3,9** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Обед** | **43** | **Салат из белокочанной капусты** | **100** | **86,07** | **1,48** | **5,08** | **8,98** | **0,03** | **36,01** | **0,21** | **2,32** | **40,57** | **29,96** | **16,42** | **0,54** |
|  | **98** | **Суп крестьянский с крупой** | **250** | **109,76** | **1,89** | **4,97** | **14,28** | **0,05** | **18** | **0,23** | **2,36** | **23,5** | **50,1** | **20,75** | **0,65** |
|  | **280** | **Фрикадельки из говядины,тушенные в соусе** | **100(50/50)** | **161,44** | **8,37** | **9,52** | **11,52** | **0,05** | **1,6** | **0,01** | **2,41** | **30,86** | **96,23** | **13,62** | **1,28** |
|  | **303** | **Каша пшеничная вязкая** | **200** | **230,22** | **5,47** | **8,39** | **32,65** | **0,11** | **0** | **0,04** | **0,95** | **21,12** | **125,87** | **28,29** | **2,09** |
|  | **349** | **Компот из сухофруктов** | **200** | **126,05** | **0,57** | **0** | **32,21** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб Дарницкий** | **40** | **98** | **3,12** | **0,36** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Итого** | **890** | **811,54** | **20,9** | **28,32** | **99,64** | **0,24** | **55,61** | **0,49** | **8,04** | **116,05** | **302,16** | **79,08** | **4,56** |
|  |  |  |  |  |  | **День 11(Пятница)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал | Белки |Жиры (Углеводы** | | | | **В1** fc **(a [i** [са **[р [Mg [fe** | | | | | | | |
| **завтрак** | **182** | **Каша полбяная молочная с маслом** | **260(250/10)** | **351,13 11,47 12,62 46,01 0,04 1,63 0,06 0,1 150,88 114,35 17,33 0,14** | | | | | | | | | | | |
|  | **379** | **Кофейный напиток с молоком** | **200** | **146,3** | **3,12** | **2,51** | **24,69** | **0,04** | **1,4** | **0,02** | **0** | **120** | **90** | **14** | **0,1** |
|  |  | **Хлеб пшеничный** | **40** | **95,2** | **3,04** | **0,32** | **19,44** | **0,04** | **0** | **0** | **0,04** | **8** | **26** | **5,6** | **0,44** |
|  | **338** | **мандарины св. порциями** | **100** | **40** | **0,8** | **0,3** | **8,1** | **0,06** | **38** | **0,01** | **0,2** | **35** | **17** | **11** | од |
|  |  | **Итого** | **600** | **632,63** | **18,43** | **15,75** | **98,24** | **0,18** | **41,03** | **0,09** | **0,34** | **313,88** | **247,35** | **47,93** | **0,78** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **52** | **Салат из свеклы** | **100** | **89,85** | **1,35** | **6,08** | **7,87** | **0,02** | **9,5** | **0** | **2,73** | **35,15** | **40,85** | **20,9** | **1,33** |
| **обед** | **103** | **Суп картофельный с макаронными изделиями** | **250** | **121,95** | **2,82** | **2,79** | **20,91** | **0,11** | **21,6** | **0,32** | **1,48** | **27,45** | **68,25** | **28,3** | **1,08** |
|  | **290** | **Птица тушенная в смет.соусе** | **100(50/50)** | **113,6** | **14,42** | **19,99** | **2,95** | **0,01** | **0,06** | **0,01** | **0,97** | **16,69** | **9,99** | **1,61** | **0,05** |
|  | **302** | **Каша гречневая рассыпчатая** | **200** | **359,91** | **11,64** | **8,7** | **57,26** | **0,28** | **0** | **0,03** | **0,82** | **20,07** | **276,58** | **184,24** | **6,19** |
|  | **342** | **Компот из св.яблок** | **200** | **108,96** | **0,16** | **0,16** | **27,87** | **0,01** | **1,6** | **0** | **0,16** | **4** | **3,2** | **0,8** | **0,4** |
|  |  | **Хлеб ржано-пшеничный** | **40** | **75,6** | **2,92** | **0,52** | **14,2** | **0,07** | **0** | **0** | **0,56** | **14,8** | **71,2** | **22** | **1,08** |
|  |  | **Итого** | **890** | **869,87** | **33,31** | **38,24** | **131,06** | **0,5** | **32,76** | **0,36** | **6,72** | **118,16** | **470,07** | **257,85** | **10,13** |
|  |  |  |  |  |  | **День 12 (Суббота)** | | |  |  |  |  |  |  |  |
|  | **№ по СР** | **Наименование блюда** | **Выход (гр)** | **Пищевая ценность** | | | | **Витамины и минеральные вещества** | | | | | | | |
|  | **Ккал** | **Белки** | **Жиры** | **Углеводы** | **81** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
|  | **185** | **Запеканка рисовая со сгущ.молоком** | **200(170/30)** | **284,54** | **5,54** | **7,6** | **48,71** | **0,04** | **0,14** | **0,03** | **2,07** | **90,57** | **124,24** | **28,15** | **0,65** |
| **Завтрак** | **377** | **Чай с лимоном** | **200(15/7)** | **59,16** | **0,16** | **0,03** | **15,2** | **0** | **2,8** | **0** | **0,01** | **2,8** | **1,54** | **0,84** | **0,04** |
|  |  | **Хлеб пшеничный** | **20** | **47,6** | **1,52** | **0,16** | **9,72** | **0,02** | **0** | **0** | **0,02** | **4** | **13** | **2,8** | **0,22** |
|  | **873** | **Каша ячневая молочная вязкая** | **250** | **328,16** | **9,08** | **12,06** | **45,16** | **0,15** | **1,62** | **0,06** | **0,1** | **195,25** | **304,53** | **45,04** | **1,14** |
|  |  | **Итого** | **670** | **719,46** | **16,3** | **19,85** | **118,79** | **0,21** | **4,56** | **0,09** | **2,2** | **292,62** | **443,31** | **76,83** | **2,05** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **47** | **Салат из квашеной капусты** | **150** | **125,08** | **2,4** | **7,49** | **11,52** | **0,03** | **37,95** | **0** | **3,45** | **62,97** | **46,37** | **21,54** | **0,85** |
| **Обед** | **98** | **Суп крестьянский с крупой** | **250** | **109,76** | **1,89** | **4,97** | **14,28** | **0,05** | **18** | **0,23** | **2,36** | **23,5** | **50,1** | **20,75** | **0,65** |
|  | **268** | **Шницель рубленный с соусом** | **100(50/50)** | **136,61** | **8,26** | **7,15** | **10,76** | **0,05** | **1,52** | **0,02** | **1,53** | **30,06** | **93,11** | **15,29** | **1,35** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **312** | **Пюре картофельное** | **230** | **253,42** | **4,78** | **12,51** | **30,23** | **0,21** | **7,98** | **0,26** | **0,33** | **57,94** | **126,86** | **45,55** | **1,52** |
|  | **349** | **Компот из сухофруктов** | **200** | **126,05** | **0,57** | **0** | **32,21** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Хлеб Дарницкий** | **40** | **98** | **3,12** | **0,36** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** | **0** |
|  |  | **Итого** | **970** | **848,92** | **21,02** | **32,48** | **99** | **0,34** | **65,45** | **0,51** | **7,67** | **174,47** | **316,44** | **103,13** | **4,37** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | | | | | | | | | | | | | | |

Итоговые показатели

**Завтрак**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Итого** | **555** | **644,2** | **19,72** | **21,22** | **86,12** | **0,32** | **39,47** | **0,15** | **0,6** | **513,54** | **452,4** | **91,49** | **2,13** |
|  |  | **Итого** | **555** | **742,68** | **18,66** | **24,43** | **112,61** | **0,35** | **3,01** | **0,11** | **1,49** | **322,09** | **462,49** | **134,63** | **4,38** |
|  |  | **Итого** | **560** | **853,16** | **36,17** | **35,91** | **95,94** | **0,17** | **7,592** | **88,61** | **1,234** | **445,3** | **509,18** | **63,46** | **3,705** |
|  |  | **Итого** | **550** | **635,82** | **16,3** | **22,42** | **90,02** | **0,2** | **1,71** | **0,13** | **0,46** | **304,89** | **315,99** | **60,12** | **1,88** |
|  |  | **Итого** | **565** | **728,11** | **25,02** | **18,47** | **110,61** | **0,43** | **39,47** | **0,12** | **1,2** | **408,19** | **560,78** | **240,59** | **7,96** |
|  |  | **Итого** | **550** | **690,2** | **22,98** | **20,32** | **97,13** | **0,16** | **3,03** | **0,18** | **0,39** | **311,88** | **320,4** | **44,18** | **1,8** |
|  |  | Всего s.i н»',',<‘лю |  | 4794,17 | 138,85 | 147,/7 | .72,4 3 | 1.63 | • • | 89,;; | 5.371 |  | 3 , ’! 24 | 634,47 | 21,855 |
|  |  | Средний пок, ..нель |  | , 15,70 | 7.3,14 | 23,;:0 | •113,74 | 0,27 | 15,71 | 14,8;; | 0,90 | «8-1,32 | 4 )М 7 | Ю5,?5 | .7, )4 |
|  |  | **Итого** | **580** | **679,68** | **17,36** | **22,87** | **98,99** | **0,19** | **6,7** | **0,67** | **0,87** | **403** | **390,6** | **80,89** | **3,24** |
|  |  | **Итого:** | **510** | **718,25** | **34,26** | **26,69** | **84,95** | **0,18** | **0,57** | **0,15** | **1,13** | **309,15** | **452,78** | **56** | **2,42** |
|  |  | **Итого** | **560** | **565,3** | **12,56** | **21,25** | **81,21** | **0,25** | **7,68** | **0,1** | **0,79** | **163,94** | **252,4** | **72,54** | **4,22** |
|  |  | **Итого** | **585** | **715,72** | **20,51** | **21,82** | **108,04** | **0,21** | **5,44** | **0>14** | **1,68** | **217,73** | **294,62** | **57,32** | **3,9** |
|  |  | **Итого** | **600** | **632,63** | **18,43** | **15,75** | **98,24** | **0,18** | **41,03** | **0,09** | **0,34** | **313,88** | **247,35** | **47,93** | **0,78** |
|  |  | **Итого** | **670** | **719,46** | **16,3** | **19,85** | **118,79** | **0,21** | **4,56** | **0,09** | **2,2** | **292,62** | **443,31** | **76,83** | **2,05** |
|  |  | **и\* Г О** „ ; **и-'Д:\*ЛЮ** |  | siQU.04 | **1IV,4.1** | **1. л.t 1** | L...2 | „22 | .л. | 1,24 | 7.01 |  |  | **;91Д1** |  |
|  |  | Средний nnts.• »;пмль |  |  | % i0 | 11. ,7 | i, •/ | 0,20 | : ,.,jo | 0.21 | 1.17 | 2ЯЧ V.i | .>4-0.3 1 | >5,25 | 2,/7 |

**Обед**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Итого** | **890** | **796,39** | **25,96** | **27,24** | **91,03** | **0,46** | **51,96** | **0,64** | **7,68** | **118,77** | **218,68** | **75,54** | **4,66** |
|  |  | **Итого** | **915** | **962,29** | **26,18** | **33,5** | **118,75** | **0,41** | **25,3** | **0,54** | **10,72** | **109,99** | **454,32** | **244,76** | **9,34** |
|  |  | **Итого** | **930** | **742,87** | **22,7** | **22,72** | **111,51** | **0,49** | **57,89** | **0,65** | **5,27** | **188,11** | **412,01** | **116,21** | **4,64** |
|  |  | **Итого** | **845** | **726,47** | **27,21** | **29,88** | **87,57** | **0,24** | **31,28** | **0,31** | **8,09** | **104,56** | **352** | **88,29** | **6,82** |
|  |  | **Итого** | **925** | **734,7** | **25,25** | **39,29** | **99,05** | **0,44** | **19,18** | **0,59** | **4,43** | **130,29** | **317,56** | **114,84** | **4,42** |
|  |  | **Итого** | **895** | **807,22** | **25,72** | **23** | **126,11** | **0,46** | **55,61** | **0,71** | **7,65** | **140,09** | **506,67** | **248,43** | **9,47** |
|  |  | **Всего за неделю** | **5 400,00** | **4 769,94** | **153,02** | **175,63** | **634,02** | **2,50** | **241,22** | **3,44** | **43,84** | **791,81** | **2 261,24** | **888,07** | **39,35** |
|  |  | **Средний показатель** | **900,00** | **794,99** | **25,50** | **29,27** | **105,67** | **0,42** | **40,20** | **0,57** | **7,31** | **131,97** | **376,87** | **148,01** | **6,56** |
|  |  | **Итого** | **920** | **890,57** | **26,85** | **23,09** | **118,23** | **0,5** | **17,42** | **0,59** | **6,67** | **127,57** | **258,37** | **103,85** | **5,34** |
|  |  | **Итого** | **795** | **768,62** | **24,01** | **26,89** | **89,18** | **0,2** | **31,33** | **0,59** | **11,44** | **118** | **274,48** | **100,9** | **3,99** |
|  |  | **Итого** | **880** | **693,44** | **19,5** | **21,05** | **108,18** | **0,48** | **36,35** | **0,61** | **6,96** | **182,13** | **423,02** | **137,87** | **5,6** |
|  |  | **Итого** | **890** | **811,54** | **20,9** | **28,32** | **99,64** | **0,24** | **55,61** | **0,49** | **8,04** | **116,05** | **302,16** | **79,08** | **4,56** |
|  |  | **Итого** | **890** | **869,87** | **33,31** | **38,24** | **131,06** | **0,5** | **32,76** | **0,36** | **6,72** | **118,16** | **470,07** | **257,85** | **10,13** |
|  |  | **Итого** | **970** | **848,92** | **21,02** | **32,48** | **99** | **0,34** | **65,45** | **0,51** | **7,67** | **174,47** | **316,44** | **103,13** | **4,37** |
|  |  | **Всего за неделю** | **5 345,00** | **4 882,96** | **145,59** | **170,07** | **645,29** | **2,26** | **238,92** | **3,15** | **47,50** | **836,38** | **2 044,54** | **782,68** | **33,99** |
|  |  | **Средний показатель** | **890,83** | **813,83** | **24,27** | **28,35** | **107,55** | **0,38** | **39,82** | **0,53** | **7,92** | **139,40** | **340,76** | **130,45** | **5,67** |