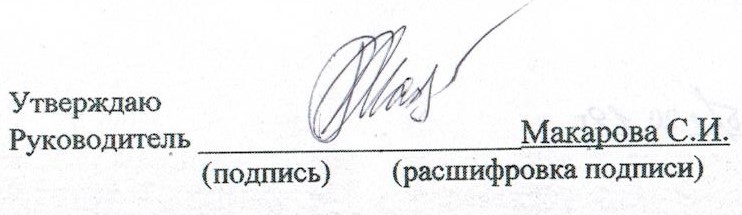
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07.09.2021год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | |  | |  | | **завтрак** |  |  | |  | |  | |  | | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | | **У** | | **В1** | | **С** | | **А** | | **Е** | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **588** | **Омлет натуральный, запеченный** | | **140** | **14,47** | **9,2** | | **2,24** | | **149,64** | | **0,01** | | **1,2** | | **0,01** | | **0,65** | **183,7** | | **62,4** | | **290** | | **1** | |
| **424** | **Зеленый горошек отварной (консерв.)** | | **40** | **1,28** | **0,08** | | **16,4** | | **71,44** | | **0,05** | | **4** | | **0** | | **0** | **8** | | **8** | | **24,8** | | **0,32** | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | **1** | | **0** | | **2** | | **0** | |
| **1221** | **Кофейный напиток** | | **200** | **1,4** | **2** | | **27** | | **131,6** | | **0,02** | | **0,6** | | **0,08** | | **0** | **34** | | **7** | | **45** | | **0** | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  | |  | **19,13** | **19,84** | | **57,63** | | **485,6** | | **0,1** | | **5,8** | | **0,15** | | **1,17** | **235,4** | | **78,64** | | **406,8** | | **2** | |
|  |  | |  |  |  | |  | |  | |  | |  | |  | |  |  | |  | |  | |  | |
|  |  |  | |  | |  | | **обед** |  |  | |  | |  | |  | | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | | **Пищевые вещества** | | | | | **ЭЦ (ккал)** | Витамины, мг | | | | | |  | | | Минеральные вещества, мг | | | | | | | |
| **Б** | | **Ж** | | **У** | **В1** | | **С** | | **А** | | **Е** | | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **157** | **Салат с сыром** | **60** | | **8,68** | | **15,48** | | **7,46** | **203,88** | **0,35** | | **0,25** | | **0,75** | | **1,56** | | | **289,4** | | **46,81** | | **198,4** | | **0,48** | |
| **347** | **Суп-лапша домашняя (с курицей)** | **250/20** | | **2,69** | | **2,84** | | **25,14** | **136,88** | **0,06** | | **0,21** | | **0,24** | | **0,45** | | | **48,9** | | **4,21** | | **82,1** | | **0,86** | |
| **537** | **Каша гречневая рассыпчатая** | **150** | | **7,46** | | **5,61** | | **35,84** | **223,69** | **0,18** | | **0** | | **0,2** | | **0,55** | | | **12,98** | | **67,5** | | **208,5** | | **0,95** | |
| **850** | **Оладьи из печени** | **80** | | **14,02** | | **11,32** | | **9,34** | **195,32** | **0,22** | | **6,5** | | **0,03** | | **0,15** | | | **34,08** | | **15,84** | | **220,2** | | **1,14** | |
| **1113** | **Компот из смеси сухофруктов (С-витам.)** | **200** | | **0,04** | | **0** | | **24,76** | **99,2** | **0,02** | | **1,8** | | **0** | | **0,2** | | | **41,1** | | **2,4** | | **29,2** | | **0,68** | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | **66.6** | **0.7** | | **24** | | **0** | | **1.73** | | | **6** | | **7.5** | | **12** | | **1.13** | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | **40,88** | **0,02** | | **0** | | **0** | | **0,22** | | | **2** | | **1,4** | | **6,4** | | **0,12** | |
|  |  |  | | **35.01** | | **36.0.1** | | **125.58** | **966.45** | **1.55** | | **32.76** | | **1,22** | | **4.86** | | | **434.46** | | **145.66** | | **756.8** | | **5.36** | |
|  |  |  | |  | |  | |  |  |  | |  | |  | |  | | |  | |  | |  | |  | |