

Примерное десятидневное меню

питания для обучающихся 1-4 классов

общеобразовательных учреждений Болховского района

на осенне-зимний период

на 2020-2021 учебный год

День: первый

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | | | Масса порции | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | |
| белки | | | жиры | | углеводы | | | В1 | С | А | Е | Са | Р | Mg | Fe |
| 1 | | | 2 | | | | 3 | | 4 | | | 5 | | 6 | | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| ДЕНЬ 1 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | |
| 302 | | Омлет с зеленым горошком | | | | | 150 | | | 8.9 | | | 10.5 | | | 4.8 | 150 | 0.07 | 1.6 | 0.15 | 0.4 | 100 | 30 | 19.5 | 1.6 |
| 496 | | Какао с молоком | | | | | 200 | | | 3.6 | | | 3.3 | | | 25.0 | 144 | 0.04 | 1.3 | 0.02 | 0.0 | 124 | 62,03 | 27 | 0.8 |
| 112 | | Яблоко | | | | | 100 | | | 0.4 | | | 0.4 | | | 9.8 | 47 | 0.03 | 10.0 | 0.00 | 0.2 | 16 | 11 | 9 | 2.2 |
| 91 | | Бутерброд с сыром и маслом сливочным | | | | | 15/15/5 | | | 5.0 | | | 8.1 | | | 7.4 | 123 | 0.02 | 0.1 | 0.06 | 0.3 | 137 | 99 | 10 | 0.3 |
| 108 | | | | Хлеб пшеничный | | | 30 | | 2.3 | | | 0.24 | | | | 14.8 | 70 | 0.03 | 0.0 | 0.00 | 0.33 | 6 | 19.5 | 4.2 | 0.33 |
| 109 | | Хлеб ржаной | | | | 30 | | | | | 2.0 | | 0.4 | | | 10.0 | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | 14 | 1.17 |
| Итого: | | | | | |  | | | | | 22.2 | | 22.94 | | | 71.8 | 586 | 0.24 | 13.0 | 0.23 | 1.63 | 377.66 | 316.9 | 83.7 | 6.4 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | |
| 107 | | | | Огурец соленый | | | 100 | | 0.8 | | | 0.1 | | 1.7 | | 13 | 0.02 | 5.0 | 0.00 | 0.1 | 23 | 24 | 14 | 0.6 |
| 144 | | | | | Суп картофельный с бобовыми (горох) на м/к/б. | | | 250 | | 6.3 | | | 14.25 | | 15.21 | | 108 | 0.19 | 8.67 | 0.04 | 0.22 | 19 | 65.75 | 25.5 | 0.92 |
| 414 | | | | | Рис отварной | | | 150 | | 3.7 | | | 6.07 | | 33.8 | | 204.6 | 0.03 | 0.0 | 0.04 | 0.28 | 5.1 | 70.8 | 22.8 | 0.52 |
| 412 | | | | | Котлета куриная | | | 80 | | 11.9 | | | 8.5 | | 7.41 | | 150.5 | 0.08 | 0.7 | 0.04 | 0.34 | 29.6 | 75.2 | 14.8 | 0.9 |
| 207  э/р | | | | | Напиток лимонный | | | 200 | | 0.1 | | | 0.0 | | 18.9 | | 73 | - | 2.32 | - | - | 3.44 | - | - | 0.08 |
| 109 | | | | | Хлеб ржаной | | | 50 | | 3.3 | | | 0.6 | | 16.7 | | 87 | 0.09 | 0.0 | 0.00 | 0.7 | 17.5 | 79 | 23.5 | 1.95 |
| 108 | | | | | Хлеб пшеничный | | | 60 | | 4.56 | | | 0.48 | | 29.52 | | 141 | 0.06 | 0.0 | 0.00 | 0.66 | 12 | 39 | 8.4 | 0.66 |
| Итого: | | | | | | | |  | | 30.66 | | | 30.0 | | 123.24 | | 777.1 | 0.47 | 16.69 | 0.12 | 2.3 | 109.64 | 353.75 | 109 | 5.63 |
| полдник | | | | | | | | | | | | | | | | | | | | | | | | | |
| 508 | | | | | Компот из смеси сухофруктов | | | 200 | | 0.5 | | | 0.0 | | 27.0 | | 110 | 0.01 | 0.5 | 0.00 | 0.0 | 28 | 19 | 7 | 1.5 |
| 529 | | | | | Блинчики с маслом слив. | | | 100/5 | | 19,04 | | | 21,6 | | 38,0 | | 269 | 0.08 | 1,4 | 0.06 | 1,6 | 69.0 | 72.0 | 11.39 | 0.47 |
| Итого: | | | | | | | |  | | 19,54 | | | 21,6 | | 65,0 | | 379 | 0.09 | 1.2 | 0.06 | 1,6 | 97.0 | 91.0 | 18.39 | 1.97 |
| Всего за день: | | | | | | | |  | | 72,4 | | | 74,54 | | 260,04 | | 1742,1 | 0.8 | 31,59 | 0.41 | 5,53 | 584.3 | 713,68 | 211.09 | 14.0 |

День: второй

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | | Масса порции | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | |
| белки | | | | жиры | | | углеводы | В1 | С | | | | А | | | Е | | | Са | | | Р | Mg | | Fe |
| 1 | | 2 | | | 3 | | | 4 | | | | 5 | | | 6 | 7 | | | | 8 | 9 | | | | 10 | | | 11 | | | 12 | | | 13 | 14 | | 15 |
| ДЕНЬ 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 266 | | Каша молочная из хлопьев овсяных «Геркулес» жидкая | | | 150 | | 14.7 | | | | | 10.8 | | | 27.0 | | 214 | | 0.16 | | 1.44 | | | | 0.05 | | | 0.5 | | | 147 | | | 193 | 52 | | 1.2 |
| 493 | | Чай с сахаром | | | 200 | | 0.1 | | | | | 0.0 | | | 15.0 | | 60 | | 0.00 | | 0.0 | | | | 0.0 | | | 0.0 | | | 11 | | | 3 | 1 | | 0.3 |
| 112 | | Груша | | | 100 | | 0.4 | | | | | 0.3 | | | 10.3 | | 47 | | 0.02 | | 5.0 | | | | 0.00 | | | 0.4 | | | 1.9 | | | 16 | 12 | | 2.3 |
| 108;105 | | Бутерброд с маслом сливочным | | | 20/10 | | 1.57 | | | | | 8.4 | | | 9.92 | | 122 | | 0.02 | | 0.0 | | | | 0.06 | | | 0.32 | | | 5.2 | | | 14.9 | 2.8 | | 0.24 |
| 108 | | Хлеб пшеничный | | 30 | | 2.3 | | | | 0.24 | | | | 14.8 | | | 70 | | 0.03 | | | 0.0 | | 0.00 | | | 0.33 | | | 6 | | | 19.5 | | | 4.2 | 0.33 |
| 109 | Хлеб ржаной | | | 30 | | | 2.0 | | | | 0.4 | | | 10.0 | | | 52 | | 0.05 | | | 0.0 | | 0.00 | | | 0.4 | | | 10.5 | | | 47.4 | | | 14 | 1.17 |
| Итого: | | | |  | | | 21.07 | | | | 20.14 | | | 87.02 | | | 565 | | 0.28 | | | 6.44 | | 0.11 | | | 1.95 | | | 181.6 | | | 293.8 | | | 86 | 5.54 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | Салат из белокочанной капусты с морковью | 100 | | | | 1.6 | | 10.1 | | | | 9.6 | | | | 136 | 0.04 | | | | 27.8 | 0.00 | | | 4.5 | | | 44 | | | 32 | | | | 17 | 0.6 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 134 | Рассольник ленинградский на м/к/б | 250 | 2.0 | 5.2 | 16.2 | 121.25 | 0.09 | 7.7 | 0.00 | 2.3 | 15.5 | 63 | 26.2 | 0.9 |

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| 429 | | Картофельное пюре | | | 150 | | 3.15 | | 6.6 | | 16.3 | 138 | | 0.13 | 5.1 | | | 0.04 | | 0.15 | | 39 | | 85.5 | 28.5 | | | 1.05 |
| 343 | | Рыба, тушенная в томате с овощами | | | 140 | | 13.3 | | 7.2 | | 6.3 | 143 | | 0.09 | 4.7 | | | 0.01 | | 4.2 | | 35 | | 155,03 | 39 | | | 0.8 |
| 510 | | Компот из апельсинов с яблоками и вит. С | | | 200 | | 0.5 | | 0.2 | | 22.2 | 93 | | 0.03 | 11.6 | | | 0.0 | | 0.1 | | 19 | | 12 | 8 | | | 0.8 |
| 109 | | Хлеб ржаной | | | 50 | | 3.3 | | 0.6 | | 16.7 | 87 | | 0.09 | 0.0 | | | 0.00 | | 0.7 | | 17.5 | | 79 | 23.5 | | | 1.95 |
| 108 | | Хлеб пшеничный | | | 60 | | 4.56 | | 0.48 | | 29.52 | 141 | | 0.06 | 0.0 | | | 0.00 | | 0.66 | | 12 | | 39 | 8.4 | | | 0.66 |
| Итого: | | | | |  | | 28.41 | | 30.38 | | 116.82 | 859.25 | | 0.53 | 56.9 | | | 0.05 | | 12.61 | | 182 | | 513.5 | 150.6 | | | 6.76 |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 516 | | Кефир | 200 | | 5, 80 | | 5 ,00 | | 8,00 | | | 106,00 | 0,08 | | 0,34 | 1,40 | | 40,0 | | 240,00 | | 180,00 | | | 28 , 00 | 0,20 | | |
| 590 | | Печенье | 90 | | 6,75 | | 8,82 | | 66,96 | | | 405 | 0,06 | | 0.0 | 0.009 | | 3,15 | | 8.7 | | 27 | | | 6.0 | 0.6 | | |
| Итого: | | |  | | 12,55 | | 13,82 | | 74,96 | | | 231.1 | 0.14 | | 0.34 | 1.409 | | 43,15 | | 248.7 | | 207 | | | 34 | 0.8 | | |
| Всего: | | |  | | 62,03 | | 64,34 | | 278,8 | | | 1935,25 | 0.95 | | 63.68 | 1.569 | | 57,71 | | 612.3 | | 966,33 | | | 270.6 | 13.1 | | |

День: третий

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | | Fe | |
| 1 | | 2 | | 3 | | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | |
| ДЕНЬ 3 | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | |
| 325 | | Вареники ленивые с маслом сливочным | | 150 | | 10.14 | | 14.47 | | 20.26 | 311.25 | 0.06 | 0.3 | 0.14 | 0.7 | 133.2 | 165,78 | | 22.8 | 0.7 | |
| 501 | Кофейный напиток с молоком | | 200 | | 3.2 | | 2.7 | | 15.9 | | 79 | 0.04 | 1.3 | 0.02 | 0.0 | 126 | 90 | | 14 | 0.1 | |
| 112 | Апельсин | | 100 | | 0.9 | | 0.2 | | 8.1 | | 43 | 0.04 | 60 | 0.00 | 0.2 | 34 | 23 | | 13 | 0.3 | |
| 108 | Хлеб пшеничный | | 30 | | 2.3 | | 0.24 | | 14.8 | | 70 | 0.03 | 0.0 | 0.00 | 0.33 | 6 | 19.5 | | 4.2 | 0.33 | |
| 109 | Хлеб ржаной | | 30 | | 2.0 | | 0.4 | | 10.0 | | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | | 14 | 1.17 | |
|  |  | |  | | 18.54 | | 18.01 | | 69.06 | | 476.25 | 0.22 | 61.6 | 0.16 | 1.63 | 311.3 | 393.65 | | 68 | 2.6 | |
| Обед | | | | | | | | | | | | | | | | | | | | |

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| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 142 | | Щи из свежей капусты с картофелем на м/к/б. | 250 | 1.75 | 4.97 | 10.0 | | 83 | 0.06 | | | 18.47 | | 0.00 | 2.37 | | 34 | | 47.5 | | 22.25 | 0.8 | |
| 237 | | Каша гречневая рассыпчатая | 150 | 8.5 | 7.8 | 47.08 | | 253 | 0.2 | | | 0.0 | | 0.04 | 0.6 | | 14.2 | | 202.6 | | 135.3 | 4.5 | |
| 367 | | Гуляш из отварной говядины | 100 | 17.0 | 12.2 | 13.4 | | 246 | 0.06 | | | 1.0 | | 0.03 | 0.6 | | 14 | | 178 | | 25 | 2.6 | |
| 493 | | Чай с лимоном | 200 | 0.1 | 0.0 | 15.2 | | 61 | 0.00 | | | 2.8 | | 0.0 | 0.0 | | 14.2 | | 4 | | 2 | 0.4 | |
| 109 | | Хлеб ржаной | 50 | 3.3 | 0.6 | 16.7 | | 87 | 0.09 | | | 0.0 | | 0.00 | 0.7 | | 17.5 | | 79 | | 23.5 | 1.95 | |
| 108 | | Хлеб пшеничный | 20 | 1.5 | 0.16 | 10.0 | | 46 | 0.02 | | | 0.0 | | 0.00 | 0.21 | | 4.0 | | 12.9 | | 2.8 | 0.21 | |
| Итого: | | |  | 33.65 | 31.23 | 120.78 | | 865 | 0.45 | | | 27.97 | | 0.07 | 6.78 | | 130.9 | | 562 | | 229.85 | 11.76 | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | |
| 515 | | Молоко кипяченое | 200 | 5,80 | 5,00 | 9,60 | | 108,00 | 0,08 | | | 0,30 | | 2,60 | 40,0 | | | 240,00 | | 180,0 | 28,00 | 0,20 | |
| 589 | | Пряник | 105 | 6,18 | 4,8 | 78,6 | | 429 | 0.09 | | | 0.0 | | 0.00 | 2,52 | | | 10.15 | | 31.5 | 7.0 | 0.7 | |
| Итого: | |  | 11,98 | 9,8 | 88,2 | 537 | | | 0.17 | 0.3 | | 2.6 | | | 42,52 | | 250.15 | | 211.5 | 35.0 | 0.9 |
| Всего: | |  | 64,17 | 59,04 | 278,04 | 1878,2 | | | 0.84 | 89.87 | | 2.83 | | | 50,57 | | 692.39 | | 1119,18 | 332.85 | 15.26 |

День: четвертый

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | | | | | | Пищевые вещества | | | | | | | | | Энергетическая ценность (ккал) | | | | Витамины (мг) | | | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | |
| белки | жиры | | | | углеводы | | | | В1 | | | | С | | | | | А | | | | Е | | | | | Са | | | | | Р | | | Mg | | | Fe | | | |
| 1 | | | 2 | | 3 | | | | | | 4 | 5 | | | | 6 | | | | 7 | | | | 8 | | | | 9 | | | | | 10 | | | | 11 | | | | | 12 | | | | | 13 | | | 14 | | | 15 | | | |
| ДЕНЬ 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 262 | | | | Каша манная молочная жидкая | | 150 | | 5.6 | | | | | 8.15 | | | | 23.1 | | | | 161.55 | | | | 0.06 | | | | 1.0 | | | | | | 0.04 | | | | 0.4 | | | | 100 | | | | 91 | | | 15.1 | | | 0.3 | | |
| 504 | | Кисель из варенья | | | | 200 | | | | 0.1 | | | | 0.0 | | 38.3 | | | | 154 | | | | | | 0.00 | | | | 0.1 | | | 0.00 | | | | | | | | 0.0 | | | 8 | | | | 8 | | | 2 | | | 0.5 | | | |
| 91 | | Бутерброд с сыром и маслом сливочным | | | | 15/15/5 | | | | 5.0 | | | | 8.1 | | 7.4 | | | | 123 | | | | | | 0.02 | | | | 0.1 | | | 0.06 | | | | | | | | 0.3 | | | 137 | | | | 99 | | | 10 | | | 0.3 | | | |
| 300 | | Яйца вареные | | | | 40(1ш) | | | | 5.1 | | | | 4.6 | | 0.3 | | | | 63 | | | | | | 0.03 | | | | 0.0 | | | 0.10 | | | | | | | | 0.2 | | | 22 | | | | 77 | | | 5 | | | 1.0 | | | |
| 108 | | Хлеб пшеничный | | | | 20 | | | | 1.5 | | | | 0.16 | | 10.0 | | | | 46 | | | | | | 0.02 | | | | 0.0 | | | 0.00 | | | | | | | | 0.21 | | | 4.0 | | | | 12.9 | | | 2.8 | | | 0.21 | | | |
| 109 | | Хлеб ржаной | | | | 30 | | | | 2.0 | | | | 0.4 | | 10.0 | | | | 52 | | | | | | 0.05 | | | | 0.0 | | | 0.00 | | | | | | | | 0.4 | | | 10.5 | | | | 47.4 | | | 14 | | | 1.17 | | | |
|  | |  | | | |  | | | | 19.3 | | | | 21.41 | | 89.1 | | | | 599.55 | | | | | | 0.18 | | | | 1.2 | | | 0.2 | | | | | | | | 1.51 | | | 283 | | | | 335.3 | | | 48.9 | | | 3.48 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 107;48 | | | Салат из огурцов соленых с луком | | 100 | | | 0.77 | | | | 10.09 | | | | 2.28 | | | | 104.6 | | | | 0.02 | | | | 3.7 | | | | | | 0.00 | | | | 4.47 | | | | 17.2 | | | | 18.2 | | | 10.5 | | | 0.5 | | |
| 131 | | | Свекольник на м/к/б со сметаной | | 250 | | | 2.17 | | | | 4.45 | | | | 12.02 | | | | 97 | | | | 0.06 | | | | 9.17 | | | | | | 0.04 | | | | 0.25 | | | | 37.75 | | | | 69.25 | | | 31 | | | 1.52 | | |
| 406 | | | Плов из отварной птицы | | 180 | | | 16.8 | | | | 13.7 | | | | 32.6 | | | | 308.7 | | | | 0.02 | | | | 1.1 | | | | | | 0.008 | | | | 4.6 | | | | 28.3 | | | | 66,43 | | | 26.7 | | | 1.1 | | |
| 508 | | | Компот из смеси сухофруктовс вит. С | | 200 | | | 0.5 | | | | 0.0 | | | | 27.0 | | | | 110 | | | | 0.01 | | | | 0.5 | | | | | | 0.00 | | | | 0.0 | | | | 28 | | | | 19 | | | 7 | | | 1.5 | | |
| 109 | | | Хлеб ржаной | | 50 | | | 3.3 | | | | 0.6 | | | | 16.7 | | | | 87 | | | | 0.09 | | | | 0.0 | | | | | | 0.00 | | | | 0.7 | | | | 17.5 | | | | 79 | | | 23.5 | | | 1.95 | | |
| 108 | | | Хлеб пшеничный | | 60 | | | 4.56 | | | | 0.48 | | | | 29.52 | | | | 141 | | | | 0.06 | | | | 0.0 | | | | | | 0.00 | | | | 0.66 | | | | 12 | | | | 39 | | | 8.4 | | | 0.66 | | |
|  | | |  | |  | | | 28.1 | | | | 29.32 | | | | 120.12 | | | | 848.3 | | | | 0.26 | | | | 14.47 | | | | | | 0.048 | | | | 10.68 | | | | 140.75 | | | | 342.45 | | | 107.1 | | | 114.23 | | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 501 | | | | Коф. нап. с молоком | | | 200 | | | 3.2 | | | | 2.7 | | | | 15.9 | | | | 79 | | | | 0.04 | | | | | 1.3 | | | | | 0.02 | | | | 0.0 | | | | | 126 | | | 90 | | | 14 | | | | 0.1 |
| 566 | | | | Булочка молочная | | | 10 | | | 9,6 | | | | 14.0 | | | | 56,2 | | | | 284 | | | | 0.14 | | | | | 0.2 | | | | | 0.00 | | | | 1,2 | | | | | 30 | | | 47 | | | 9 | | | | 0.5 |
| Итого: | | | | | | |  | | | 11,8 | | | | | 26,7 | | | | 72,1 | | | | 363 | | | | 0.18 | | | | | 1.5 | | 0.02 | | | | 1,2 | | | | | | | | 156 | | | 137 | | | 23 | 0.6 | | |
| Всего: | | | | | | |  | | | 60,2 | | | | | 67,43 | | | | 281,32 | | | | 1808,85 | | | | 0.62 | | | | | 17.17 | | 0.268 | | | | 13,39 | | | | | | | | 579.75 | | | 766,78 | | | 179 | 118.31 | | |

День: пятый

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | | | Масса порции | | Пищевые вещества | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | | |
| белки | | | жиры | | | | углеводы | | | В1 | | | С | | | | | | А | | Е | | | | | Са | | | | | Р | | | Mg | | | | | Fe | | |
| 1 | | | 2 | | | | 3 | | 4 | | | 5 | | | | 6 | | | 7 | | | 8 | | | 9 | | | | | | 10 | | 11 | | | | | 12 | | | | | 13 | | | 14 | | | | | 15 | | |
| ДЕНЬ 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 268 | Каша рисовая молочная жидкая | | | | | | 150 | | | 4.1 | | | | 6.4 | | | 24.3 | | | 168.75 | | | 0.04 | | | 1.1 | | | | 0.04 | | | | | 0.13 | | | | 107.5 | | | | | 113.8 | | | 23.7 | | | | | 0.33 | | |
| 496 | | Какао с молоком | | | 200 | | | | | 3.6 | | | | 3.3 | | | 25.0 | | 144 | | | 0.04 | | | 1.3 | | | | 0.02 | | | | | 0.0 | | | | 124 | | | | | 62,03 | | | | 27 | | | | 0.8 | | |
| 112 | Банан | | | | | | 100 | | | 1.5 | | | | 0.5 | | | 21 | | 96 | | | 0.04 | | 10.0 | | | | 0.00 | | | | | | 0.4 | | 8 | | | | | 28 | | | | | | 42 | | | 0.6 | | |
| 108 | Хлеб пшеничный с колбасой вареной отварной | | | | | 40/36 | | | | 14.7 | | | 15.0 | | | | 19.68 | | 170 | | | 0.59 | | 0..0 | | | | 0.00 | | | | | | 0.5 | | | 19.16 | | | | | 79.6 | | | | | 12.08 | | | | 1.0 | | |
| 109 | Хлеб ржаной | | | | | 20 | | | | 1.3 | | | 0.3 | | | | 6.6 | | 34 | | | 0.03 | | 0.0 | | | | 0.00 | | | | | | 0.3 | | | 7.0 | | | | | 31.3 | | | | | 9 | | | | 0.8 | | |
|  | | | | | |  | | | | 25.2 | | | 25.5 | | | | 96.58 | | 612.75 | | | 0.74 | | 12.4 | | | | 0.06 | | | | | | 1.33 | | | 265.66 | | | | | 362.7 | | | | | 113.78 | | | | 3.53 | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | | Салат картофельный с солеными огурцами и зеленым горошком | | | | 100 | | | 1.8 | | | | 6.2 | | | 8.9 | | | 99 | | 0.07 | | | | 10.1 | | | | | 0.00 | | | 2.8 | | | | | 16 | | | | | 46 | | | 18 | 0.7 | | | |
| 128 | | | | Борщ из свежей капусты на м/к/б | | | | 250 | | | 1.82 | | | | 13 | | | 10.65 | | | 95 | | 0.05 | | | | 10.3 | | | | | 0.00 | | | 2.4 | | | | | 34.5 | | | | | 53 | | | 26.25 | 1.2 | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 291 | Макаронные изд. отв. | 150 | 5.65 | 0.67 | 29.04 | 144.9 | 0.06 | 0.01 | 0.00 | 0.79 | 5.7 | 35.7 | 8.1 | 0.78 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 333 | | Рыба жареная | | | 80 | | 11.6 | | | 7.6 | | 3.7 | | | | 125.6 | | 0.11 | | 0.64 | | | 0.016 | | | 3.5 | | | | 39.2 | | | 157.6 | | 29.6 | | | | 0.64 | | |
| 207  э/р | Напиток лимонный | | | 200 | | 0.1 | | 0 | | | 18.9 | | | 73 | | | - | | 2.32 | | | | | - | | | - | | 3.44 | | | - | | | | - | | 0.08 | | |
| 109 | Хлеб ржаной | | | 50 | | 3.3 | | 0.6 | | | 16.7 | | | 87 | | | 0.09 | | 0.0 | | | | | 0.00 | | | 0.7 | | 17.5 | | | 79 | | | | 23.5 | | 1.95 | | |
| 108 | Хлеб пшеничный | | | 60 | | 4.56 | | 0.48 | | | 29.52 | | | 141 | | | 0.06 | | 0.0 | | | | | 0.00 | | | 0.66 | | 12 | | | 39 | | | | 8.4 | | 0.66 | | |
|  |  | | |  | | 28.83 | | 28.55 | | | 117.41 | | | 765.5 | | | 0.44 | | 23.37 | | | | | 0.016 | | | 10.85 | | 128.34 | | | 410.3 | | | | 113.85 | | 6.01 | | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 518 | Сок | | | 200 | | 1.0 | | 0.2 | | | 0.2 | | | 96 | | | 0.02 | | 2.0 | | | 0.00 | | | 0.00 | | | 14.0 | | | 0.0 | | | 0.0 | | | 92 | | | |
| 590 | Печенье | | | 90 | | 6,75 | | 8,82 | | | 66,96 | | | 405 | | | 0,06 | | 0.0 | | | 0.009 | | | 3,15 | | | 8.7 | | | 27 | | | 6.0 | | | 0.6 | | | |
| Итого: | | | |  | | | 7,75 | | | 9,02 | | | | 67,16 | | 501 | | 0.08 | | | | 2.02 | 0.00 | | | 3,15 | | | 25.7 | | | 27.0 | | | 6.0 | | | 92.6 | | |
| Всего: | | | |  | | | 61,78 | | | 63,07 | | | | 281,15 | | 1879,25 | | 1.26 | | | | 37.79 | 0.076 | | | 15,33 | | | 419.7 | | | 779,03 | | | 1027.63 | | | 102.14 | | |

День: шестой

Сезон:осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | | | | Масса порции | | Пищевые вещества | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | |
| белки | | | жиры | | | углеводы | | | | В1 | | | С | | А | | | Е | | | Са | | | Р | | | Mg | | | | | | Fe | |
| 1 | | | | 2 | | | | | 3 | | 4 | | | 5 | | | 6 | | | | 7 | | | 8 | | | 9 | | 10 | | | 11 | | | 12 | | | 13 | | | 14 | | | | | | 15 | |
| ДЕНЬ 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 320 | | Сырники из творога запеченные | | | | | | 150 | | 14.0 | | 13.5 | | | | 31.0 | | 386 | | | | 0.09 | | | 0.4 | | | | 0.09 | 0.8 | | | | 205 | | | 260,03 | | | 32 | | | | | | 1.0 | | |
| 501 | | | Кофейный напиток с молоком | | | 200 | | | | 3.2 | | | 2.7 | | | 15.9 | | | 79 | | | 0.04 | | | | 1.3 | | | 0.02 | | 0.0 | | 126 | | | 90 | | | | | | 14 | | | | | | 0.1 |
| 112 | | | Мандарин | | | 100 | | | | 0.8 | | | 0.2 | | | 7.5 | | | 38 | | | 0.06 | | | | 38.0 | | | 0.00 | | 0.2 | | 35 | | | 17 | | | | | | 11 | | | | | | 0.1 |
| 108 | Хлеб пшеничный | | | | | | 20 | | | 1.5 | | 0.16 | | | | 10.0 | | 46 | | | | 0.02 | | | | 0.0 | | | 0.00 | | | 0.21 | 4.0 | | | 12.9 | | | | | | | 2.8 | | 0.21 | | | |
| 109 | Хлеб ржаной | | | | | | 20 | | | 1.3 | | 0.3 | | | | 6.6 | | 34 | | | | 0.03 | | | | 0.0 | | | 0.00 | | | 0.3 | 7.0 | | | 31.3 | | | | | | | 9 | | 0.8 | | | |
|  | | | | | | |  | | | 20.8 | | 16.86 | | | | 71.0 | | 583 | | | | 0.24 | | | | 39.7 | | | 0.11 | | | 1.51 | 377.0 | | | 459.2 | | | | | | | 68.8 | | 2.21 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 776 | | | | | Винегрет овощной | | | | 100 | 1.3 | | 10.8 | | | 6.8 | | | | 130 | | | 0.04 | | | | 8.4 | | 0.00 | | | 4.6 | | 23 | | | 40 | | | 18 | | | | | 0.8 | | | | |
| 111471471 | | | | | Суп картофельный с макаронными изд .на  м/к/б. | | | | 250 | 2.7 | | 2.85 | | | 28.8 | | | | 111.25 | | | 0.1 | | | | 8.25 | | 0.00 | | | 1.37 | | 15.25 | | | 63.5 | | | 24 | | | | | 0.95 | | | | |
| 3369693 | | | | | Жаркое по-домашнему | | | | 180 | 18..5 | | 17.6 | | | 15.5 | | | | 300 | | | 0.14 | | | | 6.5 | | 0.03 | | | 0.7 | | 30 | | | 229 | | | 48 | | | | | 2.9 | | | | |
| 551010 | | | | | Компот из апельсинов с яблоками с вит. С | | | | 200 | 0.5 | | 0.2 | | | 22.2 | | | | 93 | | | 0.03 | | | | 11.6 | | 0.0 | | | 0.1 | | 19 | | | 12 | | | 8 | | | | | 0.8 | | | | |
| 109109 | | | | | Хлеб ржаной | | | | 50 | 3.3 | | 0.6 | | | 16.7 | | | | 87 | | | 0.09 | | | | 0.0 | | 0.00 | | | 0.7 | | 17.5 | | | 79 | | | 23.5 | | | | | 1.95 | | | | |
| 108108 | | | | | Хлеб пшеничный | | | | 60 | 4.56 | | 0.48 | | | 29.52 | | | | 141 | | | 0.06 | | | | 0.0 | | 0.00 | | | 0.66 | | 12 | | | 39 | | | 8.4 | | | | | 0.66 | | | | |
|  | | | | |  | | | |  | 30.86 | | 33.53 | | | 119.52 | | | | 862.25 | | | 0.46 | | | | 34.75 | | 0.03 | | | 8.13 | | 116.75 | | | 462.5 | | | 129.9 | | | | | 8.06 | | | | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 508 | | | | | Компот из смеси сухофруктов | | | | 200 | | 0.5 | | 0.0 | | | 27.0 | | | | 110 | | | 0.01 | | | 0.5 | | 0.00 | | | 0.0 | | 28 | | | 19 | | | 7 | | | | | 1.5 | | | | |
| 529 | | | | | Блинчики с мас.сл. и сах | | | | 50/5 | | 9.02 | | 10.8 | | | 19.0 | | | | 129 | | | 0.04 | | | 0.7 | | 0.03 | | | 0.8 | | 69.0 | | | 72.0 | | | 11.39 | | | | | 0.47 | | | | |
| Итого: | | | | | | | | |  | | 9.52 | | 10.8 | | | 46.0 | | | | 239.0 | | | 0.05 | | | 1.2 | | 0.03 | | | 0.8 | | 97.0 | | | 91.0 | | | 18.39 | | | | | 1.97 | | | | |
| Всего за день: | | | | | | | | |  | | 61.18 | | 61.19 | | | 236.52 | | | | 1684.25 | | | 0.75 | | | 75.65 | | 0.17 | | | 10.44 | | 590.75 | | | 964,73 | | | 217.09 | | | | | 12.24 | | | | |

День: седьмой

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | |
| белки | | жиры | | | | | углеводы | | | | | В1 | | | С | | | А | | Е | | | | | Са | | | Р | | Mg | | | | Fe | | |
| 1 | | | 2 | | 3 | | 4 | | 5 | | | | | 6 | | | | | 7 | | 8 | | | 9 | | | 10 | | 11 | | | | | 12 | | | 13 | | 14 | | | | 15 | | |
| ДЕНЬ 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 267 | | Каша пшенная молочная жидкая | | | 150 | | 5.8 | | 7.1 | | | 26.8 | | | | | 212.7 | | | | 0.14 | | | 1.1 | | | 0.04 | | 0.12 | | | | | 108.4 | | | 144.7 | | 32.2 | | | | 0.9 | | |
| 493 | | Чай с лимоном | | | 200 | | 0.1 | | 0.0 | | | 15.2 | | | | | 61 | | | | 0.00 | | | 2.8 | | | 0.0 | | 0.0 | | | | | 14.2 | | | 4 | | 2 | | | | 0.4 | | |
| 91 | Бутерброд с сыром и маслом сливочным | | | 15/15/5 | | | 5.0 | | 8.1 | | 7.4 | | | | | 123 | | | | 0.02 | | 0.1 | | | 0.06 | | | | 0.3 | | 137 | | | | 99 | | | | 10 | | 0.3 | | |
| 300 | Яйцо вареное | | | 40(1ш) | | | 5.1 | | 4.6 | | 0.3 | | | | | 63 | | | | 0.03 | | 0.0 | | | 0.10 | | | | 0.2 | | 22 | | | | 77 | | | | 5 | | 1.0 | | |
| 108 | Хлеб пшеничный | | | 20 | | | 1.5 | | 0.16 | | | 10.0 | | | | | 46 | | | 0.02 | | 0.0 | | | 0.00 | | | | 0.21 | | | 4.0 | | | | 12.9 | | | | 2.8 | | 0.21 | |
| 109 | Хлеб ржаной | | | 30 | | | 2.0 | | 0.4 | | | 10.0 | | | | | 52 | | | 0.05 | | 0.0 | | | 0.00 | | | | 0.4 | | | 10.5 | | | | 47.4 | | | | 14 | | 1.17 | |
|  |  | | |  | | | 19.5 | | 20.36 | | | 69.7 | | | | | 557.7 | | | 0.26 | | 4.0 | | | 0.2 | | | | 1.23 | | | 296.1 | | | | 385 | | | | 66 | | 3.98 | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | Салат из белокочанной капусты с морковью | | 100 | | 1.6 | | | 10.1 | | | | | 9.6 | | | | 136 | | 0.04 | | | 27.8 | | | 0.00 | | 4.5 | | | | | 44 | | | 32 | | 17 | | | | 0.6 | | |
| 143 | | | Суп из овощей с фасолью  м/к/б. | | 250 | | 5.9 | | | 2.2 | | | | | 26 | | | | 96 | | 0.09 | | | 8 | | | 0.015 | | 0.49 | | | | | 30.4 | | | 120.7 | | 27.46 | | | | 0.9 | | |
| 237 | | | Каша гречневая рассыпчатая | | 150 | | 8.5 | | | 7.8 | | | | | 37.08 | | | | 253 | | 0.2 | | | 0.0 | | | 0.04 | | 0.6 | | | | | 14.2 | | | 154,63 | | 135.3 | | | | 4.5 | | |
| 405 | | | Курица в соусе с томатом | | 120 | | 11.3 | | | 11.2 | | | | | 3.4 | | | | 159.4 | | 0.01 | | | 1.9 | | | 0.02 | | 0.4 | | | | | 28.2 | | | 75 | | 13.3 | | | | 0.8 | | |
| 509 | | | Компот из яблок с лимоном | | 200 | | 0.3 | | | 0.2 | | | | | 25.1 | | | | 103 | | 0.01 | | | 3.3 | | | 0.00 | | 0.1 | | | | | 11 | | | 7 | | 5 | | | | 1.2 | | |
| 109109 | | | Хлеб ржаной | | 50 | | 3.3 | | | 0.6 | | | | | 16.7 | | | | 87 | | 0.09 | | | 0.0 | | | 0.00 | | 0.7 | | | | | 17.5 | | | 79 | | 23.5 | | | | 1.95 | |
| 108 | | | Хлеб пшеничный | | 20 | | 1.5 | | | 0.16 | | | | | 10.0 | | | | 46 | | 0.02 | | | 0.0 | | | 0.00 | | 0.21 | | | | | 4.0 | | | 12.9 | | 2.8 | | | | 0.21 | |
|  | | |  | |  | | 32.4 | | | 32.26 | | | | | 127.88 | | | | 880.4 | | 0.46 | | | 41.0 | | | 0.075 | | 7.0 | | | | | 149.3 | | | 529.2 | | 224.36 | | | | 10.16 | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 516 | | | Кефир | | 200 | | 5, 80 | | | 5 ,00 | | | | | 8,00 | | | | 106,00 | | 0,08 | | | 0,34 | | | 1,40 | | | 40,0 | | | | 240,00 | | | 180,00 | | 28 , 00 | | | | 0,20 |
| 590 | | | Печенье | | 30 | | 2,25 | | | 2,94 | | | | | 22,32 | | | | 125,10 | | 0,02 | | | 0.0 | | | 0.003 | | | 1.05 | | | | 8.7 | | | 27 | | 6.0 | | | | 0.6 |
| Итого: | | | | |  | | 8.05 | | | 7.94 | | | | | 30.32 | | | | 231.1 | | 0.1 | | | 0.34 | | | 1.403 | | | 41.05 | | | | 248.7 | | | 207 | | 34 | | | | 0.8 |
| Всего: | | | | |  | | 59.95 | | | 60.56 | | | | | 227.9 | | | | 1669.2 | | 0.82 | | | 45.34 | | | 1678 | | | 49.28 | | | | 694.1 | | | 1073,23 | | 324.36 | | | | 14.94 |

День: восьмой

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | | Наименование блюда | | | Масса порции | | | | | Пищевые вещества | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | |
| белки | | | | жиры | | | углеводы | | В1 | | С | | | А | | | Е | | | | Са | | | | | Р | | Mg | | | | Fe | | |
| 1 | | | 2 | | | 3 | | | | | 4 | | | | 5 | | | 6 | | 7 | | 8 | | 9 | | | 10 | | | 11 | | | | 12 | | | | | 13 | | 14 | | | | 15 | | |
| ДЕНЬ 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 84 | | | Каша молочная «Дружба» | | | 150 | | 6.8 | | | | | 9.06 | | | | 25.6 | | | 176.0 | | 0.4 | 0.96 | | | | | 0.4 | | | 0.14 | | | | 92.4 | | | 102.5 | | | | 22.3 | 0.4 | | |
| 496 | | | | Какао с молоком | 200 | | | | 3.6 | | | | 3.3 | | | | 25.0 | | | 144 | | 0.04 | | 1.3 | | 0.02 | | | 0.0 | | | | 124 | | | | 62,03 | | | | | 27 | | 0.8 | |
| 108 | | | | Хлеб пшеничный с колбасой вареной отварной | 40/30 | | | | 11.7 | | | | 10.0 | | | | 19.68 | | | 170 | | 0.59 | | 0..0 | | 0.00 | | | 0.5 | | | | 19.16 | | | | 79.6 | | | | | 12.08 | | 1.0 | |
| 109 | | Хлеб ржаной | | | 20 | | | | | 1.3 | | | | 0.3 | | | 6.6 | | | 34 | | 0.03 | 0.0 | | 0.00 | | | | | | 0.3 | 7.0 | | | | 31.3 | | | | | | 9 | | 0.8 | |
| 112 | | Груша | | | 100 | | | | | 0.4 | | | | 0.3 | | | 10.3 | | | 47 | | 0.02 | 5.0 | | 0.00 | | | | | | 0.4 | 1.9 | | | | 16 | | | | | | 12 | | 2.3 | |
|  | |  | | |  | | | | | 23.8 | | | | 22.96 | | | 87.18 | | | 571 | | 1.08 | 7.26 | | 0.42 | | | | | | 1.34 | 244.46 | | | | 339.4 | | | | | | 82.38 | | 5.3 | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61 | | | Салат из вареной моркови с зеленым горошком | | | 100 | | | | | 1.9 | | | | 10.1 | | | 5.9 | | 122 | 0.07 | | 4.6. | | 0.00 | | | 4.7 | | | | 22 | | | | 53 | | | 27 | | | | 0.6 | | |
| 149 | | | | Суп картофельный с фрикадельками мясными | | | 250/25 | | | | | 2.2 | | | | 12.9 | | | 14.7 | | 94.2 | 0.12 | | 44.5 | | 0.00 | | | 1.3 | | | | 16.2 | | | | 71 | | | 29.2 | | | | 1.1 | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 291 | Макаронные изд. отв. | 150 | 5.65 | 0.67 | 29.04 | 144.9 | 0.06 | 0.01 | 0.00 | 0.79 | 5.7 | 35.7 | 8.1 | 0.78 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 345 | | | Котлета рыбная | | 80 | 11.1 | 6.7 | 7.7 | | | | 90.4 | | 0.06 | | 0.3 | | | 0.016 | | 0.8 | | 28 | | 128 | | 18.4 | | 0.6 | | |
| 508 | | | Компот из смеси сухофруктов с вит С | | 200 | 0.5 | 0.0 | 27.0 | | | | 110 | | 0.01 | | 0.5 | | | 0.00 | | 0.0 | | 28 | | 19 | | 7 | | 1.5 | | |
| 109 | | | Хлеб ржаной | | 50 | 3.3 | 0.6 | 16.7 | | | | 87 | | 0.09 | | 0.0 | | | 0.00 | | 0.7 | | 17.5 | | 79 | | 23.5 | | 1.95 | | |
| 108 | | | Хлеб пшеничный | | 60 | 4.56 | 0.48 | 29.52 | | | | 141 | | 0.06 | | 0.0 | | | 0.00 | | 0.66 | | 12 | | 39 | | 8.4 | | 0.66 | | |
|  | | |  | |  | 29.21 | 31.45 | 130.56 | | | | 789.5 | | 0.47 | | 49.9 | | | 0.16 | | 8.95 | | 129.4 | | 424.7 | | 121.6 | | 7.19 | | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 515 | | Молоко кипяченое | | 200 | | 5,80 | 5,00 | | 9,60 | | 108,00 | | 0,08 | | 0,30 | | | 2,60 | | 40,0 | | | | 240,00 | | 180,0 | | 28,00 | | 0,20 | |
| 589 | | Пряник | | 70 | | 4,12 | 3,2 | | 52,4 | | 242,4 | | 0.06 | | 0.0 | | | 0.00 | | 1,68 | | | | 10.15 | | 31.5 | | 7.0 | | 0.7 | |
| Итого: | | |  | | 7.86 | 6.6 | | 35.8 | 350 | | | | 0.14 | 0.3 | | 2.6 | | | | | 41,68 | | 250.15 | | 211.5 | | 35.0 | | 0.9 |
| Всего: | | |  | | 62,93 | 62,61 | | 279,74 | 1710,9 | | | | 1.69 | 57.46 | | 3.18 | | | | | 51.97 | | 624 | | 927,6 | | 238.98 | | 13.39 |

День: девятый

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | | Наименование блюда | | | Масса порции | Пищевые вещества | | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | |
| белки | | | жиры | | | | | углеводы | | | В1 | | | С | А | | | | Е | | | | | Са | | | | | Р | | | Mg | | | Fe | |
| 1 | | | 2 | | | 3 | 4 | | | 5 | | | | | 6 | | | 7 | | | 8 | | | 9 | 10 | | | | 11 | | | | | 12 | | | | | 13 | | | 14 | | | 15 | |
| ДЕНЬ 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 319 | | | Пудинг из творога запеченный | | 150 | | | 18.7 | | | | 17.7 | | 37.7 | | | | 387 | 0.1 | | | 0.3 | | | | 0.1 | | | | 0.7 | | | | | 229 | | | 281 | | | | | 33 | | | 1.4 | |
| 493 | | Чай с молоком | | | 200 | | | | 0.1 | | | | 0.0 | 15.0 | | | 61 | | 0.00 | | | 2.8 | | | | | | 0.0 | | | | 0.0 | | | | | 14.2 | | | 4 | | | 2 | | | 0.4 | |
| 112 | | | | Яблоко | 100 | | | | 0.4 | | | 0.4 | | 9.8 | | | 47 | | | 0.03 | | | 10.0 | | | | 0.00 | | | | 0.2 | | | | | 16 | | | | | 11 | | 9 | | | 2.2 | |
| 108 | Хлеб пшеничный | | | | 20 | | | 1.5 | | | 0.16 | | | 10.0 | | 46 | | | | 0.02 | | | 0.0 | | | | 0.00 | | | | | 0.21 | 4.0 | | | | | 12.9 | | | | | | 2.8 | | 0.21 | |
| 109 | Хлеб ржаной | | | | 20 | | | 1.3 | | | 0.3 | | | 6.6 | | 34 | | | | 0.03 | | | 0.0 | | | | 0.00 | | | | | 0.3 | 7.0 | | | | | 31.3 | | | | | | 9 | | 0.8 | |
|  | | | | |  | | | 22.0 | | | 18.56 | | | 79.1 | | 575 | | | | 0.18 | | | 13.1 | | | | 0.1 | | | | | 1.41 | 270.2 | | | | | 340.2 | | | | | | 55.8 | | 5.01 | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 626.9№136ч12222222 | Суп картофельный с крупой на м/ к / б. | | | 250 | | 2.5 | | 2.8 | | 25.0 | | | 103.2 | | 0.1 | | | 8.25 | | | - | | | - | | | 25.9 | | | - | | - | | | 1.02 |
| 333777 | Картофельная запеканка с мясом | | | 200 | | 20.3 | | 20.5 | | 23.7 | | | 380 | | 0.21 | | | 4.0 | | | 0.07 | | | 0.8 | | | 25 | | | 243,03 | | 56 | | | 3.5 |
| 2207 э/р  э/р | Напиток лимонный | | | 200 | | 0.1 | | 0 | | 18.9 | | | 73 | | - | | | 2.32 | | | - | | | - | | | 3.44 | | | - | | - | | | 0.08 |
| 109 | Хлеб ржаной | | | 50 | | 3.3 | | 0.6 | | 16.7 | | | 87 | | 0.09 | | | 0.0 | | | 0.00 | | | 0.7 | | | 17.5 | | | 79 | | 23.5 | | | 1.95 |
| 18108 | Хлеб пшеничный | | | 40 | | 3.04 | | 0.32 | | 19.68 | | | 94 | | 0.04 | | | 0.0 | | | 0.00 | | | 0.44 | | | 8 | | | 26 | | 5.6 | | | 0.44 |
|  |  | | |  | | 30.74 | | 29.72 | | 112.38 | | | 826.2 | | 0.46 | | | 20.27 | | | 0.07 | | | 4.24 | | | 112.84 | | | 434 | | 104.1 | | | 8.29 |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 501 | | | Коф. нап. с молоком | 200 | | 3.2 | | 2.7 | | 15.9 | | | 79 | | 0.04 | | | 1.3 | | | 0.02 | | | 0.0 | | | 126 | | | 90 | | | 14 | | | 0.1 |
| 566 | | | Булочка молочная | 50 | | 4.8 | | 7.1 | | 28.1 | | | 144,5 | | 0.07 | | | 0.1 | | | 0.00 | | | 0.6 | | | 30 | | | 47 | | | 9 | | | 0.5 |
| Итого: | | | |  | | 8.0 | | | 9.8 | | | 44.0 | | 221 | | | 0.11 | | | 1.4 | | | 0.02 | | | 0.6 | | | 156 | | | 137 | | 23 | 0.6 | |
| Всего: | | | |  | | 60.74 | | | 58.08 | | | 235.48 | | 1624,7 | | | 0.75 | | | 34.77 | | | 0.19 | | | 6.25 | | | 539.04 | | | 863,23 | | 182.9 | 13.9 | |

День: десятый

Сезон: осенне-зимний

Возрастная категория: 1-4 классы (7-11лет)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | | Наименование блюда | | | Масса порции | | | | | | | Пищевые вещества | | | | | | | | | | | | | | | | | | Энергетическая ценность (ккал) | | | | | Витамины (мг) | | | | | | | | | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | | | | | |
| белки | | | | | жиры | | | | | | углеводы | | | | | | | В1 | | | | | | С | | | | | | А | | | | | Е | | | | | | | Са | | | | | | | | Р | | | | Mg | | | | Fe | | |
| 1 | | | 2 | | | 3 | | | | | | | 4 | | | | | 5 | | | | | | 6 | | | | | | | 7 | | | | | 8 | | | | | | 9 | | | | | | 10 | | | | | 11 | | | | | | | 12 | | | | | | | | 13 | | | | 14 | | | | 15 | | |
| ДЕНЬ 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 248 | | | | | Каша гречневая молочная вязкая | | | 200 | | | | | | 9.2 | | | | | 10.9 | | | | | | 32.6 | | | | | | 212.2 | | | | | 0.2 | | | | | 1.4 | | | | | | 0.08 | | | | | 0.5 | | | | | 135.8 | | | | | | 0.2 | | | | | | | | | | | 112.2 | | | | 3.4 | |
| 504 | | | | | Кисель из варенья | | | 200 | | | | | | 0.1 | | | | | 0.0 | | | | | | 38.3 | | | | | | 154 | | | | | 0.00 | | | | | 0.1 | | | | | | 0.00 | | | | | 0.0 | | | | | 8 | | | | | | 8 | | | | | | | | | | | 2 | | | | 0.5 | |
| 91 | | | | | Бутерброд с сыром и маслом сливочным | | | 15/15/5 | | | | | | 5.0 | | | | | 8.1 | | | | | | 7.4 | | | | | | 123 | | | | | 0.02 | | | | | 0.1 | | | | | | 0.06 | | | | | 0.3 | | | | | 137 | | | | | | 99 | | | | | | | | | | | 10 | | | | 0.3 | |
| 300 | | | | | Яйцо вареное | | | 40(1шт) | | | | | | 5.1 | | | | | 4.6 | | | | | | 0.3 | | | | | | 63 | | | | | 0.03 | | | | | 0.0 | | | | | | 0.10 | | | | | 0.2 | | | | | 22 | | | | | | 77 | | | | | | | | | | | 5 | | | | 1.0 | |
| 108 | | Хлеб пшеничный | | | | | 20 | | | | | | | | 1.5 | | | | | 0.16 | | | | | | | 10.0 | | | | 46 | | | | | | 0.02 | | | | | | 0.0 | | | | | | | 0.00 | | | | | 0.21 | | | | 4.0 | | | | | | | 12.9 | | | | | | | | | 2.8 | | | 0.21 | |
| 109 | | Хлеб ржаной | | | | | 20 | | | | | | | | 1.3 | | | | | 0.3 | | | | | | | 6.6 | | | | 34 | | | | | | 0.03 | | | | | | 0.0 | | | | | | | 0.00 | | | | | 0.3 | | | | 7.0 | | | | | | | 31.3 | | | | | | | | | 9 | | | 0.8 | |
|  | | | | | | |  | | | | | | | | 22.2 | | | | | 24.06 | | | | | | | 95.2 | | | | 632.2 | | | | | | 0.3 | | | | | | 1.6 | | | | | | | 0.24 | | | | | 1.51 | | | | 313.8 | | | | | | | 228.4 | | | | | | | | | 141 | | | 6.21 | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | | | Салат картофельный с солеными огурцами и зеленым горошком | | | | | | | 100 | | | | | 1.8 | | | | | | 6.2 | | | | | | 8.9 | | | | 99 | | | | | 0.07 | | | | | | | | 10.1 | | | | 0.00 | | | | | 2.8 | | | | | | | 16 | | | | | | | 46 | | | | 18 | | | | 0.7 | | |
| 147 | | | | | Суп картоф. С макарон.изд.на м/к/б. | | | | | | | 250 | | | | | 2.7 | | | | | | 2.85 | | | | | | 28.8 | | | | 111.25 | | | | | 0.1 | | | | | | | | 8.25 | | | | 0.00 | | | | | 1.37 | | | | | | | 15.25 | | | | | | | 63.5 | | | | 24 | | | | 0.95 | | |
| 423 | | | | | Капуста тушеная | | | | | | | 200 | | | | | 7.4 | | | | | | 7.2 | | | | | | 7.8 | | | | 126 | | | | | 0.08 | | | | | | | | 34 | | | | 0.06 | | | | | 1.4 | | | | | | | 122 | | | | | | | 62,03 | | | | 48 | | | | 2.0 | | |
| 381 | | | | | Котлета из мяса говяд. | | | | | | | 80 | | | | | 12.2 | | | | | | 12.0 | | | | | | 11.4 | | | | 228.8 | | | | | 0.7 | | | | | | | | 0.0 | | | | 0.03 | | | | | 0.4 | | | | | | | 31.2 | | | | | | | 148 | | | | 20.8 | | | | 2.2 | | |
| 51010 | | | | | Компот из апельсинов с яблоками с вит. С | | | | 200 | | | | | | 0.5 | | | | | 0.2 | | | | | | 22.2 | | | | | | 93 | | | | | | 0.03 | | | | | 11.6 | | | | | 0.0 | | | | | 0.1 | | | | | 19 | | | | | | 12 | | | | | | 8 | | | | | | | | 0.8 | |
| 109109 | | | | | Хлеб ржаной | | | | 50 | | | | | | 3.3 | | | | | 0.6 | | | | | | 16.7 | | | | | | 87 | | | | | | 0.09 | | | | | 0.0 | | | | | 0.00 | | | | | 0.7 | | | | | 17.5 | | | | | | 79 | | | | | | 23.5 | | | | | | | | 1.95 | |
| 108 | | | | | Хлеб пшеничный | | | | 40 | | | | | | 3.0 | | | | | 0.3 | | | | | | 19.68 | | | | | | 94 | | | | | | 0.51 | | | | | 0..0 | | | | | 0.00 | | | | | 0.4 | | | | | 8 | | | | | | 26 | | | | | | 5.6 | | | | | | | | 0.4 | |
|  | | | | |  | | | |  | | | | | | 30.9 | | | | | 29.35 | | | | | | 115.48 | | | | | | 839.05 | | | | | | 1.58 | | | | | 63.95 | | | | | 0.09 | | | | | 7.17 | | | | | 228.9 | | | | | | 484.5 | | | | | | 147.9 | | | | | | | | 9.0 | |
| Полдник | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 518 | | | Сок | | | | | | | 200 | | | | | 1.0 | | | | | 0.2 | | | | | | | 0.2 | | | | | | 96 | | | | | 0.02 | | | | | 2.0 | | | | | 0.00 | | | | | 0.00 | | | | | | | 14.0 | | | | 0.0 | | | | | | 0.0 | | | | | | | 92 | |
| 590 | | | Печенье | | | | | | | 30 | | | | | 3,25 | | | | | 3,94 | | | | | | | 22,32 | | | | | | 125,10 | | | | | 0,02 | | | | | 0,02 | | | | | 0.00 | | | | | 1.0 | | | | | | | 8.7 | | | | 27 | | | | | | 6.0 | | | | | | | 0.6 | |
| Итого: | | | | | | | | | |  | | | | | | 4.25 | | | | | | 4.14 | | | | | | | | 22.52 | | | | | 221.1 | | | | | 0.04 | | | | | 2.02 | | | | | | 0.00 | | | | | 1.0 | | | | | 25.7 | | | | | | 27.0 | | | | 6.0 | | | | | | | 92.6 | |
| Всего: | | | | | | | | | |  | | | | | | 57.35 | | | | | | 57.55 | | | | | | | | 233.2 | | | | | 1692.35 | | | | | 2.28 | | | | | 67.57 | | | | | | 0.33 | | | | | 9.68 | | | | | 568.4 | | | | | | 691,83 | | | | 294.9 | | | | | | | 107.81 | |

**Технологические карты составлены на основании следующей**

**нормативной и технологической документации:**

1.«Сборник технологических нормативов, рецептур блюд и кулинарных изделий для школ, школ-интернатов, детских домов, детских оздоровительных учреждений, учреждений профессионального образования, специализированных учреждений для несовершеннолетних, нуждающихся в социальной реабилитации », г. Пермь-2013 г.

2. Сборник технологических нормативов, рецептур блюд и кулинарных изделий для дошкольных образовательных учреждений (1-2 часть), г Пермь -2004г.

3. «Сборник рецептур блюд и кулинарных изделий для предприятий общественного питания»,1994-1997 г издания.

4. Технологические карты (рецептуры) блюд и питательность [Электронный ресурс] // Программный центр. *Помощь образованию!:* [сайт] URL: http://pbprog.ru/databases/index.php