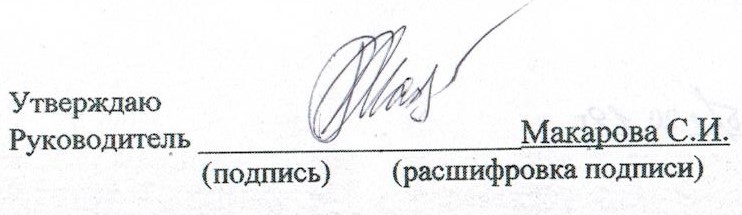
******

21.10.2021год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** | |
| **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** | |