УТВЕРЖДАЮ

Директор МБОУ «Средняя

общеобразовательная школа с.Грачёв Куст

Перелюбского муниципального

района Саратовской области»

\_\_\_\_\_\_\_\_\_\_\_\_\_Подстречная Л.Д.

«\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_202\_\_\_.

**Примерное десятидневное меню**

**При двух разовом питании**

**МБОУ"СОШ с. Грачёв Куст**

**Перелюбского муниципального района Саратовской области"**

**на2020/2021учебныйгод**

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| *№*  *рецеп та* | *Прием пищи, наименование блюда* | | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | | | *энергети*  *ческая ценность* | | | *Витамины (мг)* | | | | | | | | | | | | | | *Минеральные вещества (вмг)* | | | | | | | | | | | | |
|  |  | | |  | | | **белки** | | **жиры** | | | **углеводы** | | | |  | | | **В1** | | | **С** | | | **А** | | | | **Е** | | | | **Са** | | | | **Р** | | | **Мд** | | | **Fe** | | |
|  | **1 ДЕНЬ** | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
|  | **ЗАВТРАК** | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
| 185 | **Каша жидкая рисовая с маслом** | | | **200/5,0** | | | **7,0** | | **5,7** | | | **35,1** | | | | **211,1** | | | **0,1** | | | **0,9** | | | **31** | | | | **0,1** | | | | **192,5** | | | | **184,2** | | | **36,0** | | | **0,5** | | |
| 376 | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | | **14,0** | | | | **28** | | |  | | |  | | |  | | | |  | | | | **6,0** | | | |  | | |  | | | **0,4** | | |
|  | **Хлеб** | | | **30,0** | | | **2.3** | | **0,2** | | | **15,1** | | | | **71** | | |  | | |  | | |  | | | | 0,6 | | | | **6.9** | | | | 25,2 | | | **9,9** | | | **0,6** | | |
|  | **ИТОГО:** | | |  | | | **9,5** | | **5,9** | | | **64,2** | | | | **310,1** | | | **0,1** | | | **0,9** | | | **31** | | | | **0,7** | | | | **205,4** | | | | **209,4** | | | **45,9** | | | **1,5** | | |
|  | **ОБЕД** | | |  | | |  | |  | | |  | | | |  | | | •V | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
| **243** | **Сосиска отварная** | | | **50,0** | | | **8,69** | | **22,84** | | | **1,8** | | | | **247,15** | | |  | | |  | | | **0,08** | | | | **0,19** | | | | **7,44** | | | | **137,39** | | | **15,51** | | | **1,74** | | |
| **223** | **Соус томатный** | | | **65,0** | | | **0,65** | | **2,88** | | | **3,9** | | | | **45,5** | | | **0,02** | | | **1,3** | | |  | | | |  | | | | **3,25** | | | |  | | |  | | | **0,2** | | |
| **378** | **Каша гороховая** | | | **150,0** | | | **4,4** | | **5,3** | | | **34,4** | | | | **203** | | | **0,05** | | |  | | |  | | | |  | | | | **28,5** | | | | **159** | | | **21** | | | **0,9** | | |
| 376 | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | | **14,0** | | | | **28** | | |  | | |  | | |  | | | |  | | | | **6,0** | | | |  | | |  | | | **0,4** | | |
|  | **Хлеб** | | | **60,0** | | | **4,6** | | **0,4** | | | **30,2** | | | | **142** | | |  | | |  | | |  | | | | **1,2** | | | | **13,8** | | | | **50,4** | | | **19,8** | | | **1,2** | | |
|  | **ИТОГО:** | | |  | | | **18,54** | | **31,42** | | | **84,3** | | | | **665,65** | | | **0,07** | | | **1,3** | | | **0,08** | | | | **1,39** | | | | **58,99** | | | | **346,79** | | | **56,31** | | | **4,44** | | |
|  | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **28,04** | | **37,32** | | | **148,5** | | | | **975,75** | | | **0,17** | | | **2,2** | | | **31,08** | | | | **2,09** | | | | **264,39** | | | | **556,19** | | | **102,21** | | | **5,94** | | |
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| *№*  *рецеп*  *та* | | *Прием пищи, наименование блюда* | | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | | | *энергети*  *ческая ценность* | | | *Витамины (мг)* | | | | | | | | | | | | | | | *Минеральные вещества (вмг)* | | | | | | | | | | | |
|  | |  | | |  | | | **белки** | | **жиры** | | | **углево**  **ДЫ** | | | |  | | | **В1** | | | **С** | | | | **А** | | | | **Е** | | | | **Са** | | | **Р** | | | **Мд** | | | **Fe** | | |
|  | | **2ДЕНЬ** | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |
|  | | **ЗАВТРАК** | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |
| 93 | | **Суп молочный с макаронными изделиями** | | | **200,0** | | | **5,7** | | **6,1** | | | **19,0** | | | | **144,8** | | | **0,1** | | | **0,4** | | | | **31,7** | | | | **0,3** | | | | **156,5** | | | **126,2** | | | **20,4** | | | **0,4** | | |
| 349 | | **Компот из сухофруктов** | | | **200,0** | | | **0,04** | |  | | | **24,76** | | | | **94,2** | | | **0,01** | | | **1,05** | | | |  | | | |  | | | | **6,4** | | | **3,6** | | |  | | | **0,18** | | |
|  | | **Хлеб** | | | **30,0** | | | **2.3** | | **0,2** | | | **15,1** | | | | **71** | | |  | | |  | | | |  | | | | **0,6** | | | | **6.9** | | | **25,2** | | | **9,9** | | | **0,6** | | |
|  | | **Вафли** | | | **30,0** | | | **1,0** | | **8,8** | | | **18,8** | | | | **154,2** | | |  | | |  | | | |  | | | |  | | | | **2,2** | | | **8,9** | | | **0,5** | | | **0,2** | | |
|  | | **ИТОГО:** | | |  | | | **9,04** | | **15,1** | | | **77,66** | | | | **464,2** | | | **0,11** | | | **1,45** | | | | **31,7** | | | | **0,9** | | | | **172** | | | **163,9** | | | **30,8** | | | **1,38** | | |
|  | | **ОБЕД** | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |  | | |
| 101 | | **Суп картофельный с перловкой**  **На мясном бульоне** | | | **250,0** | | | **2,5** | | **2,79** | | | **17,00** | | | | **103,25** | | | **0,1** | | | **8,33** | | | |  | | | |  | | | | **25,9** | | | **87,35** | | | **26,5** | | | **1,01** | | |
| 376 | | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | | **14,0** | | | | **28** | | |  | | |  | | | |  | | | |  | | | | **6,0** | | |  | | |  | | | **0,4** | | |
|  | | **Хлеб** | | | **60,0** | | | **4,6** | | **0,4** | | | **30,2** | | | | **142** | | |  | | |  | | | |  | | | | **1,2** | | | | **13,8** | | | **50,4** | | | **19,8** | | | **1,2** | | |
|  | | **ИТОГО:** | | |  | | | **7,3** | | **3,19** | | | **61,2** | | | | **273,25** | | | **0,1** | | | **8,33** | | | |  | | | | **1,2** | | | | **45,7** | | | **137,75** | | | **46,3** | | | **2,61** | | |
|  | | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **16,34** | | **18,29** | | | **138,86** | | | | **737,45** | | | **0,21** | | | **9,78** | | | | **31,7** | | | | **2,1** | | | | **217,7** | | | **301,65** | | | **77,1** | | | **3,99** | | |
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| *№*  *рецеп*  *та* | *Прием пищи, наименование блюда* | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | | | | *энергети*  *ческая ценность* | | | *Витамины (мг)* | | | | | | | | | | | | | | | *Минеральные вещества (в мг)* | | | | | | | | | | | | |
|  |  | |  | | | **белки** | | |  | | **углеводы** | | |  | | | | **В1** | | | **С** | | | **А** | | | | **Е** | | | | **Са** | | | | **Р** | | | **Мд** | | | **Fe** | | |
|  | **3ДЕНЬ** | |  | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
|  | **ЗАВТРАК** | |  | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
| **168** | **Каша пшенная с маслом** | | **190/5/5** | | | **9,5** | | | **9,6** | | **44,1** | | | **292,1** | | | | **0,3** | | | **0,8** | | | **44,4** | | | | **1,3** | | | | **176,2** | | | | **222,5** | | | **54,3** | | | **1,5** | | |
| 376 | **Чай с сахаром** | | **200,0** | | | **0,2** | | |  | | **14,0** | | | **28** | | | |  | | |  | | |  | | | |  | | | | **6,0** | | | |  | | |  | | | **0,4** | | |
|  | **Хлеб** | | **30,0** | | | **2.3** | | | **0,2** | | **15,1** | | | **71** | | | |  | | |  | | |  | | | | **0,6** | | | | **6.9** | | | | **25,2** | | | **9,9** | | | **0,6** | | |
|  | **ИТОГО:** | |  | | | **12,0** | | | **9,8** | | **73,2** | | | **391,1** | | | | 0,3 | | | 0,8 | | | **44,4** | | | | **1,9** | | | | **189,1** | | | | **247,7** | | | **64,2** | | | **2,5** | | |
|  | **ОБЕД** | |  | | |  | | |  | |  | | |  | | | |  | | |  | | |  | | | |  | | | |  | | | |  | | |  | | |  | | |
| **243** | **Сосиска отварная** | | | **50,0** | | **8,69** | | | **22,84** | | **1,8** | | | **247,15** | | | |  | | |  | | | **0,08** | | | | **0,19** | | | | **7,44** | | | | **137,39** | | | **15,51** | | | **1,74** | | |
| **223** | **Соус томатный** | | | **65,0** | | **0,65** | | | **2,88** | | **3,9** | | | **45,5** | | | | **0,02** | | | **1,3** | | |  | | | |  | | | | **3,25** | | | |  | | |  | | | **0,2** | | |
| **302** | **Гречка отварная рассыпчатая** | | **200,0** | | | **0,76** | | | **128,32** | | **1,24** | | | **262,5** | | | |  | | |  | | | **1,54** | | | | **3,42** | | | | **182,22** | | | | **29,54** | | | **1,9** | | | **1,6** | | |
| 376 | **Чай с сахаром** | | **200,0** | | | **0,2** | | |  | | **14,0** | | | **28** | | | |  | | |  | | |  | | | |  | | | | **6,0** | | | |  | | |  | | | **0,4** | | |
|  | **Хлеб** | | **60,0** | | | **4,6** | | | **0,4** | | **30,2** | | | **142** | | | |  | | |  | | |  | | | | **1,2** | | | | **13,8** | | | | **50,4** | | | **19,8** | | | **1,2** | | |
|  | **ИТОГО:** | |  | | | **14,9** | | | **154,44** | | **51,14** | | | **725,15** | | | | **0,02** | | | **1,3** | | | **1,62** | | | | 4,81 | | | | **212,71** | | | | **217,33** | | | **37,21** | | | **5,14** | | |
|  | **ВСЕГО 2 РАЗОВОЕ** | |  | | | **26,9** | | | **164,24** | | **124,34** | | | **1116,25** | | | | **0,32** | | | **2,1** | | | **46,02** | | | | **6,71** | | | | **401,81** | | | | **465,03** | | | **101,41** | | | **7,64** | | |
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| *№*  *рецеп*  *та* | *Прием пищи, наименование блюда* | | | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | *энергети*  *ческая ценность* | | | *Витамины (мг)* | | | | | | | | | *Минеральные вещества (вмг)* | | | | | | | |
|  | | **4 ДЕНЬ** | |  | | | **белки** | | | **жиры** | | **углево д** | |  | | | **В1** | | | **С** | | **А** | | **Е** | | **Са** | | | **Р** | | **Мд** | | **Fe** | |
|  | | **ЗАВТРАК** | |  | | |  | | |  | |  | |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |
| 185 | | **Каша жидкая рисовая с маслом** | | **200/5,0** | | | **7,0** | | | **5,7** | | **35,1** | | **211,1** | | | **0,1** | | | **0,9** | | **31** | | **0,1** | | **192,5** | | | **184,2** | | **36,0** | | **0,5** | |
| 376 | | **Чай с сахаром** | | **200,0** | | | **0,2** | | |  | | **14,0** | | **28** | | |  | | |  | |  | |  | | **6,0** | | |  | |  | | **0,4** | |
|  | | **Хлеб** | | **30,0** | | | **2.3** | | | **0,2** | | **15,1** | | **71** | | |  | | |  | |  | | 0,6 | | **6.9** | | | 25,2 | | **9,9** | | **0,6** | |
|  | | **ИТОГО:** | |  | | | **9,5** | | | **5,9** | | **64,2** | | **310,1** | | | **0,1** | | | **0,9** | | **31** | | **0,7** | | **205,4** | | | **209,4** | | **45,9** | | **1,5** | |
|  | | **ОБЕД** | |  | | |  | | |  | |  | |  | | | •V | | |  | |  | |  | |  | | |  | |  | |  | |
| 102 | | **Суп гороховый на курином бульоне** | | **250,0** | | | **5,49** | | | **5,28** | | **16,33** | | **134,75** | | | **0,23** | | | **5,81** | |  | |  | | **38,08** | | | **87,18** | | **35,3** | | **2,03** | |
| 376 | | **Чай с сахаром** | | **200,0** | | | **0,2** | | |  | | **14,0** | | **28** | | |  | | |  | |  | |  | | **6,0** | | |  | |  | | **0,4** | |
|  | | **Хлеб** | | **60,0** | | | **4,6** | | | **0,4** | | **30,2** | | **142** | | |  | | |  | |  | | **1,2** | | **13,8** | | | **50,4** | | **19,8** | | **1,2** | |
|  | | **ИТОГО:** | |  | | | **10,29** | | | **5,68** | | **60,53** | | **304,75** | | | **0,23** | | | **5,81** | | **31** | | **1,2** | | **57,88** | | | **137,58** | | **55,1** | | **3,63** | |
|  | | **ВСЕГО 2 РАЗОВОЕ** | |  | | | **19,79** | | | **11,58** | | **124,73** | | **614,85** | | | **0,33** | | | **6,71** | | **31** | | **1,9** | | **263,28** | | | **346,98** | | **101** | | **5,13** | |
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| *№*  *рецеп*  *та* | | | *Прием пищи, наименование блюда* | | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | *энергети*  *ческая ценность* | | | *Витамины (мг)* | | | | | | | | | *Минеральные вещества (вмг)* | | | | | | |
|  | | |  | | |  | | | **белки** | | **жиры** | | **углево**  **ДЫ** | | |  | | | **В1** | | **С** | | **А** | | **Е** | | | **Са** | | **Р** | | **Мд** | | **Fe** |
|  | | | **5ДЕНЬ** | | |  | | |  | |  | |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |  |
|  | | | **ЗАВТРАК** | | |  | | |  | |  | |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |  |
| 175 | | | **Каша молочная «Дружба» с маслом** | | | **200,0** | | | **6,9** | | **12,7** | | **49,3** | | | **340,9** | | | **0,11** | | **1,09** | |  | |  | | | **151,9** | |  | | **44,3** | | **0,95** |
| 349 | | | **Компот из сухофруктов** | | | **200,0** | | | **0,04** | |  | | **24,76** | | | **94,2** | | | **0,01** | | **1,05** | |  | |  | | | **6,4** | | **3,6** | |  | | **0,18** |
|  | | | **Хлеб** | | | **30,0** | | | **2.3** | | **0,2** | | **15,1** | | | **71** | | |  | |  | |  | | 0,6 | | | **6.9** | | 25,2 | | **9,9** | | **0,6** |
|  | | | **Печенье** | | | **20,0** | | | **1,45** | | **5,5** | | **15,75** | | | **118,25** | | | **0,09** | |  | |  | |  | | | **6** | |  | | **5** | | **0,45** |
|  | | | **ИТОГО:** | | |  | | | **10,69** | | **18,4** | | **104,91** | | | **624,35** | | | **0,21** | | **2,14** | |  | | **0,6** | | | **171,2** | | **25,8** | | **59,2** | | **18** |
|  | | | **ОБЕД** | | |  | | |  | |  | |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |  |
| **304** | | | **Плов из птицы** | | | **160,0** | | | **25,38** | | **21,25** | | **44,61** | | | **471,25** | | | **0,08** | | **1,26** | | **60,0** | |  | | | **56,38** | | **249,13** | | **59,38** | | **2,74** |
| 376 | | | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | **14,0** | | | **28** | | |  | |  | |  | |  | | | **6,0** | |  | |  | | **0,4** |
|  | | | **Хлеб** | | | **60,0** | | | **4,6** | | **0,4** | | **30,2** | | | **142** | | |  | |  | |  | | **1,2** | | | **13,8** | | **50,4** | | **19,8** | | **1,2** |
|  | | | **ИТОГО:** | | |  | | | **30,18** | | **21,65** | | **88,81** | | | **641,25** | | | **0,08** | | **1,26** | | **60,0** | | **1,2** | | | **76,18** | | **299,53** | | **79,18** | | **4,34** |
|  | | | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **40,87** | | **40,05** | | **193,71** | | | **1265,6** | | | **0,29** | | **3,4** | | **60,0** | | **1,8** | | | **247,38** | | **325,33** | | **138,38** | | **22,34** |
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| *На*  *рецеп та* | *Прием пищи, наименование блюда* | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | *энергети*  *ческая ценность* | | *Витамины (мг)* | | | | | | | | | *Минеральные вещества (вмг)* | | | | | | |
|  |  | | |  | | | **белки** | | **жиры** | | **углеводы** | |  | | **В1** | | **С** | | **А** | | **Е** | | | **Са** | | **Р** | | **Мд** | **Fe** | |
|  | **6ДЕНЬ** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
|  | **ЗАВТРАК** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
| 205 | **Макароны отварные с маслом** | | | **150/5** | | | **5,6** | | **4,2** | | **36,0** | | **204,3** | | **0,1** | |  | | **17,7** | | **1,2** | | | **9,5** | | **41,9** | | **7,6** | **1** | |
| **243** | **Сосиска отварная** | | | **50,0** | | | **8,69** | | **22,84** | | **1,8** | | **247,15** | |  | |  | | **0,08** | | **0,19** | | | **7,44** | | **137,39** | | **15,51** | **1,74** | |
| 376 | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | **14,0** | | **28** | |  | |  | |  | |  | | | **6,0** | |  | |  | **0,4** | |
|  | **Хлеб** | | | **30,0** | | | **2.3** | | **0,2** | | **15,1** | | **71** | |  | |  | |  | | **0,6** | | | **6.9** | | **25,2** | | **9,9** | **0,6** | |
|  | **ИТОГО:** | | |  | | | **19,49** | | **27,24** | | **66,9** | | **550,45** | | **0,1** | |  | | **17,78** | | **1,99** | | | **29,8** | | **204,49** | | **33,01** | **3,74** | |
|  | **ОБЕД** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
| **67** | **Щи из свежей капусты с картофелем** | | | **240,0** | | | **1,9** | | **5,6** | | **9,1** | | **94,7** | |  | | **12,3** | | **207,5** | | **2,5** | | | **41,1** | | **42,9** | | **21,8** | **1,1** | |
| 376 | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | **14,0** | | **28** | |  | |  | |  | |  | | | **6,0** | |  | |  | **0,4** | |
|  | **Хлеб** | | | **60,0** | | | **4,6** | | **0,4** | | **30,2** | | **142** | |  | |  | |  | | **1,2** | | | **13,8** | | **50,4** | | **19,8** | **1,2** | |
|  | **ИТОГО:** | | |  | | | **6,7** | | **6,0** | | **53,3** | | **264,7** | |  | | **12,3** | | **207,5** | | **3,7** | | | **60,9** | | **93,3** | | **41,6** | **2,7** | |
|  | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **26,19** | | **33,24** | | **120,2** | | **815,15** | | **0,1** | | **12,3** | | **225,28** | | **5,69** | | | **90,7** | | **297,79** | | **74,61** | **6,44** | |
|  | **ПОЛДНИК** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
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| *№*  *рецеп*  *та* | | *Прием пищи, наименование блюда* | | | *Масса порции* | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | *энергети*  *ческая ценность* | | *Витамины (мг)* | | | | | | | *Минеральные вещества (вмг)* | | | | | | | |
|  | |  | | |  | | | **белки** | | **жиры** | | **углеводы** | |  | | **В1** | | **С** | | **А** | | **Е** | **Са** | | **Р** | | **Мд** | | | **Fe** |
|  | | **7ДЕНЬ** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
|  | | **ЗАВТРАК** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
| **168** | | **Каша пшенная с маслом** | | | **190/5/5** | | | **9,5** | | **9,6** | | **44,1** | | **292,1** | | **0,3** | | **0,8** | | **44,4** | | **1,3** | **176,2** | | **222,5** | | **54,3** | | | **1,5** |
| 376 | | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | **14,0** | | **28** | |  | |  | |  | |  | **6,0** | |  | |  | | | **0,4** |
|  | | **Хлеб** | | | **30,0** | | | **2.3** | | **0,2** | | **15,1** | | **71** | |  | |  | |  | | **0,6** | **6.9** | | **25,2** | | **9,9** | | | **0,6** |
|  | | **ИТОГО:** | | |  | | | **12,0** | | **9,8** | | **73,2** | | **391,1** | | 0,3 | | 0,8 | | **44,4** | | **1,9** | **189,1** | | **247,7** | | **64,2** | | | **2,5** |
|  | | **ОБЕД** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
| **277** | | **Гуляш из отварного мяса** | | | **65/65** | | | **19,8** | | **19,2** | | **4,5** | | **270,3** | | **0,1** | | **1,1** | | **215,9** | | **0,8** | **20,8** | | **195,6** | | **29,3** | | | **2,8** |
| **378** | | **Каша гороховая** | | | **150,0** | | | **4,4** | | **5,3** | | **34,4** | | **203** | | **0,05** | |  | |  | |  | **28,5** | | **159** | | **21** | | | **0,9** |
| 376 | | **Чай с сахаром** | | | **200,0** | | | **0,2** | |  | | **14,0** | | **28** | |  | |  | |  | |  | **6,0** | |  | |  | | | **0,4** |
|  | | **Хлеб** | | | **60,0** | | | **4,6** | | **0,4** | | **30,2** | | **142** | |  | |  | |  | | **1,2** | **13,8** | | **50,4** | | **19,8** | | | **1,2** |
|  | | **ИТОГО:** | | |  | | | **29** | | **24,9** | | **83,1** | | **643,3** | | **0,15** | | **1,1** | | **215,9** | | **2** | **69,1** | | **405** | | **70,1** | | | **5,3** |
|  | | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **41,0** | | **34,7** | | **156,3** | | **1034,4** | | **0,45** | | **1,9** | | **260,3** | | **3,9** | **258,2** | | **652,7** | | **134,3** | | | **7,8** |
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| *№*  *рецеп*  *та* | *Прием пищи, наименование блюда* | *Масса порции* | *Пищевые*  *вещества*  *(вгр)* | | | *энергети*  *ческая ценность* | *Витамины (мг)* | | | | *Минеральные вещества (вмг)* | | | |
|  |  |  | **белки** | **жиры** | **углеводы** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мд** | **Fe** |
|  | **8ДЕНЬ** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15  под ред.Моггильного 2011 | **Макароны отварные с овощами** | **130,0** | **4,31** | **4,99** | **23,77** | **157,23** | **0,06** | **2,26** |  |  | **16,18** | **42,40** | **14,45** | **0,86** |
| 376 | **Чай с сахаром** | **200,0** | **0,2** |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | **Хлеб** | **30,0** | **2.3** | **0,2** | **15,1** | **71** |  |  |  | **0,6** | **6.9** | **25,2** | **9,9** | **0,6** |
|  | **ИТОГО:** |  | **6,81** | **5,19** | **52,87** | **256,23** | **0,06** | **2,26** |  | **0,6** | **29,08** | **67,6** | **24,35** | **1,86** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **210** | **Суп рисовый на курином бульоне** | **250,0** | **6,18** | **3,30** | **14,65** | **113,00** | **0,11** | **8,33** |  |  | **24,98** | **96,93** | **29,45** | **1,24** |
| 376 | **Чай с сахаром** | **200,0** | **0,2** |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | **Хлеб** | **60,0** | **4,6** | **0,4** | **30,2** | **142,00** |  |  |  | **1,2** | **13,8** | **50,4** | **19,8** | **1,2** |
|  | **Итого** |  | **10,98** | **3,7** | **58,85** | **283,00** | **0,11** | **8,33** |  | **1,2** | **44,78** | **147,33** | **49,25** | **2,84** |
|  | **ИТОГО 2 РАЗОВОЕ** |  | **17,79** | **8,89** | **111,72** | **39,23** | **0,17** | **10,59** |  | **1,8** | **73,86** | **214,93** | **73,6** | **4,7** |
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| *рецеп*  *та* | *Прием пищи, наименование блюда* | *Масса порции* | *Пищевые*  *вещества*  *(вгр)* | | | *энергети*  *ческая ценность* | *Витамины (мг)* | | | | *Минеральные вещества (вмг)* | | | |
|  |  |  | **белки** | **жиры** | **углево**  **ДЫ** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мд** | **Fe** |
|  | **9ДЕНЬ** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **185** | **Каша молочная манная с маслом** | **200/5** | **2,18** | **3,89** | **21,44** | **134** | **0,04** |  |  |  | **8** | **0,32** |  |  |
| 376 | **Чай с сахаром** | **200,0** | **0,2** |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | **Хлеб** | **30,0** | **2.3** | **0,2** | **15,1** | **71** |  |  |  | **0,6** | **6.9** | **25,2** | **9,9** | **0,6** |
|  | **ИТОГО:** |  | **4,68** | **4,09** | **50,54** | **233,0** | **0,04** |  |  | **0,6** | **20,9** | **25,52** | **9,9** | **1,0** |
|  | **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **277** | **Гуляш из отварного мяса** | **65/65** | **19,8** | **19,2** | **4,5** | **270,3** | **0,1** | **1,1** | **215,9** | **0,8** | **20,8** | **195,6** | **29,3** | **2,8** |
| 205 | **Макароны отварные с маслом** | **150/5** | **5,6** | **4,2** | **36,0** | **204,3** | **0,1** |  | **17,7** | **1,2** | **9,5** | **41,9** | **7,6** | **1** |
| 376 | **Чай с сахаром** | **200,0** | **0,2** |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | **Хлеб** | **60,0** | **4,6** | **0,4** | **30,2** | **142** |  |  |  | **1,2** | **13,8** | **50,4** | **19,8** | **1,2** |
|  | **ИТОГО:** |  | **30,2** | **23,8** | **84,7** | **644,6** | **0,2** | **1,1** | **233,6** | **3,2** | **50,1** | **287,9** | **56,7** | **5,4** |
|  | **ВСЕГО 2 РАЗОВОЕ** |  | **34,88** | **27,89** | **135,24** | **877,6** | **0,24** | **1,1** | **233,6** | **3,8** | **71** | **313,42** | **66,6** | **6,4** |
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| *№*  *рецеп*  *та* | *Прием пищи, наименование блюда* | | *Масса порции* | | *Пищевые*  *вещества*  *(вгр)* | | | *энергети*  *ческая ценность* | *Витамины (мг)* | | | | *Минеральные вещества (вмг)* | | | |
|  | |  |  | **белки** | | **жиры** | **углево**  **ды** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мд** | **Fe** |
|  | | **10ДЕНЬ** |  |  | |  |  |  |  |  |  |  |  |  |  |  |
|  | | **ЗАВТРАК** |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 185 | | **Каша жидкая пшеничная с маслом** | **200/5** | **9,7** | | **5,3** | **39** | **235,1** | **0,2** | **0,9** | **29,6** |  | **195,9** | **230,1** | **42,8** | **1,8** |
| 376 | | **Чай с сахаром** | **200,0** | **0,2** | |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | | **Хлеб** | **30,0** | **2.3** | | **0,2** | **15,1** | **71** |  |  |  | **0,6** | **6.9** | **25,2** | **9,9** | **0,6** |
|  | | **Вафли** | **30,0** | **1,0** | | **8,8** | **18,8** | **154,2** |  |  |  |  | **2,2** | 8,9 | **0,5** | **0,2** |
|  | | **ИТОГО:** |  | **13,2** | | **14,3** | **86,9** | **488,3** | **0,2** | **0,9** | **29,6** | **0,6** | **211** | **264,2** | **53,2** | **3** |
|  | | **ОБЕД** |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| **67** | | **Щи из свежей капусты с картофелем** | **240,0** | **1,9** | | **5,6** | **9,1** | **94,7** |  | **12,3** | **207,5** | **2,5** | **41,1** | **42,9** | **21,8** | **1,1** |
| 376 | | **Чай с сахаром** | **200,0** | **0,2** | |  | **14,0** | **28** |  |  |  |  | **6,0** |  |  | **0,4** |
|  | | **Хлеб** | **60,0** | **4,6** | | **0,4** | **30,2** | **142** |  |  |  | **1,2** | **13,8** | **50,4** | **19,8** | **1,2** |
|  | | **ИТОГО:** |  | **6,7** | | **6,0** | **53,3** | **264,7** |  | **12,3** | **207,5** | **3,7** | **60,9** | **93,3** | **41,6** | **2,7** |
|  | | **ВСЕГО 2 РАЗОВОЕ** |  | **19,9** | | **20,3** | **140,2** | **753** | **0,2** | **13,2** | **237,1** | **4,3** | **271,9** | **357,5** | **94,8** | **5,7** |
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