УТВЕРЖДАЮ

Директор МБОУ «Средняя

общеобразовательная школа с.Грачёв Куст

Перелюбского муниципального

района Саратовской области»

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

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

**Примерноедесятидневноеменю**

**Для 1-4 классов**

**МБОУ"СОШ с. Грачёв Куст**

**Перелюбского муниципального района Саратовской области"**

**на2020/2021 учебныйгод**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *№*  *рецеп та* | *Приемпищи, наименованиеблюда* | | | | | *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  под ред.Моггильного 2010 | **Кашажидкая рисоваясмаслом** | | | | | **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  под ред.Моггильного 2011 | **Чайссахаром** | | | | | **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** | | | | |
| 8  под ред.Моггильного 2011 | **Бутерброд с сыром** | | | | | **30/20** | | | | | | **16** | | | | | **1** | | | | | **70** | | | | | | | | **335,49** | | **0,2** | | | |  | | | | | **0,01** | | | | | **5,99** | | | | | **250** | | | | | | **250** | | | | | **50** | | | | | **2** | | | | |
|  | **ИТОГО:** | | | | |  | | | | | | **25,2** | | | | | **6,9** | | | | | **134,2** | | | | | | | | **645,59** | | **0,3** | | | | **0,9** | | | | | **31,01** | | | | | **6,69** | | | | | **455,4** | | | | | | **459,4** | | | | | **95,9** | | | | | **3,5** | | | | |
|  | **ОБЕД** | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | | |  | | •V | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |
| **243**  Под.ред.Моггильного 2011 | **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**  Сборник №593 2004 г | **Соус томатный** | | | | | **50,0** | | | | | | **0,5** | | | | | **2,3** | | | | | **3** | | | | | | | | **35** | | **0,02** | | | | **1** | | | | |  | | | | |  | | | | | **2,5** | | | | | |  | | | | | **3,5** | | | | | **0,15** | | | | |
| **13**  под ред.лапшиной 2004 | **Каша гороховая** | | | | | **160,0** | | | | | | **11,55** | | | | | **3,14** | | | | | **25,43** | | | | | | | | **178,27** | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |
| 376  под ред.Моггильного 2011 | **Чайссахаром** | | | | | **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:** | | | | |  | | | | | | **25,54** | | | | | **28,68** | | | | | **74,43** | | | | | | | | **630,42** | | **0,02** | | | | **1** | | | | | **0,08** | | | | | **1,39** | | | | | **29,74** | | | | | | **187,79** | | | | | **38,81** | | | | | **3,49** | | | | |
|  | **ВСЕГО 2 РАЗОВОЕ** | | | | |  | | | | | | **50,74** | | | | | **35,58** | | | | | **208,63** | | | | | | | | **1276,01** | | **0,32** | | | | **1,9** | | | | | **31,09** | | | | | **8,08** | | | | | **485,14** | | | | | | **647,19** | | | | | **134,71** | | | | | **6,99** | | | | |
|  |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | | |  | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |
|  |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | | |  | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |
|  |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | | |  | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |
| *№*  *рецеп*  *та* | | | *Приемпищи, наименованиеблюда* | | | | | | *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  под ред.Моггильного 2010 | | | **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  под ред.Моггильного 2011 | | | **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** | | | |
|  | | | **Сок фруктовый** | | | | | | **200,0** | | | | | | **0,2** | | | |  | | | | | **24** | | | | **90,0** | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
|  | | | **ИТОГО:** | | | | | |  | | | | | | **9,24** | | | | **15,1** | | | | | **101,66** | | | | **554,2** | | | | | **0,11** | | | | | **1,45** | | | | | **31,7** | | | | | **0,9** | | | | | | | | **172** | | | | **163,9** | | | | | **30,8** | | | | | **1,38** | | | |
|  | | | **ОБЕД** | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
| 101  под ред.Моггильного 2011 | | | **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  под ред.Моггильного 2011 | | | **Чайссахаром** | | | | | | **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** | | | | | |  | | | | | | **16,54** | | | | **18,29** | | | | | **162,86** | | | | **827,45** | | | | | **0,21** | | | | | **9,78** | | | | | **31,7** | | | | | **2,1** | | | | | | | | **217,7** | | | | **301,65** | | | | | **77,1** | | | | | **3,99** | | | |
|  | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
|  | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
|  | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
|  | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | |  | | | | |  | | | | |  | | | |
| *№*  *рецеп*  *та* | *Приемпищи, наименованиеблюда* | | | | *Масса порции* | | | | | | *Пищевые*  *вещества*  *(вгр)* | | | | | | | | | | | | | | | | | | | *энергети*  *ческая ценность* | | *Витамины (мг)* | | | | | | | | | | | | | | | | | | | | *Минеральные вещества (в мг)* | | | | | | | | | | | | | | | | | | | | | |
|  |  | | | |  | | | | | | **белки** | | | | | | жиры | | | | **углеводы** | | | | | | | | |  | | **В1** | | | **С** | | | | | **А** | | | | | **Е** | | | | | **Са** | | | | | | | | **Р** | | | | | **Мд** | | | | | | **Fe** | | | | |
|  | **3ДЕНЬ** | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
|  | **ЗАВТРАК** | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
| **168**  под ред.Моггильного 2010 | **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  под ред.Моггильного 2011 | **Чайссахаром** | | | | **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** | | | | |
|  | **Фрукты(апельсин)** | | | | **200,0** | | | | | | **0,9** | | | | | | **0,2** | | | | **8,1** | | | | | | | | | **86,0** | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
|  | **ИТОГО:** | | | |  | | | | | | **12,9** | | | | | | **10,0** | | | | **81,3** | | | | | | | | | **477,1** | | 0,3 | | | 0,8 | | | | | **44,4** | | | | | **1,9** | | | | | **189,1** | | | | | | | | **247,7** | | | | | **64,2** | | | | | | **2,5** | | | | |
|  | **ОБЕД** | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
| **243**  под ред.Моггильного 2007 | **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**  Сборник №593 2004 г | **Соус томатный** | | | | | **50,0** | | | | | **0,5** | | | | | | **2,3** | | | | **3** | | | | | | | | | **35** | | **0,02** | | | **1** | | | | |  | | | | |  | | | | | **2,5** | | | | | | | |  | | | | | **3,5** | | | | | | **0,15** | | | | |
| **302**  под ред.Моггильного 2011 | **Гречка отварная рассыпчатая** | | | | **150,0** | | | | | | **8,62** | | | | | | **6,09** | | | | **38,64** | | | | | | | | | **243,75** | |  | | |  | | | | | **1,15** | | | | | **2,56** | | | | | **14,7** | | | | | | | | **22,15** | | | | | **1,9** | | | | | | **1,6** | | | | |
| 376  под ред.Моггильного 2011 | **Чайссахаром** | | | | **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:** | | | |  | | | | | | **22,61** | | | | | | **31,63** | | | | **87,64** | | | | | | | | | **695,9** | | **0,02** | | | **1** | | | | | **1,23** | | | | | 3,95 | | | | | **44,44** | | | | | | | | **209,94** | | | | | **40,71** | | | | | | **5,,09** | | | | |
|  | **ВСЕГО 2 РАЗОВОЕ** | | | |  | | | | | | **35,51** | | | | | | **41,63** | | | | **168,94** | | | | | | | | | **1173,0** | | **0,32** | | | **1,8** | | | | | **45,63** | | | | | **5,85** | | | | | **233,54** | | | | | | | | **457,64** | | | | | **104,91** | | | | | | **7,59** | | | | |
|  |  | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
|  |  | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
|  |  | | | |  | | | | | |  | | | | | |  | | | |  | | | | | | | | |  | |  | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | | |
| *№*  *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  под ред.Моггильного 2010 | | | **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  под ред.Моггильного 2011 | | | **Чайссахаром** | | | | **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** | | | | |
|  | | | **Йогурт сливочный** | | | | **100,0** | | | | | | **2,4** | | | | | **5** | | | | | **16** | | | **120** | | | | | 0,04 | | | | | | 0,6 | | | | | 22 | | | | |  | | | | | | | **122** | | | | | 96 | | | | | **15** | | | | **0,1** | | | | |
|  | | | **ИТОГО:** | | | |  | | | | | | **11,9** | | | | | **10,9** | | | | | **80,2** | | | **430,1** | | | | | **0,14** | | | | | | **1,5** | | | | | **53** | | | | | **0,7** | | | | | | | **327,4** | | | | | **305,4** | | | | | **60,9** | | | | **1,6** | | | | |
|  | | | **ОБЕД** | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | | •V | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
| 206  Автор А.И Здобнов | | | **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  под ред. Моггильного 2011 | | | **Чайссахаром** | | | | **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** | | | | |  | | | | | **1,2** | | | | | | | **57,88** | | | | | **137,58** | | | | | **55,1** | | | | **3,63** | | | | |
|  | | | **ВСЕГО 2 РАЗОВОЕ** | | | |  | | | | | | **22,19** | | | | | **16,58** | | | | | **140,73** | | | **734,85** | | | | | **0,37** | | | | | | **7,31** | | | | | **53** | | | | | **1,9** | | | | | | | **385,28** | | | | | **442,98** | | | | | **116** | | | | **5,23** | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
|  | | |  | | | |  | | | | | |  | | | | |  | | | | |  | | |  | | | | |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | |  | | | | |
| *№*  *рецеп*  *та* | | | | *Приемпищи, наименованиеблюда* | | | | | | *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** | | |
|  | | | | **5 ДЕНЬ** | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | | **ЗАВТРАК** | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
| 175  под ред.Моггильного 2011 | | | | **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  под ред.Моггильного 2011 | | | | **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** | | | | | | **1,5** | | | | **1,95** | | | | | **14,9** | | | | **166,8** | | | | | **0,09** | | | | |  | | | | |  | | | | |  | | | | | | **6** | | | | | |  | | | | | **5** | | | | | **0,45** | | |
|  | | | | **Сок фруктовый** | | | | | | **200,0** | | | | | | **0,2** | | | |  | | | | | **24** | | | | **90,0** | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | | **ИТОГО:** | | | | | |  | | | | | | **10,94** | | | | **14,85** | | | | | **128,06** | | | | **762,9** | | | | | **0,3** | | | | | **2,14** | | | | |  | | | | | **0,6** | | | | | | **171,2** | | | | | | **28,8** | | | | | **59,2** | | | | | **2,18** | | |
|  | | | | **ОБЕД** | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
| **304**  под ред.Моггильного 2010 | | | | **Плов из птицы** | | | | | | **160,0/30** | | | | | | **25,38** | | | | **21,25** | | | | | **44,61** | | | | **471,25** | | | | | **0,08** | | | | | **1,26** | | | | | **60,0** | | | | |  | | | | | | **56,38** | | | | | | **249,13** | | | | | **59,38** | | | | | **2,74** | | |
| 376  под ред.Моггильного 2011 | | | | **Чайссахаром** | | | | | | **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** | | | | | |  | | | | | | **41,12** | | | | **36,5** | | | | | **216,87** | | | | **1404,15** | | | | | **0,38** | | | | | **3,4** | | | | | **60,0** | | | | | **1,8** | | | | | | **247,38** | | | | | | **328,33** | | | | | **138,38** | | | | | **6,52** | | |
|  | | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |
|  | | | |  | | | | | |  | | | | | |  | | | |  | | | | |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *На*  *рецеп та* | *Приемпищи, наименованиеблюда* | | *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  под ред.Моггильного 20010 | **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**  под ред.Моггильного 2011 | **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  под ред.Моггильного 2011 | **Чайссахаром** | | | **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** | |
|  | **Сок фруктовый** | | | **200,0** | | | **0,2** | |  | | **24** | | **90,0** | |  | |  | |  | |  | | |  | |  | |  |  | |
|  | **ИТОГО:** | | |  | | | **16,99** | | **27,24** | | **90,9** | | **640,45** | | **0,1** | |  | | **17,78** | | **1,99** | | | **29,84** | | **204,49** | | **33,01** | **3,74** | |
|  | **ОБЕД** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
| **67**  под ред.Моггильного 2010 | **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  под ред.Моггильного 2011 | **Чайссахаром** | | | **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** | | |  | | | **23,69** | | **33,24** | | **144,2** | | **905,15** | | **0,1** | | **12,3** | | **225,28** | | **5,69** | | | **90,74** | | **297,79** | | **74,61** | **6,44** | |
|  |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
|  |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
|  |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
|  |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  | |  |  | |
| *№*  *рецеп*  *та* | | *Приемпищи, наименованиеблюда* | | | *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**  под ред.Моггильного 2010 | | **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  под ред.Моггильного 2011 | | **Чайссахаром** | | | **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** |
|  | | **Фрукты (яблоки)** | | | **200,0** | | | **0,4** | | **0,4** | | **9,8** | | **94,0** | |  | |  | |  | |  |  | |  | |  | | |  |
|  | | **ИТОГО:** | | |  | | | **12,4** | | **10,2** | | **83,0** | | **485,1** | | **0,3** | | **0,8** | | **44,4** | | **1,9** | **189,1** | | **247,7** | | **64,2** | | | **2,5** |
|  | | **ОБЕД** | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
| **277**  под ред.Моггильного 2010 | | **Гуляш из отварного мяса** | | | **65/30** | | | **19,8** | | **19,2** | | **4,5** | | **270,3** | | **0,1** | | **1,1** | | **215,9** | | **0,8** | **20,8** | | **195,6** | | **29,3** | | | **2,8** |
| **13**  под ред.лапшиной 2004 | | **Каша гороховая** | | | **160,0** | | | **11,55** | | **3,14** | | **25,43** | | **178,27** | |  | |  | |  | |  |  | |  | |  | | |  |
| 376  под ред.Моггильного 2011 | | **Чайссахаром** | | | **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:** | | |  | | | **36,15** | | **22,74** | | **74,13** | | **618,57** | | **0,1** | | **1,1** | | **215,9** | | **2** | **40,7** | | **246** | | **49,1** | | | **4,4** |
|  | | **ВСЕГО 2 РАЗОВОЕ** | | |  | | | **48,55** | | **32,94** | | **157,13** | | **1103,67** | | **0,4** | | **1,9** | | **260,3** | | **3,9** | **229,8** | | **493,7** | | **113,3** | | | **6,9** |
|  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
|  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
|  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
|  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |
|  | |  | | |  | | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | |  | | |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *№*  *рецеп*  *та* | *Приемпищи, наименованиеблюда* | | *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  под ред.Моггильного 2011 | **Чайссахаром** | | **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** | | |
|  | **Сок фруктовый** | | **200,0** | | | **0,2** | |  | | **24** | | **90,0** | |  | |  | |  | |  | |  | |  |  | |  | | |
|  | **ИТОГО:** | |  | | | **8,01** | | **13,99** | | **95,67** | | **500,43** | | **0,06** | | **2,26** | |  | | **0,6** | | **31,28** | | **76,5** | **24,85** | | **2,06** | | |
|  | **ОБЕД** | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
| **210**  под ред.А.И здобнов 2005 | **Суп рисовый на курином бульоне** | | **250,0/20** | | | **6,18** | | **3,30** | | **14,65** | | **113,00** | | **0,11** | | **8,33** | |  | |  | | **24,98** | | **96,93** | **29,45** | | **1,24** | | |
| 376  под ред.Моггильного 2011 | **Чайссахаром** | | **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** | |  | | | **18,99** | | **17,69** | | **154,52** | | **783,43** | | **0,17** | | **10,59** | |  | | **1,8** | | **76,06** | | **223,83** | **74,1** | | **4,9** | | |
|  |  | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
|  |  | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
|  |  | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
|  |  | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
|  | **\*** | |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |  | | |
| *рецеп*  *та* | | *Приемпищи, наименованиеблюда* | | *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**  под ред.Моггильного 2010 | | **Каша молочная манная с маслом** | | **200/5** | **2,18** | | **3,89** | | **21,44** | | **134** | | **0,04** | |  | |  | |  | | **8** | | **0,32** | | |  | |  |
| 376  под ред.Моггильного 2011 | | **Чайссахаром** | | **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** |
|  | | **Сок фруктовый** | | **200,0** | **0,2** | |  | | **24** | | **90,0** | |  | |  | |  | |  | |  | |  | | |  | |  |
|  | | **ИТОГО:** | |  | **4,88** | | **4,09** | | **74,54** | | **323,00** | | **0,04** | |  | |  | | **0,6** | | **20,9** | | **25,52** | | | **9,9** | | **1,0** |
|  | | **ОБЕД** | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |
| **277**  под ред.Моггильного 2010 | | **Гуляш из отварного мяса** | | **65/30** | **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  под ред.Моггильного 2010 | | **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  под ред.Моггильного 2011 | | **Чай с сахаром** | | **200,0** | **0,2** | |  | | **14,0** | |  | |  | |  | |  | |  | | **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** | | **616,6** | | **0,2** | | **1,1** | | **233,6** | | **3,2** | | **50,1** | | **287,9** | | | **56,7** | | **5,4** |
|  | | **ВСЕГО 2 РАЗОВОЕ** | |  | **35,08** | | **27,89** | | **159,24** | | **939,6** | | **0,24** | | **1,1** | | **233,6** | | **3,8** | | **71** | | **313,42** | | | **66,6** | | **6,4** |
|  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |
|  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |
|  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |
|  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |
|  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  | |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *№*  *рецеп*  *та* | *Приемпищи, наименованиеблюда* | | *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  под ред.Моггильного 2010 | | **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  под ред.Моггильного 2011 | | **Чайссахаром** | **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** |
|  | | **Фрукты (апельсин)** | **200,0** | **0,9** | | **0,2** | **8,1** | **86,0** |  |  |  |  |  |  |  |  |
|  | | **ИТОГО:** |  | **14,1** | | **14,5** | **95** | **574,3** | **0,2** | **0,9** | **29,6** | **0,6** | **211,0** | **264,2** | **53,2** | **3,0** |
|  | | **ОБЕД** |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| **67**  под ред.Моггильного 2010 | | **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  под ред.Моггильного 2011 | | **Чайссахаром** | **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** |  | **20,8** | | **20,5** | **148,3** | **839,0** | **0,2** | **13,2** | **237,1** | **4,3** | **271,9** | **357,5** | **94,8** | **5,7** |
|  | |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |
|  | |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |
|  | |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |
|  | |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |