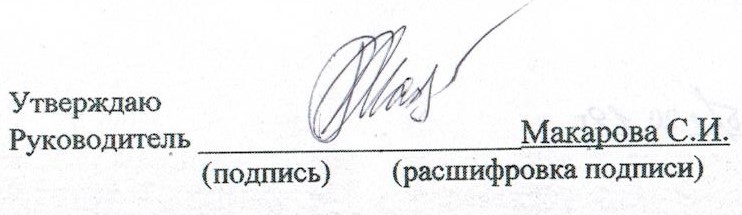
******

22.10.2021год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  |  |  | | **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** | |
| **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** | |