**УТВЕРЖДАЮ:**

Руководитель МБОУ «Ивановская СОШ»

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ И.И. Иванова

« » \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2021 год

Примерное 10-дневное меню

для организации питания обучающихся 7-11 лет

образовательных организаций Адамовского района

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| |  | | --- | | День: Понедельник | | Неделя: Первая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 209 | Каша манная (жидкая) на молоке | 200.00 | 7.81 | 9.83 | 29.83 | 239.57 | 0.09 | 0.25 | 2.21 | 0.06 | 0.51 | 209.77 | 229.25 | 157.05 | 0.48 | | 397 | Сыр Российский (порциями) | 15.00 | 3.45 | 3.59 | 0.00 | 54.00 | 0.01 | 0.05 | 0.10 | 0.04 | 0.08 | 132.00 | 75.00 | 5.25 | 0.15 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 398 | Груша | 200.00 | 0.80 | 0.60 | 19.00 | 84.00 | 0.04 | 0.06 | 10.00 | 0.00 | 0.80 | 38.00 | 32.00 | 24.00 | 4.60 | |  | Итого за завтрак | 645.00 | 14.74 | 14.36 | 85.95 | 534.25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 407 | Суп рисовый на курином бульоне | 250.00 | 7.69 | 9.09 | 6.47 | 140.24 | 0.06 | 0.08 | 3.81 | 0.25 | 1.17 | 15.42 | 93.54 | 18.66 | 1.04 | | 395 | Салат из белокочанной капусты | 60.00 | 1.02 | 3.06 | 5.23 | 52.03 | 0.02 | 0.03 | 22.50 | 0.23 | 1.41 | 26.44 | 21.30 | 12.07 | 0.37 | | 408 | Плов из птицы | 200.00 | 17.06 | 18.97 | 14.21 | 310.50 | 0.04 | 0.10 | 1.51 | 0.28 | 5.31 | 22.17 | 154.17 | 22.29 | 1.79 | | 425 | Пирожок с картофелем | 60.00 | 3.96 | 3.25 | 26.80 | 154.93 | 0.10 | 0.05 | 8.10 | 0.04 | 1.33 | 11.15 | 44.48 | 11.25 | 0.55 | | 300 | Компот из смеси сухофруктов | 200.00 | 0.57 | 0.00 | 32.21 | 126.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 20.00 | 1.12 | 0.22 | 7.50 | 37.80 | 0.04 | 0.02 | 0.00 | 0.00 | 0.28 | 7.00 | 31.60 | 9.40 | 0.78 | |  | Итого за обед | 820.00 | 33.71 | 34.83 | 107.01 | 892.96 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Вторник | | Неделя: Первая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 201 | Каша рисовая (вязкая) на молоке | 200.00 | 5.69 | 8.11 | 36.99 | 245.89 | 0.05 | 0.14 | 1.24 | 0.04 | 0.24 | 118.41 | 179.56 | 106.47 | 0.54 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 403 | Зефир порциями | 70.00 | 0.56 | 0.07 | 3.50 | 228.20 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 1.75 | 1.05 | 1.05 | 5.46 | |  | Итого за завтрак | 500.00 | 15.30 | 14.15 | 95.48 | 779.39 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 43 | Рассольник ленинградский | 250.00 | 3.15 | 2.30 | 20.35 | 116.59 | 0.11 | 0.08 | 8.85 | 0.30 | 0.33 | 38.97 | 99.20 | 32.85 | 1.20 | | 356 | Макаронные изделия отварные | 150.00 | 5.20 | 0.55 | 31.00 | 152.96 | 0.06 | 0.01 | 0.00 | 0.00 | 0.76 | 3.39 | 34.61 | 6.94 | 0.76 | | 410 | Соус красный | 50.00 | 0.48 | 2.52 | 2.88 | 36.06 | 0.02 | 0.01 | 2.33 | 0.25 | 1.20 | 7.63 | 15.66 | 7.16 | 0.22 | | 265 | Котлеты, биточки, шницели | 80.00 | 11.16 | 10.10 | 12.23 | 178.47 | 0.06 | 0.12 | 0.23 | 0.03 | 0.43 | 29.22 | 126.95 | 29.40 | 1.81 | | 411 | Бутерброд с повидлом | 65.00 | 3.31 | 4.49 | 32.66 | 181.40 | 0.07 | 0.03 | 0.10 | 0.02 | 0.57 | 13.20 | 3.30 | 15.00 | 1.07 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 855.00 | 27.66 | 20.63 | 147.49 | 878.87 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Среда | | Неделя: Первая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 206 | Каша пшеничная (вязкая) на молоке | 200.00 | 8.21 | 8.25 | 36.94 | 256.74 | 0.14 | 0.16 | 1.21 | 0.04 | 0.95 | 131.33 | 239.00 | 111.90 | 2.24 | | 413 | Кофейный напиток | 200.00 | 0.16 | 0.06 | 4.99 | 28.31 | 0.01 | 0.00 | 0.00 | 0.00 | 0.03 | 1.51 | 15.08 | 6.34 | 0.12 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 400 | Апельсин | 200.00 | 1.80 | 0.40 | 16.20 | 80.00 | 0.08 | 0.06 | 120.00 | 0.02 | 0.40 | 68.00 | 46.00 | 26.00 | 0.60 | |  | Итого за завтрак | 630.00 | 12.44 | 8.96 | 72.71 | 436.45 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 414 | Суп гороховый | 250.00 | 7.16 | 7.04 | 7.97 | 126.04 | 0.11 | 0.07 | 4.63 | 0.13 | 0.25 | 16.72 | 84.30 | 19.12 | 1.28 | | 367 | Салат из свежих помидоров и огурцов | 80.00 | 0.62 | 0.67 | 2.05 | 15.46 | 0.03 | 0.03 | 12.60 | 0.03 | 0.51 | 17.19 | 19.01 | 10.80 | 0.50 | | 145 | Пюре картофельное | 150.00 | 3.04 | 8.15 | 19.16 | 162.54 | 0.14 | 0.11 | 5.04 | 0.17 | 0.21 | 37.45 | 86.62 | 41.55 | 0.96 | | 415 | Ленивые голубцы | 120.00 | 9.60 | 7.47 | 5.40 | 131.00 | 0.04 | 0.10 | 9.94 | 0.02 | 0.32 | 39.62 | 113.77 | 22.71 | 1.74 | | 102 | Соус сметанный | 30.00 | 1.05 | 4.17 | 1.88 | 49.72 | 0.01 | 0.03 | 0.08 | 0.02 | 0.13 | 26.80 | 19.32 | 3.18 | 0.05 | | 412 | Булочка " Веснушка" с изюмом | 60.00 | 4.48 | 3.55 | 31.82 | 179.07 | 0.08 | 0.03 | 0.00 | 0.02 | 0.69 | 9.56 | 34.82 | 6.05 | 0.42 | | 318 | Чай с лимоном | 200.00 | 0.48 | 0.11 | 22.81 | 88.25 | 0.00 | 0.00 | 3.60 | 0.00 | 0.02 | 3.60 | 1.98 | 1.08 | 0.05 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 950.00 | 30.40 | 31.73 | 116.91 | 880.17 |  |  |  |  |  |  |  |  |  | |
| |  | | --- | | День: Четверг | | Неделя: Первая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 203 | Каша геркулесовая (вязкая) на молоке | 200.00 | 7.42 | 10.35 | 27.90 | 235.53 | 0.21 | 0.19 | 1.25 | 0.05 | 0.76 | 138.00 | 256.50 | 140.85 | 1.65 | | 300 | Компот из смеси сухофруктов | 200.00 | 0.57 | 0.00 | 32.21 | 126.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 417 | Ватрушка | 80.00 | 10.05 | 5.42 | 31.76 | 218.58 | 0.09 | 0.14 | 0.16 | 0.04 | 0.63 | 70.18 | 126.10 | 15.62 | 0.78 | |  | Итого за завтрак | 510.00 | 20.33 | 16.01 | 106.45 | 651.56 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 418 | Суп пшенный с фрикадельками | 250.00 | 7.12 | 5.23 | 16.34 | 143.10 | 0.12 | 0.10 | 8.30 | 0.28 | 1.17 | 18.52 | 120.22 | 32.30 | 1.76 | | 419 | Салат из моркови и яблока | 60.00 | 0.64 | 0.11 | 4.86 | 22.52 | 0.03 | 0.03 | 2.85 | 0.90 | 0.24 | 13.65 | 25.95 | 17.40 | 0.47 | | 192 | Рис отварной | 150.00 | 3.59 | 7.95 | 35.09 | 213.68 | 0.02 | 0.02 | 0.00 | 0.04 | 0.30 | 3.13 | 61.31 | 18.74 | 0.51 | | 416 | Рыба тушеная с овощами | 70.00 | 6.26 | 3.31 | 2.64 | 62.79 | 0.04 | 0.04 | 1.15 | 0.20 | 1.81 | 18.84 | 68.03 | 14.68 | 0.64 | | 392 | Бутерброд с маслом | 50.00 | 3.09 | 8.57 | 19.52 | 170.00 | 0.04 | 0.02 | 0.00 | 0.04 | 0.14 | 10.40 | 29.00 | 5.60 | 0.46 | | 303 | Кисель из концентрата | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 442 | Печенье порционно | 30.00 | 2.25 | 2.94 | 15.24 | 125.10 | 0.02 | 0.02 | 0.00 | 3.30 | 1.05 | 8.70 | 27.00 | 6.00 | 0.63 | |  | Итого за обед | 870.00 | 26.92 | 28.68 | 119.52 | 865.30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Пятница | | Неделя: Первая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 212 | Каша пшенная (жидкая) на молоке | 200.00 | 8.98 | 10.61 | 35.06 | 272.58 | 0.17 | 0.22 | 2.11 | 0.06 | 0.18 | 205.04 | 284.37 | 176.67 | 1.21 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 399 | Яблоко | 150.00 | 0.60 | 0.60 | 14.70 | 67.50 | 0.04 | 0.03 | 6.00 | 0.01 | 0.60 | 15.00 | 12.00 | 3.00 | 1.50 | |  | Итого за завтрак | 580.00 | 12.26 | 11.55 | 86.88 | 496.75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 421 | Борщ со сметаной | 250.00 | 1.82 | 5.41 | 14.51 | 109.11 | 0.06 | 0.05 | 14.73 | 0.35 | 2.41 | 32.65 | 52.75 | 24.60 | 0.97 | | 423 | Салат из отварных овощей с зелёным горошком | 60.00 | 2.72 | 5.56 | 3.91 | 76.61 | 0.05 | 0.09 | 4.88 | 0.36 | 1.84 | 16.05 | 52.72 | 13.31 | 0.69 | | 187 | Каша гречневая рассыпчатая | 150.00 | 8.89 | 2.33 | 43.82 | 236.38 | 0.22 | 0.11 | 0.00 | 0.00 | 0.58 | 14.11 | 210.27 | 141.12 | 4.73 | | 422 | Гуляш из птицы | 100.00 | 19.94 | 17.47 | 7.22 | 282.11 | 0.05 | 0.11 | 4.05 | 0.12 | 2.99 | 25.35 | 165.77 | 21.09 | 2.19 | | 424 | Булочка "Дорожная" с присыпкой | 70.00 | 4.98 | 9.98 | 38.89 | 266.41 | 0.09 | 0.07 | 0.26 | 0.05 | 0.59 | 37.09 | 69.07 | 26.78 | 0.60 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 890.00 | 49.08 | 47.05 | 174.58 | 1332.62 |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Понедельник | | Неделя: Вторая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 204 | Каша ячневая (вязкая) на молоке | 200.00 | 7.00 | 8.26 | 34.84 | 243.66 | 0.03 | 0.15 | 1.25 | 0.05 | 0.06 | 115.75 | 116.14 | 85.65 | 0.11 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 420 | Кисель | 200.00 | 0.00 | 0.00 | 4.99 | 106.31 | 0.11 | 0.13 | 5.04 | 72.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | | 401 | Банан | 200.00 | 3.00 | 0.20 | 42.00 | 178.00 | 0.08 | 0.10 | 20.00 | 0.04 | 0.80 | 16.00 | 56.00 | 84.00 | 1.20 | |  | Итого за завтрак | 630.00 | 12.28 | 8.70 | 96.41 | 599.37 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 426 | Суп гречневый на курином бульоне | 250.00 | 3.77 | 3.19 | 19.98 | 126.13 | 0.13 | 0.07 | 8.25 | 0.28 | 1.32 | 15.30 | 84.60 | 42.45 | 1.50 | | 427 | Салат витаминный | 60.00 | 0.75 | 4.15 | 2.51 | 49.56 | 0.02 | 0.03 | 13.25 | 0.30 | 1.92 | 17.35 | 21.25 | 12.30 | 0.38 | | 432 | Жаркое по-домашнему | 250.00 | 18.31 | 15.04 | 18.18 | 286.38 | 0.08 | 0.14 | 10.27 | 0.67 | 2.49 | 34.03 | 186.30 | 36.20 | 2.59 | | 435 | пирожок с рисом и яйцом | 70.00 | 5.04 | 4.73 | 23.99 | 159.60 | 0.06 | 0.09 | 0.01 | 0.04 | 0.93 | 17.11 | 66.50 | 9.48 | 0.81 | | 409 | Компот из сухофруктов | 200.00 | 0.46 | 0.00 | 19.78 | 78.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 890.00 | 32.28 | 27.68 | 110.28 | 827.87 |  |  |  |  |  |  |  |  |  | | |

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| |  | | --- | | День: Вторник | | Неделя: Вторая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 443 | Каша "Дружба" | 200.00 | 5.16 | 7.12 | 25.62 | 187.69 | 0.07 | 0.14 | 1.33 | 0.04 | 0.14 | 126.49 | 170.31 | 107.35 | 0.55 | | 428 | Пирожок с мясом | 70.00 | 8.70 | 6.20 | 22.79 | 182.35 | 0.08 | 0.08 | 0.35 | 0.02 | 0.66 | 10.78 | 75.62 | 9.72 | 0.91 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 438 | Чай с молоком | 200.00 | 1.57 | 1.29 | 7.39 | 44.95 | 0.02 | 0.08 | 0.65 | 0.01 | 0.00 | 60.00 | 60.00 | 45.00 | 0.05 | |  | Итого за завтрак | 500.00 | 17.71 | 14.84 | 70.38 | 486.39 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 429 | Суп с вермишелью на курином бульоне | 250.00 | 2.11 | 5.14 | 7.90 | 87.42 | 0.04 | 0.02 | 2.65 | 0.22 | 2.34 | 8.05 | 25.71 | 10.25 | 0.39 | | 408 | Плов из птицы | 200.00 | 17.06 | 18.97 | 14.21 | 310.50 | 0.04 | 0.10 | 1.51 | 0.28 | 5.31 | 22.17 | 154.17 | 22.29 | 1.79 | | 430 | Горячий бутерброд с сыром | 65.00 | 7.95 | 14.96 | 14.75 | 230.30 | 0.05 | 0.13 | 0.15 | 0.08 | 0.59 | 184.30 | 178.00 | 18.45 | 0.82 | | 420 | Кисель | 200.00 | 0.00 | 0.00 | 4.99 | 106.31 | 0.11 | 0.13 | 5.04 | 72.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | |  | Итого за обед | 775.00 | 31.08 | 39.65 | 67.68 | 862.63 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Среда | | Неделя: Вторая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 210 | Каша кукурузная (жидкая) на молоке | 200.00 | 7.75 | 9.81 | 37.02 | 268.36 | 0.10 | 0.25 | 2.11 | 0.07 | 0.34 | 202.36 | 236.85 | 156.36 | 1.21 | | 318 | Чай с лимоном | 200.00 | 0.48 | 0.11 | 22.81 | 88.25 | 0.00 | 0.00 | 3.60 | 0.00 | 0.02 | 3.60 | 1.98 | 1.08 | 0.05 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 399 | Яблоко | 200.00 | 0.80 | 0.80 | 19.60 | 90.00 | 0.06 | 0.04 | 8.00 | 0.02 | 0.80 | 20.00 | 16.00 | 4.00 | 2.00 | |  | Итого за завтрак | 630.00 | 11.31 | 10.96 | 94.00 | 518.01 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 431 | Щи со сметаной | 250.00 | 1.66 | 5.38 | 7.89 | 85.60 | 0.05 | 0.04 | 20.08 | 0.23 | 2.36 | 36.80 | 43.25 | 19.45 | 0.69 | | 356 | Макаронные изделия отварные | 150.00 | 5.20 | 0.55 | 31.00 | 152.96 | 0.06 | 0.01 | 0.00 | 0.00 | 0.76 | 3.39 | 34.61 | 6.94 | 0.76 | | 272 | Тефтели 1-й вариант | 90.00 | 7.95 | 10.73 | 10.95 | 159.27 | 0.05 | 0.07 | 3.66 | 0.07 | 2.83 | 23.47 | 94.21 | 23.84 | 1.34 | | 25 | Винегрет овощной | 60.00 | 0.79 | 6.06 | 3.61 | 72.62 | 0.03 | 0.03 | 9.57 | 0.16 | 2.79 | 21.60 | 21.77 | 11.48 | 0.48 | | 397 | Сыр Российский (порциями) | 15.00 | 3.45 | 3.59 | 0.00 | 54.00 | 0.01 | 0.05 | 0.10 | 0.04 | 0.08 | 132.00 | 75.00 | 5.25 | 0.15 | | 434 | Кофейный напиток на молоке | 200.00 | 5.05 | 4.38 | 13.13 | 120.27 | 0.08 | 0.26 | 2.24 | 0.03 | 0.03 | 208.31 | 225.54 | 162.85 | 0.32 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 433 | Булочка с сахаром | 65.00 | 4.65 | 6.95 | 32.79 | 213.39 | 0.08 | 0.06 | 0.20 | 0.04 | 0.52 | 30.31 | 61.82 | 21.75 | 0.58 | |  | Итого за обед | 890.00 | 32.71 | 38.21 | 125.19 | 986.22 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Четверг | | Неделя: Вторая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 209 | Каша манная (жидкая) на молоке | 200.00 | 7.81 | 9.83 | 29.83 | 239.57 | 0.09 | 0.25 | 2.21 | 0.06 | 0.51 | 209.77 | 229.25 | 157.05 | 0.48 | | 425 | Пирожок с картофелем | 70.00 | 4.62 | 3.79 | 31.27 | 180.75 | 0.12 | 0.05 | 9.45 | 0.05 | 1.55 | 13.01 | 51.89 | 13.13 | 0.64 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 409 | Компот из сухофруктов | 200.00 | 0.46 | 0.00 | 19.78 | 78.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |  | Итого за завтрак | 500.00 | 15.17 | 13.86 | 95.46 | 569.82 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 407 | Суп рисовый на курином бульоне | 250.00 | 7.69 | 9.09 | 6.47 | 140.24 | 0.06 | 0.08 | 3.81 | 0.25 | 1.17 | 15.42 | 93.54 | 18.66 | 1.04 | | 294 | Рагу из птицы | 200.00 | 18.74 | 23.47 | 16.49 | 349.19 | 0.15 | 0.21 | 30.38 | 0.51 | 0.85 | 71.05 | 213.85 | 43.23 | 2.60 | | 392 | Бутерброд с маслом | 50.00 | 3.09 | 8.57 | 19.52 | 170.00 | 0.04 | 0.02 | 0.00 | 0.04 | 0.14 | 10.40 | 29.00 | 5.60 | 0.46 | | 417 | Ватрушка | 80.00 | 10.05 | 5.42 | 31.76 | 218.58 | 0.09 | 0.14 | 0.16 | 0.04 | 0.63 | 70.18 | 126.10 | 15.62 | 0.78 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 404 | Вафля порционно | 20.00 | 1.10 | 1.30 | 3.90 | 42.18 | 0.01 | 0.02 | 0.12 | 16.00 | 0.22 | 13.18 | 16.78 | 2.42 | 0.14 | |  | Итого за обед | 860.00 | 45.03 | 48.53 | 126.51 | 1133.57 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Пятница | | Неделя: Вторая | | Сезон: Осенне-зимний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 201 | Каша рисовая (вязкая) на молоке | 200.00 | 5.69 | 8.11 | 36.99 | 245.89 | 0.05 | 0.14 | 1.24 | 0.04 | 0.24 | 118.41 | 179.56 | 106.47 | 0.54 | | 420 | Кисель | 200.00 | 0.00 | 0.00 | 4.99 | 106.31 | 0.11 | 0.13 | 5.04 | 72.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 402 | Мандарин | 100.00 | 0.80 | 0.30 | 8.10 | 40.00 | 0.06 | 0.03 | 38.00 | 0.01 | 0.20 | 35.00 | 17.00 | 11.00 | 0.10 | |  | Итого за завтрак | 530.00 | 8.77 | 8.65 | 64.66 | 463.60 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 386 | Суп-лапша домашняя | 250.00 | 4.20 | 5.88 | 18.22 | 145.42 | 0.07 | 0.05 | 3.44 | 0.24 | 2.59 | 14.29 | 50.41 | 14.39 | 0.70 | | 436 | Пюре гороховое | 160.00 | 10.06 | 3.41 | 23.18 | 168.01 | 0.24 | 0.08 | 0.00 | 0.01 | 0.28 | 45.22 | 112.76 | 43.12 | 3.44 | | 229 | Котлеты или биточки рыбные | 90.00 | 10.76 | 11.01 | 14.37 | 199.98 | 0.08 | 0.08 | 0.33 | 0.03 | 4.28 | 43.87 | 150.70 | 39.31 | 0.71 | | 437 | Салат из вареных овощей с кукурузой | 60.00 | 2.07 | 5.28 | 4.82 | 75.21 | 0.03 | 0.06 | 4.35 | 0.34 | 1.89 | 11.80 | 42.15 | 10.35 | 0.55 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 820.00 | 37.82 | 31.87 | 126.82 | 950.62 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Понедельник | | Неделя: Первая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 202 | Каша манная (густая) на молоке | 200.00 | 7.11 | 8.11 | 35.41 | 245.04 | 0.08 | 0.15 | 1.24 | 0.04 | 0.71 | 123.54 | 151.74 | 92.78 | 0.54 | | 397 | Сыр Российский (порциями) | 15.00 | 3.45 | 3.59 | 0.00 | 54.00 | 0.01 | 0.05 | 0.10 | 0.04 | 0.08 | 132.00 | 75.00 | 5.25 | 0.15 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 398 | Груша | 200.00 | 0.80 | 0.60 | 19.00 | 84.00 | 0.04 | 0.06 | 10.00 | 0.00 | 0.80 | 38.00 | 32.00 | 24.00 | 4.60 | |  | Итого за завтрак | 645.00 | 14.04 | 12.64 | 91.52 | 539.71 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 407 | Суп рисовый на курином бульоне | 250.00 | 7.69 | 9.09 | 6.47 | 140.24 | 0.06 | 0.08 | 3.81 | 0.25 | 1.17 | 15.42 | 93.54 | 18.66 | 1.04 | | 441 | Салат из свеклы с зелёным горошком | 65.00 | 1.04 | 5.12 | 5.96 | 73.66 | 0.03 | 0.02 | 5.80 | 0.01 | 2.36 | 17.05 | 28.20 | 10.05 | 0.70 | | 408 | Плов из птицы | 200.00 | 17.06 | 18.97 | 14.21 | 310.50 | 0.04 | 0.10 | 1.51 | 0.28 | 5.31 | 22.17 | 154.17 | 22.29 | 1.79 | | 425 | Пирожок с картофелем | 60.00 | 3.96 | 3.25 | 26.80 | 154.93 | 0.10 | 0.05 | 8.10 | 0.04 | 1.33 | 11.15 | 44.48 | 11.25 | 0.55 | | 409 | Компот из сухофруктов | 200.00 | 0.46 | 0.00 | 19.78 | 78.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 835.00 | 34.17 | 37.01 | 99.05 | 885.53 |  |  |  |  |  |  |  |  |  | |

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| |  | | --- | | День: Вторник | | Неделя: Первая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 201 | Каша рисовая (вязкая) на молоке | 200.00 | 5.69 | 8.11 | 36.99 | 245.89 | 0.05 | 0.14 | 1.24 | 0.04 | 0.24 | 118.41 | 179.56 | 106.47 | 0.54 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 403 | Зефир порциями | 70.00 | 0.56 | 0.07 | 3.50 | 228.20 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 1.75 | 1.05 | 1.05 | 5.46 | |  | Итого за завтрак | 500.00 | 15.30 | 14.15 | 95.48 | 779.39 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 43 | Рассольник ленинградский | 250.00 | 3.15 | 2.30 | 20.35 | 116.59 | 0.11 | 0.08 | 8.85 | 0.30 | 0.33 | 38.97 | 99.20 | 32.85 | 1.20 | | 356 | Макаронные изделия отварные | 150.00 | 5.20 | 0.55 | 31.00 | 152.96 | 0.06 | 0.01 | 0.00 | 0.00 | 0.76 | 3.39 | 34.61 | 6.94 | 0.76 | | 410 | Соус красный | 50.00 | 0.48 | 2.52 | 2.88 | 36.06 | 0.02 | 0.01 | 2.33 | 0.25 | 1.20 | 7.63 | 15.66 | 7.16 | 0.22 | | 265 | Котлеты, биточки, шницели | 80.00 | 11.16 | 10.10 | 12.23 | 178.47 | 0.06 | 0.12 | 0.23 | 0.03 | 0.43 | 29.22 | 126.95 | 29.40 | 1.81 | | 411 | Бутерброд с повидлом | 65.00 | 3.31 | 4.49 | 32.66 | 181.40 | 0.07 | 0.03 | 0.10 | 0.02 | 0.57 | 13.20 | 3.30 | 15.00 | 1.07 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 855.00 | 27.66 | 20.63 | 147.49 | 878.87 |  |  |  |  |  |  |  |  |  | |

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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Среда | | Неделя: Первая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 206 | Каша пшеничная (вязкая) на молоке | 200.00 | 8.21 | 8.25 | 36.94 | 256.74 | 0.14 | 0.16 | 1.21 | 0.04 | 0.95 | 131.33 | 239.00 | 111.90 | 2.24 | | 413 | Кофейный напиток | 200.00 | 0.16 | 0.06 | 4.99 | 28.31 | 0.01 | 0.00 | 0.00 | 0.00 | 0.03 | 1.51 | 15.08 | 6.34 | 0.12 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 400 | Апельсин | 200.00 | 1.80 | 0.40 | 16.20 | 80.00 | 0.08 | 0.06 | 120.00 | 0.02 | 0.40 | 68.00 | 46.00 | 26.00 | 0.60 | |  | Итого за завтрак | 630.00 | 12.44 | 8.96 | 72.71 | 436.45 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 414 | Суп гороховый | 250.00 | 7.16 | 7.04 | 7.97 | 126.04 | 0.11 | 0.07 | 4.63 | 0.13 | 0.25 | 16.72 | 84.30 | 19.12 | 1.28 | | 367 | Салат из свежих помидоров и огурцов | 80.00 | 0.62 | 0.67 | 2.05 | 15.46 | 0.03 | 0.03 | 12.60 | 0.03 | 0.51 | 17.19 | 19.01 | 10.80 | 0.50 | | 145 | Пюре картофельное | 150.00 | 3.04 | 8.15 | 19.16 | 162.54 | 0.14 | 0.11 | 5.04 | 0.17 | 0.21 | 37.45 | 86.62 | 41.55 | 0.96 | | 415 | Ленивые голубцы | 120.00 | 9.60 | 7.47 | 5.40 | 131.00 | 0.04 | 0.10 | 9.94 | 0.02 | 0.32 | 39.62 | 113.77 | 22.71 | 1.74 | | 102 | Соус сметанный | 30.00 | 1.05 | 4.17 | 1.88 | 49.72 | 0.01 | 0.03 | 0.08 | 0.02 | 0.13 | 26.80 | 19.32 | 3.18 | 0.05 | | 412 | Булочка " Веснушка" с изюмом | 60.00 | 4.48 | 3.55 | 31.82 | 179.07 | 0.08 | 0.03 | 0.00 | 0.02 | 0.69 | 9.56 | 34.82 | 6.05 | 0.42 | | 318 | Чай с лимоном | 200.00 | 0.48 | 0.11 | 22.81 | 88.25 | 0.00 | 0.00 | 3.60 | 0.00 | 0.02 | 3.60 | 1.98 | 1.08 | 0.05 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 950.00 | 30.40 | 31.73 | 116.91 | 880.17 |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Четверг | | Неделя: Первая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 203 | Каша геркулесовая (вязкая) на молоке | 200.00 | 7.42 | 10.35 | 27.90 | 235.53 | 0.21 | 0.19 | 1.25 | 0.05 | 0.76 | 138.00 | 256.50 | 140.85 | 1.65 | | 300 | Компот из смеси сухофруктов | 200.00 | 0.57 | 0.00 | 32.21 | 126.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 417 | Ватрушка | 80.00 | 10.05 | 5.42 | 31.76 | 218.58 | 0.09 | 0.14 | 0.16 | 0.04 | 0.63 | 70.18 | 126.10 | 15.62 | 0.78 | |  | Итого за завтрак | 510.00 | 20.33 | 16.01 | 106.45 | 651.56 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 418 | Суп пшенный с фрикадельками | 250.00 | 7.12 | 5.23 | 16.34 | 143.10 | 0.12 | 0.10 | 8.30 | 0.28 | 1.17 | 18.52 | 120.22 | 32.30 | 1.76 | | 419 | Салат из моркови и яблока | 60.00 | 0.64 | 0.11 | 4.86 | 22.52 | 0.03 | 0.03 | 2.85 | 0.90 | 0.24 | 13.65 | 25.95 | 17.40 | 0.47 | | 192 | Рис отварной | 150.00 | 3.59 | 7.95 | 35.09 | 213.68 | 0.02 | 0.02 | 0.00 | 0.04 | 0.30 | 3.13 | 61.31 | 18.74 | 0.51 | | 416 | Рыба тушеная с овощами | 70.00 | 6.26 | 3.31 | 2.64 | 62.79 | 0.04 | 0.04 | 1.15 | 0.20 | 1.81 | 18.84 | 68.03 | 14.68 | 0.64 | | 392 | Бутерброд с маслом | 50.00 | 3.09 | 8.57 | 19.52 | 170.00 | 0.04 | 0.02 | 0.00 | 0.04 | 0.14 | 10.40 | 29.00 | 5.60 | 0.46 | | 303 | Кисель из концентрата | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 442 | Печенье порционно | 30.00 | 2.25 | 2.94 | 15.24 | 125.10 | 0.02 | 0.02 | 0.00 | 3.30 | 1.05 | 8.70 | 27.00 | 6.00 | 0.63 | |  | Итого за обед | 870.00 | 26.92 | 28.68 | 119.52 | 865.30 |  |  |  |  |  |  |  |  |  | |  |  | | --- | | День: Пятница | | Неделя: Первая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет |  |  | | --- | | День: Пятница  Неделя: Первая  Сезон: Весенне-летний  Возрастная группа: 7-11 лет | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 212 | Каша пшенная (жидкая) на молоке | 200.00 | 8.98 | 10.61 | 35.06 | 272.58 | 0.17 | 0.22 | 2.11 | 0.06 | 0.18 | 205.04 | 284.37 | 176.67 | 1.21 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 399 | Яблоко | 150.00 | 0.60 | 0.60 | 14.70 | 67.50 | 0.04 | 0.03 | 6.00 | 0.01 | 0.60 | 15.00 | 12.00 | 3.00 | 1.50 | |  | Итого за завтрак | 580.00 | 12.26 | 11.55 | 86.88 | 496.75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 421 | Борщ со сметаной | 250.00 | 1.82 | 5.41 | 14.51 | 109.11 | 0.06 | 0.05 | 14.73 | 0.35 | 2.41 | 32.65 | 52.75 | 24.60 | 0.97 | | 423 | Салат из отварных овощей с зелёным горошком | 60.00 | 2.72 | 5.56 | 3.91 | 76.61 | 0.05 | 0.09 | 4.88 | 0.36 | 1.84 | 16.05 | 52.72 | 13.31 | 0.69 | | 187 | Каша гречневая рассыпчатая | 150.00 | 8.89 | 2.33 | 43.82 | 236.38 | 0.22 | 0.11 | 0.00 | 0.00 | 0.58 | 14.11 | 210.27 | 141.12 | 4.73 | | 422 | Гуляш из птицы | 100.00 | 19.94 | 17.47 | 7.22 | 282.11 | 0.05 | 0.11 | 4.05 | 0.12 | 2.99 | 25.35 | 165.77 | 21.09 | 2.19 | | 424 | Булочка "Дорожная" с присыпкой | 70.00 | 4.98 | 9.98 | 38.89 | 266.41 | 0.09 | 0.07 | 0.26 | 0.05 | 0.59 | 37.09 | 69.07 | 26.78 | 0.60 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 890.0 | 49.08 | 47.05 | 174.58 | 1332.62 |  |  |  |  |  |  |  |  |  | |  |  | | --- | | День: Понедельник | | Неделя: Вторая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 204 | Каша ячневая (вязкая) на молоке | 200.00 | 7.00 | 8.26 | 34.84 | 243.66 | 0.03 | 0.15 | 1.25 | 0.05 | 0.06 | 115.75 | 116.14 | 85.65 | 0.11 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 413 | Кофейный напиток | 200.00 | 0.16 | 0.06 | 4.99 | 28.31 | 0.01 | 0.00 | 0.00 | 0.00 | 0.03 | 1.51 | 15.08 | 6.34 | 0.12 | | 401 | Банан | 200.00 | 3.00 | 0.20 | 42.00 | 178.00 | 0.08 | 0.10 | 20.00 | 0.04 | 0.80 | 16.00 | 56.00 | 84.00 | 1.20 | |  | Итого за завтрак | 630.00 | 12.43 | 8.76 | 96.41 | 521.37 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 426 | Суп гречневый на курином бульоне | 250.00 | 3.77 | 3.19 | 19.98 | 126.13 | 0.13 | 0.07 | 8.25 | 0.28 | 1.32 | 15.30 | 84.60 | 42.45 | 1.50 | | 439 | Салат из пекинской капусты | 60.00 | 0.83 | 3.26 | 1.95 | 39.41 | 0.02 | 0.01 | 3.60 | 0.01 | 1.37 | 8.24 | 18.16 | 5.88 | 0.24 | | 432 | Жаркое по-домашнему | 200.00 | 14.65 | 12.03 | 14.55 | 229.11 | 0.06 | 0.11 | 8.22 | 0.53 | 1.99 | 27.23 | 149.04 | 28.96 | 2.07 | | 435 | пирожок с рисом и яйцом | 70.00 | 5.04 | 4.73 | 23.99 | 159.60 | 0.06 | 0.09 | 0.01 | 0.04 | 0.93 | 17.11 | 66.50 | 9.48 | 0.81 | | 409 | Компот из сухофруктов | 200.00 | 0.46 | 0.00 | 19.78 | 78.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 840.00 | 27.70 | 23.78 | 106.08 | 760.44 |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Вторник | | Неделя: Вторая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 443 | Каша "Дружба" | 200.00 | 5.16 | 7.12 | 25.62 | 187.69 | 0.07 | 0.14 | 1.33 | 0.04 | 0.14 | 126.49 | 170.31 | 107.35 | 0.55 | | 428 | Пирожок с мясом | 70.00 | 8.70 | 6.20 | 22.79 | 182.35 | 0.08 | 0.08 | 0.35 | 0.02 | 0.66 | 10.78 | 75.62 | 9.72 | 0.91 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 438 | Чай с молоком | 200.00 | 1.57 | 1.29 | 7.39 | 44.95 | 0.02 | 0.08 | 0.65 | 0.01 | 0.00 | 60.00 | 60.00 | 45.00 | 0.05 | |  | Итого за завтрак | 500.00 | 17.71 | 14.84 | 70.38 | 486.39 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 429 | Суп с вермишелью на курином бульоне | 250.00 | 2.11 | 5.14 | 7.90 | 87.42 | 0.04 | 0.02 | 2.65 | 0.22 | 2.34 | 8.05 | 25.71 | 10.25 | 0.39 | | 408 | Плов из птицы | 200.00 | 17.06 | 18.97 | 14.21 | 310.50 | 0.04 | 0.10 | 1.51 | 0.28 | 5.31 | 22.17 | 154.17 | 22.29 | 1.79 | | 430 | Горячий бутерброд с сыром | 65.00 | 7.95 | 14.96 | 14.75 | 230.30 | 0.05 | 0.13 | 0.15 | 0.08 | 0.59 | 184.30 | 178.00 | 18.45 | 0.82 | | 420 | Кисель | 200.00 | 0.00 | 0.00 | 4.99 | 106.31 | 0.11 | 0.13 | 5.04 | 72.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | |  | Итого за обед | 775.00 | 31.08 | 39.65 | 67.68 | 862.63 |  |  |  |  |  |  |  |  |  | |   День: Среда  Неделя: Вторая  Сезон: Весенне-летний  Возрастная группа: 7-11 лет   |  | | --- | |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 210 | Каша кукурузная (жидкая) на молоке | 200.00 | 7.75 | 9.81 | 37.02 | 268.36 | 0.10 | 0.25 | 2.11 | 0.07 | 0.34 | 202.36 | 236.85 | 156.36 | 1.21 | | 318 | Чай с лимоном | 200.00 | 0.48 | 0.11 | 22.81 | 88.25 | 0.00 | 0.00 | 3.60 | 0.00 | 0.02 | 3.60 | 1.98 | 1.08 | 0.05 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 399 | Яблоко | 200.00 | 0.80 | 0.80 | 19.60 | 90.00 | 0.06 | 0.04 | 8.00 | 0.02 | 0.80 | 20.00 | 16.00 | 4.00 | 2.00 | |  | Итого за завтрак | 630.00 | 11.31 | 10.96 | 94.00 | 518.01 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 431 | Щи со сметаной | 250.00 | 1.66 | 5.38 | 7.89 | 85.60 | 0.05 | 0.04 | 20.08 | 0.23 | 2.36 | 36.80 | 43.25 | 19.45 | 0.69 | | 356 | Макаронные изделия отварные | 150.00 | 5.20 | 0.55 | 31.00 | 152.96 | 0.06 | 0.01 | 0.00 | 0.00 | 0.76 | 3.39 | 34.61 | 6.94 | 0.76 | | 272 | Тефтели 1-й вариант | 90.00 | 7.95 | 10.73 | 10.95 | 159.27 | 0.05 | 0.07 | 3.66 | 0.07 | 2.83 | 23.47 | 94.21 | 23.84 | 1.34 | | 25 | Винегрет овощной | 60.00 | 0.79 | 6.06 | 3.61 | 72.62 | 0.03 | 0.03 | 9.57 | 0.16 | 2.79 | 21.60 | 21.77 | 11.48 | 0.48 | | 397 | Сыр Российский (порциями) | 15.00 | 3.45 | 3.59 | 0.00 | 54.00 | 0.01 | 0.05 | 0.10 | 0.04 | 0.08 | 132.00 | 75.00 | 5.25 | 0.15 | | 434 | Кофейный напиток на молоке | 200.00 | 5.05 | 4.38 | 13.13 | 120.27 | 0.08 | 0.26 | 2.24 | 0.03 | 0.03 | 208.31 | 225.54 | 162.85 | 0.32 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 433 | Булочка с сахаром | 65.00 | 4.65 | 6.95 | 32.79 | 213.39 | 0.08 | 0.06 | 0.20 | 0.04 | 0.52 | 30.31 | 61.82 | 21.75 | 0.58 | |  | Итого за обед | 890.00 | 32.71 | 38.21 | 125.19 | 986.22 |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Четверг | | Неделя: Вторая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 209 | Каша манная (жидкая) на молоке | 200.00 | 7.81 | 9.83 | 29.83 | 239.57 | 0.09 | 0.25 | 2.21 | 0.06 | 0.51 | 209.77 | 229.25 | 157.05 | 0.48 | | 425 | Пирожок с картофелем | 70.00 | 4.62 | 3.79 | 31.27 | 180.75 | 0.12 | 0.05 | 9.45 | 0.05 | 1.55 | 13.01 | 51.89 | 13.13 | 0.64 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 409 | Компот из сухофруктов | 200.00 | 0.46 | 0.00 | 19.78 | 78.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |  | Итого за завтрак | 500.00 | 15.17 | 13.86 | 95.46 | 596.82 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 407 | Суп рисовый на курином бульоне | 250.00 | 7.69 | 9.09 | 6.47 | 140.24 | 0.06 | 0.08 | 3.81 | 0.25 | 1.17 | 15.42 | 93.54 | 18.66 | 1.04 | | 294 | Рагу из птицы | 200.00 | 18.74 | 23.47 | 16.49 | 349.19 | 0.15 | 0.21 | 30.38 | 0.51 | 0.85 | 71.05 | 213.85 | 43.23 | 2.60 | | 392 | Бутерброд с маслом | 50.00 | 3.09 | 8.57 | 19.52 | 170.00 | 0.04 | 0.02 | 0.00 | 0.04 | 0.14 | 10.40 | 29.00 | 5.60 | 0.46 | | 417 | Ватрушка | 80.00 | 10.05 | 5.42 | 31.76 | 218.58 | 0.09 | 0.14 | 0.16 | 0.04 | 0.63 | 70.18 | 126.10 | 15.62 | 0.78 | | 317 | Чай с сахаром | 200.00 | 0.40 | 0.10 | 22.53 | 85.28 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | | 404 | Вафля порционно | 20.00 | 1.10 | 1.30 | 3.90 | 42.18 | 0.01 | 0.02 | 0.12 | 16.00 | 0.22 | 13.18 | 16.78 | 2.42 | 0.14 | |  | Итого за обед | 860.00 | 45.03 | 48.53 | 126.51 | 1133.57 |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | День: Пятница | | Неделя: Вторая | | Сезон: Весенне-летний | | Возрастная группа: 7-11 лет | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Завтрак** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 201 | Каша рисовая (вязкая) на молоке | 200.00 | 5.69 | 8.11 | 36.99 | 245.89 | 0.05 | 0.14 | 1.24 | 0.04 | 0.24 | 118.41 | 179.56 | 106.47 | 0.54 | | 420 | Кисель | 200.00 | 0.00 | 0.00 | 4.99 | 106.31 | 0.11 | 0.13 | 5.04 | 72.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 402 | Мандарин | 100.00 | 0.80 | 0.30 | 8.10 | 40.00 | 0.06 | 0.03 | 38.00 | 0.01 | 0.20 | 35.00 | 17.00 | 11.00 | 0.10 | |  | Итого за завтрак | 530.00 | 8.77 | 8.65 | 64.66 | 463.60 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Обед** | | | | | | | | | | | | | | | | | № рец | Наименование блюда | Вес порции, г | Пищевые в-ва, г | | | Энерг. ценность, ккал. | Витамины, мг | | | | | Минеральные в-ва, мг | | | | | Белки | Жиры | Углеводы | B1 | B2 | C | A | E | Ca | P | Mg | Fe | | 386 | Суп-лапша домашняя | 250.00 | 4.20 | 5.88 | 18.22 | 145.42 | 0.07 | 0.05 | 3.44 | 0.24 | 2.59 | 14.29 | 50.41 | 14.39 | 0.70 | | 436 | Пюре гороховое | 160.00 | 10.06 | 3.41 | 23.18 | 168.01 | 0.24 | 0.08 | 0.00 | 0.01 | 0.28 | 45.22 | 112.76 | 43.12 | 3.44 | | 229 | Котлеты или биточки рыбные | 90.00 | 10.76 | 11.01 | 14.37 | 199.98 | 0.08 | 0.08 | 0.33 | 0.03 | 4.28 | 43.87 | 150.70 | 39.31 | 0.71 | | 437 | Салат из вареных овощей с кукурузой | 60.00 | 2.07 | 5.28 | 4.82 | 75.21 | 0.03 | 0.06 | 4.35 | 0.34 | 1.89 | 11.80 | 42.15 | 10.35 | 0.55 | | 322 | Какао с молоком | 200.00 | 6.77 | 5.72 | 40.41 | 233.90 | 0.08 | 0.28 | 2.34 | 0.04 | 0.02 | 224.96 | 261.85 | 191.75 | 1.72 | | 405 | Хлеб пшеничный | 30.00 | 2.28 | 0.24 | 14.58 | 71.40 | 0.03 | 0.01 | 0.00 | 0.00 | 0.03 | 6.00 | 19.50 | 4.20 | 0.33 | | 406 | Хлеб ржаной | 30.00 | 1.68 | 0.33 | 11.25 | 56.70 | 0.05 | 0.02 | 0.00 | 0.00 | 0.42 | 10.50 | 47.40 | 14.10 | 1.17 | |  | Итого за обед | 820.00 | 37.82 | 31.87 | 126.82 | 950.65 |  |  |  |  |  |  |  |  |  | | |  | |
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