Директор МБОУ «Средняя общеобразовательная

школа № 2 п. Николаевка»

\_\_\_\_\_\_\_\_\_\_\_Макарова С.И.

Приказ № 47 от 28.08.2022г

***Примерное 10-дневное меню***

***для учащихся 1 – 4 классов***

***муниципального бюджетного общеобразовательного учреждения***

***«Средняя общеобразовательная***

***школа № 2 п. Николаевка»***

***общеобразовательных учреждений***

***сезон осенне-зимний***

Наименование сборника рецептур:

«Сборник рецептур блюд и кулинарных

изделий для питания школьников»

под редакцией Могильного М.Г. 2007г

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **ДЕНЬ 1** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** | |  |  |  |  |  |  | | |  | |
| **94** | **Суп молочный с пшеном** | | **200** | **5.8** | **5.48** | | **18.57** | | | **146.8** | | **0,11** | | | **0.91** | | | **30.6** | | | **0,1** | | **161.9** | | | **29.62** | | | **155** | | | **0.54** | |  |  |  |  |  |  | | |  | |
| **951** | **Кофейный напиток** | | **200** | **1,4** | **2** | | **27** | | | **116** | | **0,02** | | | **0,6** | | | **0,08** | | | **0** | | **34** | | | **7** | | | **45** | | | **0** | |  |  |  |  |  |  | | |  | |
| **41** | **Масло сливочное** | | **10** | **0** | **8.2** | | **0,1** | | | **75** | | **0** | | | **0** | | | **59** | | | **0,1** | | **1** | | | **0** | | | **2** | | | **0** | |  |  |  |  |  |  | | |  | |
| **42** | **Сыр** | | **20** | **4.64** | **5.9** | | **0** | | | **72.8** | | **0,001** | | | **0,14** | | | **52** | | | **0,1** | | **176** | | | **7** | | | **100** | | | **0,20** | |  |  |  |  |  |  | | |  | |
| **3** | **Хлеб пшеничный** | | **30** | **6** | **2** | | **14** | | | **82** | | **0,04** | | | **0** | | | **0** | | | **0,2** | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **банан** | | **250** | **2.7** | **0.9** | | **14.4** | | | **199.5** | |  | | | **0.3** | | |  | | | **0.6** | | **0.24** | | |  | | |  | | | **0.12** | |  |  |  |  |  |  | | |  | |
| **95** | **Кондит.изд** | | **30** | **2.3** | **2.9** | | **22.3** | | | **125** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  |  | |  | **22.8** | **27.38** | | **96.37** | | | **817.2** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **День 2** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** |  |  |  |  |  | |  | | |
| **679** | **Каша гречневая рассыпчатая** | **150** | | **6,6** | | **4,38** | | **35,27** | | **230.45** | **0,11** | | | **0** | | | **0,02** | | | **1,56** | | | | **1.22** | | | **0.03** | | | **162** | | | **2.43** |  |  |  |  |  | |  | | |
| **307** | **Котлета из птицы** | **80** | | **9,7** | | **13,92** | | **7,89** | | **196** | **0,04** | | | **0.26** | | | **64** | | | **0,45** | | | | **56** | | | **15.4** | | | **105.9** | | | **1.01** |  |  |  |  |  | |  | | |
| **33** | **Салат из свеклы** | **60** | | **0,86** | | **3,65** | | **5,02** | | **56.34** | **0,01** | | | **5.7** | | | **0** | | | **0,55** | | | | **21.09** | | | **12.54** | | | **24.58** | | | **0,8** |  |  |  |  |  | |  | | |
| **3** | **хлеб** | **30** | | **3** | | **1** | | **14** | | **82** | **0.04** | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **377** | **Чай с лимоном** | **200** | | **4,51** | | **1,14** | | **7,71** | | **114.66** | **0** | | | **0** | | | **0** | | | **0** | | | | **6** | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **фрукт** | **200** | | **0,8** | | **0,2** | | **8,6** | | **92** | **0.1** | | | **3.67** | | | **0** | | |  | | | | **112.55** | | | **99.08** | | |  | | | **18.42** |  |  |  |  |  | |  | | |
|  | **Кондит.изделие** | **30** | | **1,77** | | **1,41** | | **22,5** | | **109.8** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  |  |  | | **26.64** | | **25.7** | | **100.99** | | **881.25** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **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** | |  |  |  |  |  |  | | |  | |
| **694** | **Картофельное пюре** | | **200** | **4,08** | **6,4** | | **27,26** | | | **183** | | **0,18** | | | **24.22** | | | **34** | | | **0,9** | | **49.3** | | | **37** | | | **115.46** | | | **1.34** | |  | |  |  |  | |  | | |
| **17** | **салат из соленых огурцов** | | **60** | **0,52** | **3,07** | | **1,57** | | | **35.88** | | **0.01** | | | **3.33** | | | **0** | | |  | | **13.97** | | | **8.06** | | | **16.94** | | | **0.37** | |  |  |  |  |  |  | | |  | |
| **943** | **Чай с лимоном** | | **200** | **4,51** | **1,14** | | **7,71** | | | **114.66** | | **0.01** | | | **3.67** | | | **0.01** | | | **0.01** | | **112.55** | | | **99.08** | | | **185.54** | | | **18.42** | |  |  |  |  |  |  | | |  | |
| **591** | **Гуляш мясной** | | **75** | **19,72** | **17,89** | | **4,76** | | | **168.2** | | **0,17** | | | **1.28** | | | **0** | | | **0,45** | | **24.36** | | | **26.01** | | | **194.69** | | | **2.32** | |  |  |  |  |  |  | | |  | |
| **3** | **Хлеб пшеничный** | | **30** | **3** | **1** | | **14** | | | **82** | | **0,04** | | | **0** | | | **0** | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **яблоко** | | **200** | **3,04** | **0,32** | | **16,68** | | | **94** | |  | | | **0.18** | | |  | | |  | |  | | | **10** | | |  | | | **0.2** | |  |  |  |  |  |  | | |  | |
|  | **Кондит. изделие** | | **40** | **4,8** | **2,3** | | **33,5** | | | **170** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  |  | |  | **39.7** | **32.12** | | **105.48** | | | **847.74** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **День 4** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** |  |  |  |  |  | |  | | |
| **304** | **Плов из птицы** | **80\130** | | **20,3** | | **17** | | **35,69** | | **377** | **0.06** | | | **1.01** | | | **48** | | | **0,71** | | | | **45.1** | | | **47.5** | | | **199.3** | | | **2.19** |  |  |  |  |  | |  | | |
| **15** | **Салат из свежих помидор с луком** | **60** | | **0.59** | | **3,69** | | **2,24** | | **44.52** | **0,03** | | | **10.06** | | | **0** | | | **0,04** | | | | **11.21** | | | **9.76** | | | **20.77** | | | **0,44** |  |  |  |  |  | |  | | |
| **377** | **Чай с лимоном** | **200** | | **4,51** | | **1,14** | | **7,71** | | **114.66** | **0.1** | | | **3.67** | | | **0.01** | | |  | | | | **112.5** | | | **99.08** | | | **185.54** | | | **18.42** |  |  |  |  |  | |  | | |
| 3 | **Хлеб пшеничный** | **30** | | **3** | | **1** | | **14** | | **82** | **0,04** | | | **0** | | | **0** | | | **0** | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **сок** | **200** | | **0,2** | | **0,2** | | **22** | | **92** | **0** | | | **0.18** | | | **0** | | |  | | | |  | | | **10** | | |  | | | **0.2** |  |  |  |  |  | |  | | |
|  | **Кондит. изделие** | **40** | | **2,4** | | **2,3** | | **33,5** | | **170** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  |  |  | | **31** | | **25.15** | | **93.36** | | **880.18** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **ДЕНЬ 5** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** | |  |  |  |  |  |  | | |  | |
| **421** | **Макаронные изделия отварные** | | **100** | **8,77** | **9,35** | | **57,93** | | | **336.51** | | **0,06** | | | **0** | | | **21** | | | **0,9** | | **4.86** | | | **21.12** | | | **37.17** | | | **1.11** | |  |  |  |  |  |  | | |  | |
| **50** | **Икра кабачковая** | | **60** | **1,2** | **5,4** | | **5,1** | | | **73.2** | | **0,02** | | | **4.2** | | | **0** | | | **1,73** | | **24.6** | | | **9** | | | **22.2** | | | **0.42** | |  |  |  |  |  |  | | |  | |
| **377** | **Чай с лимоном** | | **200** | **4,51** | **1,14** | | **7,71** | | | **114.66** | | **0.1** | | | **3.67** | | | **0.01** | | | **0.01** | | **112.5** | | | **99.08** | | | **185.54** | | | **18.42** | |  |  |  |  |  |  | | |  | |
| **307** | **Котлета из птицы** | | **80** | **9,7** | **13,92** | | **7,89** | | | **196** | | **0.04** | | | **0.26** | | | **64** | | | **0** | | **56** | | | **15.4** | | | **115.9** | | | **1** | |  |  |  |  |  |  | | |  | |
| **3** | **Хлеб пшеничный** | | **30** | **3** | **1** | | **14** | | | **82** | | **0,04** | | | **0** | | | **0** | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **сок** | | **200** | **0,2** | **0,2** | | **22** | | | **92** | |  | | | **0.18** | | |  | | |  | |  | | | **10** | | |  | | | **0.2** | |  |  |  |  |  |  | | |  | |
|  |  | |  | **27.4** | **30.83** | | **92.85** | | | **894** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **День 6** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** |  |  |  |  |  | |  | | |
| **17** | **Огурец соленый** | **60** | | **0,46** | | **3,07** | | **1,57** | | **35.88** | **0,01** | | | **3.33** | | | **0** | | | **0,06** | | | | **13,8** | | | **8,4** | | | **16.94** | | | **0,37** |  |  |  |  |  | |  | | |
| **694** | **Картофельное пюре** | **200** | | **4,08** | | **6,4** | | **27,26** | | **183** | **0,18** | | | **24.22** | | | **34** | | | **0,9** | | | | **49.3** | | | **37** | | | **115.46** | | | **1.34** |  |  |  |  |  | |  | | |
| **229** | **Рыба тушеная в т\с с овощами** | **120** | | **18,03** | | **10,21** | | **8,49** | | **195** | **0.13** | | | **4.36** | | | **0.01** | | |  | | | | **67.74** | | | **77.7** | | | **310** | | | **1.25** |  |  |  |  |  | |  | | |
| **3** | **хлеб** | **30** | | **3** | | **0** | | **14** | | **82** | **0,04** | | |  | | |  | | |  | | | | **6** | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **377** | **Чай с лимоном** | **200** | | **4,51** | | **1,14** | | **7,71** | | **114.66** | **0,01** | | | **3.67** | | | **0.01** | | | **0,01** | | | | **112.5** | | | **99.08** | | | **185.54** | | | **18.42** |  |  |  |  |  | |  | | |
|  | **яблоко** | **200** | | **0,8** | | **0** | | **22,6** | | **86** | **0,02** | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** |  |  |  |  |  | |  | | |
|  | **Кондит.изд** | **30** | | **0,05** | | **0,03** | | **57,1** | | **150** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  |  |  | | **30.93** | | **20.85** | | **138.73** | | **846.54** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **День7** | |  |  |  | |  | | |  | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
| **№ 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** | |  |  |  |  |  |  | | |  | |
| **679** | **Каша гречневая рассыпчатая** | | **150** | **6,6** | **4,38** | | **35,27** | | | **230.45** | | **0,11** | | | **0** | | | **0,02** | | | **1,56** | | **1.22** | | | **0.03** | | | **162** | | | **2.43** | |  |  |  |  |  |  | | |  | |
| **833** | **соус** | | **50** | **0,77** | **2,24** | | **6,09** | | | **47.34** | | **0.01** | | | **1.6** | | | **0.01** | | | **0,1** | | **7.05** | | | **5.34** | | | **13.1** | | | **0.2** | |  |  |  |  |  |  | | |  | |
| **943** | **Чай С ЛИМОНОМ** | | **200** | **4,51** | **1,14** | | **7,71** | | | **114.66** | | **0.01** | | | **3.67** | | | **0.01** | | | **0.01** | | **112.55** | | | **99.08** | | | **185.54** | | | **18.42** | |  |  |  |  |  |  | | |  | |
| **424** | **Тефтеля мясная** | | **80** | **11,7** | **12,91** | | **14,9** | | | **223** | | **0,07** | | | **1.13** | | | **51** | | |  | | **57.8** | | | **28.4** | | | **141.4** | | | **1.27** | |  |  |  |  |  |  | | |  | |
| **3** | **Хлеб пшеничный с** | | **30** | **3** | **0** | | **14** | | | **82** | |  | | |  | | |  | | |  | | **6** | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
| **41** | **Маслом сливочным** | | **10** | **0** | **8,2** | | **0,1** | | | **75** | | **0** | | | **0** | | | **59** | | |  | | **1** | | | **0** | | | **2** | | | **0** | |  |  |  |  |  |  | | |  | |
|  | **сок** | | **200** | **0,2** | **0,2** | | **22** | | | **92** | |  | | | **0.18** | | |  | | |  | |  | | | **10** | | |  | | | **0.2** | |  |  |  |  |  |  | | |  | |
|  |  | |  | **26.22** | **29.39** | | **102.04** | | | **864.45** | |  | | |  | | |  | | |  | |  | | |  | | |  | | |  | |  |  |  |  |  |  | | |  | |
|  | **день 8** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** |  |  |  |  |  | |  | | |
| **309** | **Макароны отварные** | **100** | | **8,77** | | **9,35** | | **57,93** | | **336.51** | **0.16** | | | **0** | | | **0** | | | **5.31** | | | | **1.55** | | | **13.7** | | | **73.37** | | | **1.55** |  |  |  |  |  | |  | | |
| **833** | **соус** | **25** | | **0,38** | | **1,12** | | **3,04** | | **23.67** | **0.02** | | | **1.6** | | | **0.01** | | |  | | | | **7.05** | | | **5.34** | | | **13.15** | | | **0.21** |  |  |  |  |  | |  | | |
| **536** | **сосиска** | **50** | | **5.20** | | **10** | | **10,5** | | **112** | **0.04** | | | **0** | | | **0** | | |  | | | | **12** | | | **10** | | | **79** | | | **0.9** |  |  |  |  |  | |  | | |
| **15** | **Салат из огурцов** | **60** | | **0,46** | | **3,65** | | **1,43** | | **40.38** | **0.02** | | | **5.7** | | | **0** | | |  | | | | **13.11** | | | **7.98** | | | **24.01** | | | **0.34** |  |  |  |  |  | |  | | |
| 3 | **хлеб** | **30** | | **6** | | **1** | | **14** | | **82** |  | | |  | | |  | | |  | | | | **6** | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| 943 | **Чай** | **200** | | **4,51** | | **1,14** | | **7,71** | | **28** | **0.01** | | | **3.67** | | | **0.01** | | | **0.01** | | | | **112.55** | | | **99.08** | | | **185.54** | | | **18.42** |  |  |  |  |  | |  | | |
|  | **сок** | **200** | | **0,2** | | **0,2** | | **22** | | **92** |  | | | **0.18** | | |  | | |  | | | |  | | | **10** | | |  | | | **0.2** |  |  |  |  |  | |  | | |
|  | **Кондит.изд** | **40** | | **0,84** | | **0,016** | | **0,059** | | **106.7** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  |  |  | | **26.36** | | **26.47** | | **116.66** | | **821.26** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **День 9** |  | |  | |  | |  | |  |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
| **№ 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** |  |  |  |  |  | |  | | |
| **41** | **Масло сливочное** | **10** | | **0** | | **8,2** | | **0,10** | | **75** | **0** | | | **0** | | | **59** | | | **0,56** | | | | **1** | | | **0** | | | **2** | | | **0** |  |  |  |  |  | |  | | |
| **15** | **Салат из помидор и огурцов** | **60** | | **0,53** | | **3,69** | | **2,24** | | **44.52** | **0** | | | **10.06** | | | **0** | | | **0** | | | | **11.21** | | | **9.76** | | | **20.77** | | | **0,44** |  |  |  |  |  | |  | | |
| **307** | **Котлета из птицы** | **80** | | **9,7** | | **13,92** | | **7,89** | | **196** | **0,04** | | | **0.26** | | | **64** | | |  | | | | **56** | | | **15.4** | | | **105.9** | | | **1.01** |  |  |  |  |  | |  | | |
| **694** | **Картофельное пюре** | **200** | | **4,08** | | **6,4** | | **27,26** | | **183** | **0,18** | | | **24.22** | | | **34** | | | **0,9** | | | | **49.3** | | | **37** | | | **115.46** | | | **1.34** |  |  |  |  |  | |  | | |
| **943** | **Чай с лимоном** | **200** | | **4,51** | | **1,14** | | **7,71** | | **114.66** | **0,01** | | | **3.67** | | | **0,01** | | | **112.55** | | | | **99.08** | | |  | | | **185.54** | | | **2** |  |  |  |  |  | |  | | |
| **3** | **Хлеб пшеничный** | **30** | | **3** | | **1,14** | | **14** | | **82** |  | | |  | | |  | | | **0** | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **фрукт** | **100** | | **1,52** | | **0,16** | | **8,34** | | **40,88** | **0,02** | | | **0** | | | **0** | | | **0,22** | | | | **2** | | | **1,4** | | | **6,4** | | | **0,12** |  |  |  |  |  | |  | | |
|  | **Кондит. изд** | **30** | | **2,3** | | **2,9** | | **22,3** | | **125.1** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  |  |  | | **25.64** | | **37.55** | | **89.84** | | **861.16** |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | | |
|  | **День 10** | |  |  |  | |  | |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | |  | |
| **№ 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** | | |  |  |  |  |  |  | |  | |  | |
| **309** | **Макароны отварные** | | **100** | **8,77** | **9,35** | | **57.93** | | **336.51** | | **0.16** | | **0** | | | **0** | | | **5.31** | | | **1.55** | | | **13.7** | | | **73.37** | | | **1.55** | | |  |  |  |  |  |  | |  | |  | |
| **591** | **Гуляш мясной** | | **75** | **19.72** | **17.89** | | **4,76** | | **168.2** | | **0,17** | | **1.28** | | | **0** | | | **0,45** | | | **24.36** | | | **26.01** | | | **194.69** | | | **2.32** | | |  |  |  |  |  | |  | | |
| **17** | **салат из соленых Огурцов** | | **60** | **0,52** | **3,07** | | **1,57** | | **35.88** | | **0.01** | | **3.33** | | | **0** | | |  | | | **13.97** | | | **8.06** | | | **16.94** | | | **0.37** | | |  |  |  |  |  |  | |  | |  | |
| 3 | **хлеб** | | **30** | **3** | **1,14** | | **14** | | **82** | |  | | **0.18** | | |  | | |  | | |  | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | |  | |
| 943 | **Чай с сахаром** | | **200** | **0,2** | **0** | | **14** | | **28** | | **0.** | |  | | |  | | |  | | | **6** | | |  | | |  | | | **0.4** | | |  |  |  |  |  |  | |  | |  | |
|  | **Сок** | | **200** | **0,2** | **0,2** | | **22** | | **92** | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | |  | |
|  | **Кондит.изд** | | **30** | **0,05** | **0,03** | | **17,1** | | **150** | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | |  | |
|  |  | |  | **33.2** | **32.64** | | **125.07** | | **867.69** | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  |  |  |  |  |  | |  | |  | |