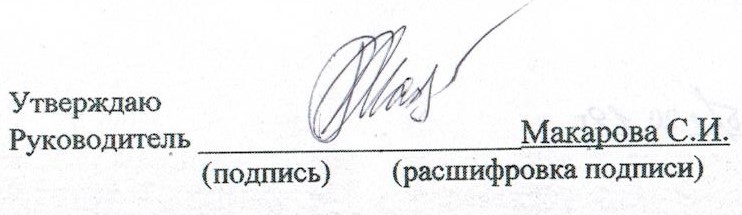
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | |  | |  | | **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** | | |
| **539** | **Каша гречневая молочная** | | **150** | **3,38** | **3,26** | | **24,4** | | | **140,46** | | | **0,09** | | | **0** | | | **0** | | | **0,1** | | **17,9** | | | **73,54** | | | **107,9** | | | **1,1** | | |
| **1203** | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | | **56,8** | | | **0** | | | **0** | | | **0** | | | **0** | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | | **74,2** | | | **0** | | | **0** | | | **0,06** | | | **0,1** | | **1** | | | **0** | | | **2** | | | **0** | | |
| **28** | **Сыр** | | **15** | **3,48** | **4,43** | | **0** | | | **53,79** | | | **0,007** | | | **0,11** | | | **0,04** | | | **0,08** | | **132,1** | | | **5,33** | | | **75,3** | | | **0,17** | | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | | **58,72** | | | **0,02** | | | **0** | | | **0** | | | **0,42** | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  | |  | **9,04** | **16,25** | | **50,39** | | | **383,97** | | | **0,117** | | | **0,11** | | | **0,1** | | | **0,7** | | **164,65** | | | **84,51** | | | **238,2** | | | **2,75** | | |
|  |  |  | |  | |  | | **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** | | |
| **61** | **Салат из свеклы** | **60** | | **0,86** | | **3,65** | | **5,02** | | **56,37** | **0,012** | | | | **0,52** | | | **0** | | | **0,71** | | | | **21,09** | | | **10,8** | | | **12,54** | | | **0,8** | | |
| **316** | **Суп крестьянский с крупой** | **200** | | **1,84** | | **4,23** | | **13** | | **97,43** | **0,03** | | | | **1,6** | | | **0** | | | **0,64** | | | | **45,6** | | | **34,2** | | | **160** | | | **0,08** | | |
| **736** | **Бефстроганов** | **40/40** | | **12,04** | | **10,04** | | **4,7** | | **157,32** | **0,01** | | | | **2,64** | | | **0,02** | | | **0,02** | | | | **30,4** | | | **20** | | | **144** | | | **0,15** | | |
| **440** | **Капуста тушеная** | **150** | | **2,78** | | **6,48** | | **13** | | **121,44** | **0,05** | | | | **25,6** | | | **0** | | | **1,5** | | | | **87** | | | **33,2** | | | **60** | | | **1,2** | | |
| **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** | | |
| **912** | **Банан** | **200** | | **3.0** | | **1.0** | | **42.00** | | **192.00** | **0** | | | | **20.00** | | | **0** | | | **0** | | | | **0** | | | **0** | | | **0** | | | **0** | | |
|  | **Хлеб пшеничный, ржаной** | **20/30** | | **3,5** | | **0,52** | | **20,23** | | **99,6** | **0,04** | | | | **0** | | | **0** | | | **0,64** | | | | **10,7** | | | **2,64** | | | **51,4** | | | **0,8** | | |
|  |  |  | | **24.06** | | **26.42** | | **143.71** | | **819.36** | **0,162** | | | | **52.16** | | | **0,02** | | | **3,71** | | | | **235,89** | | | **103,2** | | | **457,1** | | | **3,71** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 2** |  | |  | |  | | **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** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 3** |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
| **№ 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** | | |
| **103** | **Огурец свежий** | | **100** | **0,8** | **0,1** | | **2,5** | | | **14,1** | | | **0,03** | | | **10** | | | **0** | | | **0,1** | | **23** | | | **14** | | | **42** | | | **0,6** | | |
| **841** | **Котлета мясная (говядина)** | | **80** | **11,36** | **9,12** | | **5,25** | | | **148,52** | | | **0,03** | | | **0** | | | **0** | | | **0,56** | | **21** | | | **26** | | | **146** | | | **1,1** | | |
| **946** | **Картофельное пюре** | | **150** | **3,06** | **4,8** | | **20,45** | | | **137,24** | | | **0,15** | | | **15,6** | | | **0,04** | | | **0,2** | | **40** | | | **7,75** | | | **84** | | | **1** | | |
| **1204** | **Чай с лимоном** | | **200/7** | **0,2** | **0** | | **0,07** | | | **1,08** | | | **0** | | | **2,2** | | | **0** | | | **0** | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | | **74,2** | | | **0** | | | **0** | | | **0,06** | | | **0,1** | | **1** | | | **0** | | | **2** | | | **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** | | |
|  |  | |  | **17,4** | **22,58** | | **40,26** | | | **433,86** | | | **0,23** | | | **27,8** | | | **0,1** | | | **1,38** | | **98,65** | | | **53,39** | | | **327** | | | **4,18** | | |
|  |  |  | |  | |  | | **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** | | |
| **139** | **Салат из моркови (с растительным маслом)** | **60** | | **0,74** | | **3,66** | | **3,93** | | **51,62** | **0,012** | | | | **0,82** | | | **0,26** | | | **0,71** | | | | **15,4** | | | **2,17** | | | **31,3** | | | **0,4** | | |
| **266** | **Борщ с картофелем и фасолью (с мясом )** | **250** | | **6,76** | | **10,94** | | **27,55** | | **235,7** | **0,06** | | | | **1,31** | | | **0** | | | **0,04** | | | | **63,48** | | | **6,12** | | | **129** | | | **0,42** | | |
| **893** | **Плов из птицы** | **200** | | **9,8** | | **15,01** | | **25,69** | | **277,05** | **0,06** | | | | **1,01** | | | **0,05** | | | **0,97** | | | | **192,5** | | | **13** | | | **198,4** | | | **0,05** | | |
| **1233** | **Напиток клюквенный** | **200** | | **0,2** | | **0** | | **24,8** | | **100** | **0** | | | | **2,4** | | | **0** | | | **0,2** | | | | **10** | | | **2** | | | **2** | | | **0,2** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | | **66.6** | **0.7** | | | | **24** | | | **0** | | | **1.73** | | | | **6** | | | **7.5** | | | **12** | | | **1.13** | | |
|  |  |  | | **19.62** | | **30,37** | | **105.01** | | **771.85** | **0.852** | | | | **29.54** | | | **0,31** | | | **3.87** | | | | **289.38** | | | **32.19** | | | **379.1** | | | **2.32** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 4** |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  |  | |  |  |  | | **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** | | |
| **570** | **Макаронные изделия с сыром** | | **180** | **10,6** | **5,98** | | **34** | | | **232,22** | | | **0,01** | | | **0** | | | **0,3** | | | **0,99** | | **230,9** | | | **0,86** | | | **171,6** | | | **0,06** | | |
|  | **Яблоко** | | **150** | **0,6** | **0,6** | | **14,7** | | | **66,6** | | | **0,7** | | | **24** | | | **0** | | | **1,73** | | **6** | | | **7,5** | | | **12** | | | **1,13** | | |
| **1203** | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | | **56,8** | | | **0** | | | **0** | | | **0** | | | **0** | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
| **1203** | **Джем (повидло)** | | **18** | **0,07** | **0** | | **11,7** | | | **47,08** | | | **0** | | | **0,09** | | | **0** | | | **0** | | **2,52** | | | **1,26** | | | **1,62** | | | **0,23** | | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | | **58,72** | | | **0,02** | | | **0** | | | **0** | | | **0,42** | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  | |  | **13,45** | **6,94** | | **86,29** | | | **461,42** | | | **0,73** | | | **24,09** | | | **0,3** | | | **3,14** | | **253,07** | | | **15,26** | | | **238,2** | | | **2,9** | | |
|  |  |  | |  | |  | | **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** | | |
| **1003** | **Огурец соленый** | **60** | | **0,48** | | **0,06** | | **1,02** | | **6,54** | **0,012** | | | | **3** | | | **0** | | | **0,06** | | | | **13,8** | | | **8,4** | | | **14,44** | | | **0,36** | | |
| **303** | **Суп картофельный с мясными фрикадельками** | **200/20** | | **3,83** | | **4,56** | | **10,59** | | **98,72** | **0,12** | | | | **1,23** | | | **0,2** | | | **0,9** | | | | **35,52** | | | **34,14** | | | **92,46** | | | **0,48** | | |
| **669** | **Котлета рыбная** | **80** | | **10,64** | | **5,76** | | **9,67** | | **133,08** | **0** | | | | **0,22** | | | **0,05** | | | **0,24** | | | | **147** | | | **1,09** | | | **135,5** | | | **0,08** | | |
| **944** | **Картофель отварной** | **150** | | **2,86** | | **4,32** | | **23,01** | | **142,36** | **0,15** | | | | **15,6** | | | **0,04** | | | **0,2** | | | | **40** | | | **7,75** | | | **84** | | | **1** | | |
| **1119** | **Компот из плодов сухих (изюм (С-витам.))** | **200** | | **0,13** | | **0** | | **27** | | **108,52** | **0,02** | | | | **1,8** | | | **0** | | | **0,2** | | | | **41,1** | | | **2,4** | | | **29,2** | | | **0,68** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Банан** | **200** | | **3.0** | | **1.0** | | **42.00** | | **192.00** | **0** | | | | **20.00** | | | **0** | | | **0** | | | | **0** | | | **0** | | | **0** | | | **0** | | |
|  |  |  | | **22.46** | | **15.86** | | **121.63** | | **722.1** | **0,322** | | | | **41,85** | | | **0,29** | | | **1.82** | | | | **279.42** | | | **55.18** | | | **362** | | | **2.72** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 5** | |  |  |  | | **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** | | |
| **364** | **Суп молочный с крупой** | | **200** | **4,4** | **3,76** | | **15,84** | | | **114,8** | | | **0,06** | | | **0,64** | | | **0,02** | | | **0,2** | | **118,4** | | | **18,4** | | | **154,6** | | | **0,4** | | |
| **1222** | **Какао с молоком** | | **200** | **2,64** | **2,62** | | **22,92** | | | **125,82** | | | **0,04** | | | **0,6** | | | **0,01** | | | **0,048** | | **173,72** | | | **1,02** | | | **85,4** | | | **0,58** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | | **74,2** | | | **0** | | | **0** | | | **0,06** | | | **0,1** | | **1** | | | **0** | | | **2** | | | **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** | | |
|  |  | |  | **9,02** | **14,94** | | **50,75** | | | **373,54** | | | **0,12** | | | **1,24** | | | **0,09** | | | **0,768** | | **301,82** | | | **20,66** | | | **287** | | | **1,66** | | |
|  |  |  | |  | | **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** | | |
| **132** | **Салат из квашеной капусты** | **60** | | **0,84** | | **2,94** | | **3,6** | | **44,22** | **0,01** | | | | **8,1** | | | **0** | | | **0,12** | | | | **30,6** | | | **9,6** | | | **18** | | | **0,72** | | |
| **307** | **Суп картофельный с макар, изд(с мясом)** | **200/10** | | **5,12** | | **7,83** | | **25,87** | | **194,43** | **0,05** | | | | **0,83** | | | **0** | | | **0,4** | | | | **47,72** | | | **37,66** | | | **128,5** | | | **0,88** | | |
| **634** | **Рыба припущенная в молоке** | **80** | | **12,96** | | **0,88** | | **1,13** | | **64,28** | **0,08** | | | | **0** | | | **0,02** | | | **0,24** | | | | **37,6** | | | **3,44** | | | **144** | | | **0,72** | | |
| **934** | **Рис отварной** | **150** | | **3,6** | | **5,25** | | **35,26** | | **202,69** | **0,03** | | | | **0** | | | **0** | | | **1,5** | | | | **15** | | | **1,64** | | | **76,5** | | | **0,99** | | |
| **1235** | **Напиток из плодов шиповника (сухих)** | **200** | | **0,4** | | **0,2** | | **23,8** | | **98,6** | **0,1** | | | | **25** | | | **0** | | | **0,8** | | | | **14** | | | **4** | | | **2** | | | **0,6** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | | **66.6** | **0.7** | | | | **24** | | | **0** | | | **1.73** | | | | **6** | | | **7.5** | | | **12** | | | **1.13** | | |
|  |  |  | | **25.04** | | **17.86** | | **112.7** | | **711.7** | **0.99** | | | | **33,93** | | | **0,02** | | | **5.01** | | | | **152.92** | | | **65.24** | | | **387.4** | | | **5.16** | | |
|  | **ДЕНЬ 6** |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  |  | |  |  |  | | **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** | | |
| **946** | **Картофельное пюре** | | **150** | **3,06** | **4,8** | | **20,45** | | | **137,24** | | | **0,15** | | | **15,6** | | | **0,04** | | | **0,2** | | **40** | | | **7,75** | | | **84** | | | **1** | | |
| 905 | **Биточки рубленые из птицы паровые с соусом сметанным** | | **80/25** | **14,8** | **5,76** | | **5,44** | | | **132,80** | | | **0,04** | | | **1,17** | | | **0,06** | | | **0,73** | | **50** | | | **30** | | | **164,5** | | | **1,12** | | |
| **1203** | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | | **56,8** | | | **0** | | | **0** | | | **0** | | | **0** | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | | **74,2** | | | **0** | | | **0** | | | **0,06** | | | **0,1** | | **1** | | | **0** | | | **2** | | | **0** | | |
| **28** | **Сыр** | | **15** | **3,48** | **4,43** | | **0** | | | **53,79** | | | **0,007** | | | **0,11** | | | **0,04** | | | **0,08** | | **132,1** | | | **5,33** | | | **75,3** | | | **0,17** | | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | | **58,72** | | | **0,02** | | | **0** | | | **0** | | | **0,42** | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  | |  | **23,52** | **23,55** | | **51,88** | | | **513,55** | | | **0,217** | | | **16,88** | | | **0,2** | | | **1,53** | | **236,75** | | | **48,72** | | | **378,8** | | | **3,77** | | |
|  |  |  | |  | |  | | **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** | | |
| **1003** | **Огурец свежий** | **60** | | **0,48** | | **0,06** | | **1,5** | | **8,46** | **0,02** | | | | **2,4** | | | **0** | | | **0,06** | | | | **13,8** | | | **8,4** | | | **25,2** | | | **0,36** | | |
| **261** | **Борщ со сметаной** | **250/10** | | **2,25** | | **4** | | **17,31** | | **114,24** | **0,07** | | | | **1,2** | | | **0,01** | | | **0,85** | | | | **69** | | | **25** | | | **196** | | | **1** | | |
| **848** | **Тефтели мясные (говядина)** | **80** | | **8,59** | | **7,98** | | **2,99** | | **118,14** | **0,03** | | | | **2,4** | | | **0** | | | **0,56** | | | | **117,6** | | | **0,07** | | | **85,8** | | | **0,32** | | |
| **565** | **Макаронные изделия отварные** | **150** | | **5,52** | | **4,52** | | **32,45** | | **192,56** | **0,02** | | | | **0** | | | **0,06** | | | **0,9** | | | | **10,5** | | | **9** | | | **37** | | | **0,9** | | |
| **1110** | **Компот из ягод (быстрозамороженных или свежих, (С-витам.))** | **200** | | **0,14** | | **0,04** | | **27,5** | | **110,92** | **0,02** | | | | **26** | | | **0** | | | **0,4** | | | | **18** | | | **2,4** | | | **18** | | | **0,6** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Банан** | **200** | | **3.0** | | **1.0** | | **42.00** | | **192.00** | **0** | | | | **20.00** | | | **0** | | | **0** | | | | **0** | | | **0** | | | **0** | | | **0** | | |
|  |  |  | | **21.5** | | **17.76** | | **132.09** | | **777.2** | **0,18** | | | | **32** | | | **0,07** | | | **2.99** | | | | **230.9** | | | **46.27** | | | **368.4** | | | **3,3** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 7** | |  |  | **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** | | |
| **551** | **Запеканка рисовая с творогом** | | **200** | **11,2** | **4,2** | | **50** | | **282,6** | | | **0,06** | | **0** | | | **0,04** | | | **3** | | | **74** | | | **40** | | | **186** | | | **1** | | |
| **1044** | **Соус сметанный** | | **15** | **0,3** | **0,78** | | **0,84** | | **11,58** | | | **0,06** | | **0** | | | **0,004** | | | **0,006** | | | **4,2** | | | **0,9** | | | **6,9** | | | **0,03** | | |
| **1222** | **Какао с молоком** | | **200** | **2,64** | **2,62** | | **22,92** | | **125,82** | | | **0,04** | | **0,6** | | | **0,01** | | | **0,048** | | | **173,72** | | | **1,02** | | | **85,4** | | | **0,58** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | **74,2** | | | **0** | | **0** | | | **0,06** | | | **0,1** | | | **1** | | | **0** | | | **2** | | | **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** | | |
|  |  | |  | **16,12** | **16,16** | | **85,75** | | **552,92** | | | **0,18** | | **0,6** | | | **0,114** | | | **3,574** | | | **261,62** | | | **43,16** | | | **325,3** | | | **2,29** | | |
|  |  |  | |  | | ***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** | | |
| **61** | **Салат из свеклы** | **60** | | **0,86** | | **3,65** | | **5,02** | | **56,37** | **0,012** | | | | **0,52** | | | **0** | | | **0,71** | | | | **21,09** | | | **10,8** | | | **12,54** | | | **0,8** | | |
| **287** | **Суп с рыбными консервами** | **200/20** | | **4,89** | | **6,72** | | **9,47** | | **117,92** | **0,1** | | | | **0,91** | | | **0,02** | | | **0,04** | | | | **45,3** | | | **18,8** | | | **176,5** | | | **0,03** | | |
| **906** | **Котлета рубленая (птица), запеченная с соусом молочным** | **80** | | **15,18** | | **14,82** | | **13,8** | | **249,3** | **0,06** | | | | **1,16** | | | **0,02** | | | **1,44** | | | | **165,6** | | | **30** | | | **56,26** | | | **1,12** | | |
| **946** | **Картофельное пюре** | **150** | | **3,06** | | **4,8** | | **20,45** | | **137,24** | **0,15** | | | | **15,6** | | | **0,04** | | | **0,2** | | | | **40** | | | **7,75** | | | **84** | | | **1** | | |
| **1119** | **Компот из плодов сухих (изюм (С-витам.))** | **200** | | **0,13** | | **0** | | **27** | | **108,52** | **0,02** | | | | **1,8** | | | **0** | | | **0,2** | | | | **41,1** | | | **2,4** | | | **29,2** | | | **0,68** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | | **66.6** | **0.7** | | | | **24** | | | **0** | | | **1.73** | | | | **6** | | | **7.5** | | | **12** | | | **1.13** | | |
|  |  |  | | **26.24** | | **30.75** | | **110.67** | | **776.83** | **1.062** | | | | **43.99** | | | **0,08** | | | **4.54** | | | | **321.09** | | | **78.65** | | | **376.9** | | | **4.88** | | |
|  | **ДЕНЬ 8** |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  |  | |  |  | **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** | | |
| **539** | **Каша овсяная молочная** | | **150** | **3,62** | **6** | | **22,2** | | **157,28** | | | **0,09** | | **0** | | | **0** | | | **1,2** | | | **34,5** | | | **43,5** | | | **126** | | | **1,2** | | |
| **1203** | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | **56,8** | | | **0** | | **0** | | | **0** | | | **0** | | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | **74,2** | | | **0** | | **0** | | | **0,06** | | | **0,1** | | | **1** | | | **0** | | | **2** | | | **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** | | |
|  |  | |  | **5,8** | **14,56** | | **48,19** | | **347** | | | **0,11** | | **0** | | | **0,06** | | | **1,72** | | | **49,15** | | | **49,14** | | | **181** | | | **2,68** | | |
|  |  |  | |  | | **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** | | |
| **105** | **Салат из соленых огурцов с луком** | **60** | | **0,54** | | **3** | | **1,56** | | **35,4** | **0,01** | | | | **3,3** | | | **0** | | | **1,26** | | | | **13,8** | | | **7,8** | | | **16,8** | | | **0,36** | | |
| **300** | **Суп из овощей** | **200** | | **1,68** | | **5,98** | | **9,35** | | **97,94** | **0,11** | | | | **0,68** | | | **0** | | | **0,4** | | | | **45,7** | | | **28,5** | | | **69,5** | | | **0,07** | | |
| **820** | **Жаркое по-домашнему** | **200** | | **10,71** | | **14,67** | | **22,2** | | **263,67** | **0,16** | | | | **9,2** | | | **0** | | | **0,6** | | | | **282** | | | **44** | | | **188** | | | **0,16** | | |
| **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** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Банан** | **200** | | **3.0** | | **1.0** | | **42.00** | | **192.00** | **0** | | | | **20.00** | | | **0** | | | **0** | | | | **0** | | | **0** | | | **0** | | | **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** | | |
|  |  |  | | **19,47** | | **25,17** | | **120.1** | | **787.81** | **0,34** | | | | **34,98** | | | **0** | | | **3,1** | | | | **393,3** | | | **85,34** | | | **354,9** | | | **2,07** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 9** | |  |  | **заврак** | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
| **№ 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** | | |
| **1003** | **Помидор свежий** | | **100** | **1,1** | **0,2** | | **3,8** | | **21,4** | | | **0,06** | | **25** | | | **0** | | | **0,7** | | | **14** | | | **20** | | | **26** | | | **0,9** | | |
| **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** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | **74,2** | | | **0** | | **0** | | | **0,06** | | | **0,1** | | | **1** | | | **0** | | | **2** | | | **0** | | |
| **1204** | **Чай с лимоном** | | **200/7** | **0,2** | **0** | | **0,07** | | **1,08** | | | **0** | | **2,2** | | | **0** | | | **0** | | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | **58,72** | | | **0,02** | | **0** | | | **0** | | | **0,42** | | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  | |  | **17,75** | **17,96** | | **18,1** | | **305,04** | | | **0,09** | | **28,4** | | | **0,07** | | | **1,87** | | | **212,35** | | | **88,04** | | | **371** | | | **3,38** | | |
|  |  |  | |  | | **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** | | |
| **92** | **Винегрет** | **60** | | **0,82** | | **3,71** | | **5,06** | | **56,91** | **0,04** | | | | **0,73** | | | **0,01** | | | **0,38** | | | | **20,4** | | | **12,45** | | | **35,2** | | | **0,68** | | |
| **297** | **Рассольник ленинградский** | **200** | | **2** | | **2** | | **21,2** | | **110,8** | **0,08** | | | | **1,2** | | | **0,08** | | | **0,06** | | | | **45** | | | **33** | | | **154,4** | | | **0,06** | | |
| **640** | **Рыба, тушеная в томате с овощами** | **180** | | **16,23** | | **10,01** | | **17,64** | | **225,57** | **0,14** | | | | **6,28** | | | **0,01** | | | **0,8** | | | | **268,48** | | | **13,1** | | | **283,1** | | | **0,01** | | |
| **1120** | **Кисель из ягод (быстрозамороженных или свежих, (С-витам.))** | **200** | | **0,14** | | **0,04** | | **26** | | **104,92** | **0** | | | | **1,8** | | | **0** | | | **0,2** | | | | **12** | | | **2** | | | **6** | | | **0,2** | | |
|  | **Хлеб пшеничный** |  | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | | **66.6** | **0.7** | | | | **24** | | | **0** | | | **1.73** | | | | **6** | | | **7.5** | | | **12** | | | **1.13** | | |
|  | **Хлеб ржаной** |  | | **1,98** | | **0,36** | | **11,89** | | **58,72** | **0,02** | | | | **0** | | | **0** | | | **0,42** | | | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  |  | | **23.29** | | **16,88** | | **104.83** | | **731** | **1.0** | | | | **34.01** | | | **0,1** | | | **3.81** | | | | **362.58** | | | **70.69** | | | **542.1** | | | **2.88** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  | **ДЕНЬ 10** |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  |  | |  |  | **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** | | |
| **848** | **Тефтеля (говядина)** | | **80** | **8,59** | **7,98** | | **2,99** | | **118,14** | | | **0,03** | | **2,4** | | | **0** | | | **0,56** | | | **17,6** | | | **0,07** | | | **158,6** | | | **0,32** | | |
| **445** | **Рагу из овощей** | | **150** | **3,05** | **6,48** | | **20,6** | | **152,92** | | | **0,07** | | **41** | | | **0** | | | **1,6** | | | **136,4** | | | **29,22** | | | **141,8** | | | **0,19** | | |
| **27** | **Масло сливочное** | | **10** | **0** | **8,2** | | **0,1** | | **74,2** | | | **0** | | **0** | | | **0,06** | | | **0,1** | | | **1** | | | **0** | | | **2** | | | **0** | | |
| **1203** | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | **56,8** | | | **0** | | **0** | | | **0** | | | **0** | | | **4,95** | | | **4,4** | | | **8** | | | **0,8** | | |
|  | **Хлеб ржаной** | | **30** | **1,98** | **0,36** | | **11,89** | | **58,72** | | | **0,02** | | **0** | | | **0** | | | **0,42** | | | **8,7** | | | **1,24** | | | **45** | | | **0,68** | | |
|  |  | |  | **13,82** | **23,02** | | **49,58** | | **460,78** | | | **0,12** | | **43,4** | | | **0,06** | | | **2,68** | | | **168,65** | | | **34,93** | | | **355,4** | | | **1,99** | | |
|  |  | |  |  |  | |  | |  | | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |
|  |  |  | |  | | **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** | | |
| **95** | **Салат яичный** | **60** | | **4,43** | | **8,84** | | **5,89** | | **120,84** | **0,027** | | | | **1,6** | | | **0,08** | | | **1,7** | | | | **84,31** | | | **7,32** | | | **41,84** | | | **0,98** | | |
| **303** | **Суп картофельный с мясными фрикадельками** | **200/20** | | **3,83** | | **4,56** | | **10,59** | | **98,72** | **0,01** | | | | **1,23** | | | **0,02** | | | **0,9** | | | | **35,52** | | | **34,14** | | | **92,46** | | | **0,48** | | |
| **736** | **Бефстроганов** | **40/40** | | **12,04** | | **10,04** | | **4,7** | | **157,32** | **0,01** | | | | **2,64** | | | **0,02** | | | **0,02** | | | | **30,4** | | | **20** | | | **144** | | | **0,15** | | |
| **944** | **Картофель отварной** | **150** | | **2,86** | | **4,32** | | **23,01** | | **142,36** | **0,15** | | | | **15,6** | | | **0,04** | | | **0,2** | | | | **40** | | | **7,75** | | | **84** | | | **1** | | |
| **1235** | **Напиток из плодов шиповника (сухих)** | **200** | | **0,4** | | **0,2** | | **23,8** | | **98,6** | **0,1** | | | | **25** | | | **0** | | | **0,8** | | | | **14** | | | **0,04** | | | **2** | | | **0,07** | | |
|  | **Хлеб пшеничный** | **20** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** | | |
|  | **Яблоко** | **150** | | **0.6** | | **0.6** | | **14.7** | | **66.6** | **0.7** | | | | **24** | | | **0** | | | **1.73** | | | | **6** | | | **7.5** | | | **12** | | | **1.13** | | |
|  |  |  | | **25.68** | | **28,72** | | **91.06** | | **743.16** | **1.017** | | | | **70.07** | | | **0,16** | | | **5.57** | | | | **212.23** | | | **78.15** | | | **382.70** | | | **3,93** | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |
|  |  |  | |  | |  | |  | |  |  | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |