

**Согласовано** **Утверждаю**

Главный специалист -эксперт Директор МБОУ СОШ с. Лидога

Управления Роспотребнадзора по Хабаровскому

краю О.Н.Шапинова \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Вишняков Д.В. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

« » 20 г « » 20 г

**ПЕРСПЕКТИВНОЕ МЕНЮ**

**МБОУ СОШ с. Лидога (дотация, ОВЗ) 2023г**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептур**  **2007г** | **Наименование блюд** | | **Объём порции, г** | **Белки, г** | | **Жиры, г** | | **Углеводы, г** | **Калорийность, ккал** | | **%** | | **Витамины (мг)** | | | | | | | | | | **Минеральные вещества** | | | | | | | |
| **В1** | **С** | | | | **А** | | | | | **СА** | **Р** | | | | **Мg** | | **Fe** |
| **Неделя первая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **395** | Вареники с картофелем промышленного производства | | 250 | 17.82 | | 15.79 | | 53.44 | 320.7 | |  | | 0.217 | 4.251 | | | | 174.97 | | | | | 155.6 | 211.76 | | | 34.42 | | | 3.08 |
| **14** | Масло сливочное | | 10 | 0.080 | | 7.25 | | 0.13 | 66.0 | |  | |  |  | | | | 40.0 | | | | | 2.4 | 3.0 | | |  | | | 0.020 |
| **470** | Кисломолочный продукт (йогурт) | | 100 | 2,9 | | 2,5 | | 4,0 | 50,00 | |  | | 0,127 | 1,400 | | | | 40,0 | | | | | 140,0 | 160,60 | | | 28,0 | | | 0,200 |
| **459** | Чай с сахаром и лимоном | | 200 | 0,130 | | 0,020 | | 15,200 | 62,00 | |  | |  | 1,430 | | | |  | | | | | 14,200 | 4,400 | | | 2,400 | | | 0,360 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,4 | |  | | 0,090 |  | | | |  | | | | | 27,70 | 47,00 | | | 29,700 | | | 0,990 |
| **148** | Помидор свежий | | 50 | 0,550 | | 1,100 | | 1,900 | 11,40 | |  | | 0,030 | 12,75 | | | |  | | | | | 7,00 | 13,00 | | | 10,00 | | | 0,450 |
| ***Итого*** | | | **700** | **25,59** | | **26,56** | | **112,41** | **720,58** | | **28,33** | | **0,464** | **19,831** | | | | **254,97** | | | | | **339,96** | **439,76** | | | **104,525** | | | **5,1** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1** | Салат из белокочанной капусты с морковью и маслом растительным | | 100 | 1,310 | | 3,250 | | 6,470 | 60,40 | |  | | 0,022 | 3,090 | | | | 100,500 | | | | | 84,97 | 28,300 | | | 5,090 | | | 0,046 |
| **104** | Щи из свежей капусты с картофелем | | 250 | 1,630 | | 4,980 | | 4,530 | 112,37 | |  | | 0,060 | 9,636 | | | | 18,470 | | | | | 82,140 | 42,130 | | | 7,980 | | | 0,096 |
| **298** | Рыба запечённая в сметанном соусе | | 130 | 15,347 | | 12,055 | | 130032 | 144,740 | |  | | 0,102 | 1,240 | | | | 38,505 | | | | | 121,350 | 171,280 | | | 14,080 | | | 0,383 |
| **202** | Каша гречневая рассыпчатая с маслом сливочным | | 200 | 11,488 | | 16,335 | | 50,638 | 418,12 | |  | | 0,208 |  | | | | 217,555 | | | | | 150,580 | 138,290 | | | 48,980 | | | 3,987 |
| **479** | Кисель из ягод свежемороженых | | 200 | 0,148 | | 0,080 | | 21,490 | 114,600 | |  | | 0,014 | 6,404 | | | |  | | | | | 14,00 | 8,940 | | | 5,580 | | | 0,138 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | |  | | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
| **501** | Сок натуральный | | 200 | 0,60 | | 0,60 | | 14,70 | 70,50 | |  | | 0,077 | 8,800 | | | |  | | | | | 24,00 | 16,500 | | | 13,500 | | | 1,750 |
| ***Итого*** | | | **1190** | **37,503** | | **38,34** | | **159,6** | **1133,41** | | **41,67** | | **0,583** | **29,17** | | | | **375,03** | | | | | **500,04** | **500,04** | | | **125,01** | | | **7,500** |
| ***Всего за день*** | | |  | **63,093** | | **64,90** | | **272,01** | **1853,99** | |  | | **1,047** | **49,001** | | | | **630,000** | | | | | **840,000** | **939,8** | | | **229,535** | | | **12,6** |
| **2 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **230** | Каша жидкая молочная из манной крупы с маслом и сахаром | | 250 | 8,749 | | 12,591 | | 52,996 | 324,580 | |  | | 0,216 | 18,138 | | | | 91,570 | | | | | 38,830 | 57,830 | | | 22,935 | | | 2,482 |
| **267** | Яйцо варёное | | 40 | 5,080 | | 4,600 | | 0,280 | 63,00 | |  | | 0,030 |  | | | | 100,00 | | | | | 22,00 | 76,800 | | | 4,800 | | | 1,00 |
| **462** | Какао с молоком | | 200 | 4,08 | | 3,54 | | 17,58 | 118,60 | |  | | 0,056 | 1,588 | | | | 24,40 | | | | | 152,22 | 124,560 | | | 21,340 | | | 0,478 |
| **75** | Сыр порциями | | 15 | 3,480 | | 4,43 | | 0,0 | 54,00 | |  | | 0,005 | 0,105 | | | | 39,000 | | | | | 132,00 | 75,00 | | | 5,250 | | | 0,150 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| ***Итого*** | | | **595** | **25,497** | | **26,06** | | **108,596** | **770,600** | | **28,3** | | **0,397** | **19,831** | | | | **254,97** | | | | | **339,96** | **339,96** | | | **84,99** | | | **5,1** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **32** | Салат «Летний» | | 100 | 2,520 | | 7,250 | | 6,530 | 101,500 | |  | | 0,052 | 7,340 | | | |  | | | | | 28,050 | 57,280 | | | 8,940 | | | 0,910 |
| **122** | Суп с рыбными консервами | | 200 | 1,756 | | 2,224 | | 2,312 | 64,800 | |  | | 0,066 |  | | | | 95,510 | | | | | 86,240 | 116,880 | | | 5,200 | | | 0,357 |
| **349** | Рагу овощное | | 200 | 4,130 | | 6,474 | | 10,854 | 150,200 | |  | | 0,110 | 7,320 | | | | 26,380 | | | | | 121,79 | 78,170 | | | 11,300 | | | 0,161 |
| **357** | Оладьи из печени | | 150 | 21,369 | | 20,672 | | 54,974 | 419,140 | |  | | 1,180 | 8,106 | | | | 253,140 | | | | | 202,96 | 127,670 | | | 50,780 | | | 3,084 |
| **479** | Кисель из ягод свежемороженых | | 200 | 0,148 | | 0,080 | | 21,490 | 114,600 | |  | | 0,014 | 6,404 | | | |  | | | | | 14,00 | 8,940 | | | 5,580 | | | 0,138 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | |  | | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
| **82** | Фрукты (яблоко) | | 150 | 0,60 | | 0,60 | | 14,70 | 70,50 | |  | | 0,061 | 8,742 | | | |  | | | | | 24,00 | 16,500 | | | 13,500 | | | 1,750 |
| ***Итого*** | | | **1110** | **37,503** | | **38,34** | | **159,6** | **1133,42** | | **41,6** | | **0,583** | **29,170** | | | | **375,030** | | | | | **500,04** | **500,04** | | | **125,1** | | | **7,5** |
| ***Всего за день*** | | |  | **63,000** | | **64,400** | | **268,196** | **1904,020** | | **70** | | **0,980** | **49,001** | | | | **630,000** | | | | | **840,000** | **840,000** | | | **210,090** | | | **12,600** |
| **3 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **268** | Омлет паровой | | 250 | 13,536 | | 18,703 | | 45,180 | 387,340 | |  | | 0,169 | 10,698 | | | | 178,310 | | | | | 150,350 | 161,530 | | | 32,825 | | | 1,076 |
| **465** | Кофейный напиток с молоком | | 200 | 3,166 | | 2,68 | | 15,95 | 100,60 | |  | | 0,044 | 1,300 | | | | 20,00 | | | | | 125,780 | 90,00 | | | 14,00 | | | 0,134 |
| **82** | Яблоко | | 150 | 0,60 | | 0,60 | | 14,70 | 70,50 | |  | | 0,061 | 8,742 | | | |  | | | | | 24,00 | 16,500 | | | 13,500 | | | 1,750 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| ***Итого*** | | | **690** | **21,412** | | **22,883** | | **113,57** | **768,86** | | **28,33** | | **0,364** | **20,74** | | | | **198,31** | | | | | **320,83** | **315,03** | | | **90,025** | | | **3,95** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1** | Салат из белокочанной капусты с морковью и маслом растительным | | 100 | 1,310 | | 3,250 | | 6,470 | 60,40 | |  | | 0,022 | 3,090 | | | | 100,500 | | | | | 84,97 | 28,300 | | | 5,090 | | | 0,046 |
| **123** | Суп картофельный с фрикадельками (говядина) | | 250 | 7,00 | | 2,22 | | 8,30 | 84,80 | |  | | 0,096 | 14,790 | | | |  | | | | | 95,760 | 129,300 | | | 23,740 | | | 0,092 |
| **366** | Птица (курица) тушеная в сметане | | 120 | 14,67 | | 18,00 | | 47,63 | 436,59 | |  | | 0,212 | 5,390 | | | | 135,800 | | | | | 174,240 | 184,340 | | | 41,560 | | | 3,398 |
| **385** | Рис припущенный с маслом сливочным | | 240 | 7,587 | | 13,669 | | 20,571 | 224,35 | |  | | 0,151 |  | | | | 138,730 | | | | | 110,190 | 59,100 | | | 19,680 | | | 2,262 |
| 486 | Компот из свежих плодов | | 200 | 0,16 | | 0,160 | | 27,88 | 114,60 | |  | | 0,012 | 0,900 | | | |  | | | | | 14,180 | 4,400 | | | 5,140 | | | 0,602 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | |  | | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
|  | Хлеб пшеничный | | 60 | 4,74 | | 0,600 | | 28,98 | 120,72 | |  | | 0,060 |  | | | |  | | | | | 13,800 | 52,200 | | | 19,800 | | | 0,660 |
| ***Итого*** | | | **1020** | **37,50** | | **38,340** | | **159,590** | **1133,420** | | **41,67** | | **0,593** | **29,170** | | | | **375,030** | | | | | **502,340** | **500,040** | | | **125,010** | | | **7,500** |
| ***Всего за день*** | | |  | **58,915** | | **61,223** | | **272,16** | **1902,28** | | **70** | | **0,957** | **49,91** | | | | **573,34** | | | | | **823,17** | **815,07** | | | **215,035** | | | **11,45** |
| **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | |  |
| **224** | Запеканка из творога с морковью | | 250 | 12,457 | | 20,136 | | 55,556 | 398,16 | |  | | 0,180 | 15,600 | | | | 214,970 | | | | | 165,060 | 105,56 | | | 34,800 | | | 3,570 |
| **460** | Чай с молоком | | 200 | 2,310 | | 5,746 | | 15,000 | 159,00 | |  | | 0,030 | 0,300 | | | | 35,000 | | | | | 83,300 | 56,500 | | | 8,500 | | | 0,460 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| **148** | Огурец свежий | | 50 | 0,35 | | 0,05 | | 0,95 | 6,00 | |  | | 0,020 | 2,450 | | | |  | | | | | 8,500 | 15,000 | | | 7,000 | | | 0,250 |
| ***Итого*** | | | **590** | **19,227** | | **26,832** | | **109,246** | **773,58** | | **28,3** | | **0,32** | **18,35** | | | | **249,97** | | | | | **277,56** | **224,060** | | | **80,00** | | | **5,27** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | |  |
| **45** | Салат из белокочанной капусты с луком | | 100 | 1,31 | | 3,25 | | 6,27 | 59,60 | |  | | 0,02 | 6,492 | | | |  | | | | | 30,875 | 27,77 | | | 21,424 | | | 0,49 |
| **76** | Борщ с капустой и картофелем | | 250 | 2,90 | | 4,10 | | 11,70 | 95,00 | |  | | 0,05 | 11,00 | | | | 0,21 | | | | | 43,00 | 52,00 | | | 24,00 | | | 1,30 |
| **361** | Сердце в соусе | | 150 | 18,78 | | 21,84 | | 25,070 | 349,95 | |  | | 0,304 | 0,16 | | | | 176,38 | | | | | 137,35 | 182,989 | | | 34,394 | | | 4,557 |
| **377** | Пюре картофельное | | 200 | 4,086 | | 6,402 | | 21,367 | 141,090 | |  | | 0,018 | 4,210 | | | | 131,690 | | | | | 49,300 | 69,341 | | | 17,010 | | | 0,035 |
| **496** | Напиток из шиповника | | 200 | 0,68 | | 0,28 | | 14,18 | 88,20 | |  | | 0,012 | 1 | | | |  | | | | | 101,34 | 3,44 | | | 2,44 | | | 0,634 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | |  | | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
|  | Хлеб пшеничный | | 60 | 4,74 | | 0,600 | | 28,98 | 120,72 | |  | | 0,060 |  | | | |  | | | | | 13,800 | 52,200 | | | 19,800 | | | 0,660 |
| ***Итого*** | | | **101** | **34,736** | | **36,192** | | **127,327** | **946,52** | | **41,6** | | **0,504** | **22,862** | | | | **308,28** | | | | | **384,865** | **430,14** | | | **129,068** | | | **8,116** |
| ***Всего за день*** | | |  | **53,963** | | **63,744** | | **236,573** | **1720,1** | | **70** | | **0,824** | **41,212** | | | | **558,25** | | | | | **662,425** | **654,2** | | | **209,068** | | | **13,386** |
| **5 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **375** | Плов из птицы | | 250 | 13,749 | | 9,941 | | 53,050 | 321,560 | |  | | 0,246 | 18,137 | | | | 151,570 | | | | | 32,64 | | 90,400 | | 27,730 | | | 3,462 |
| **462** | Какао с молоком | | 200 | 4,08 | | 3,54 | | 17,58 | 118,60 | |  | | 0,056 | 1,588 | | | | 24,400 | | | | | 152,220 | | 124,560 | | 21,340 | | | 0,478 |
| **79** | Масло сливочное | | 10 | 0,080 | | 7,25 | | 0,13 | 66,00 | |  | |  |  | | | | 41,000 | | | | | 2,400 | | 3,000 | |  | | | 0,020 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,70 | | 47,00 | | 29,700 | | | 0,990 |
| **15** | Сыр порциями | | 15 | 3,480 | | 4,43 | | 0,0 | 54,00 | |  | | 0,005 | 0,105 | | | | 39,000 | | | | | 132,0 | | 75,00 | | 5,250 | | | 0,150 |
| ***Итого*** | | | **565** | **25,497** | | **26,060** | | **108,500** | **770,580** | | **28,3** | | **0,397** | **19,830** | | | | **254,970** | | | | | **339,96** | | **339,960** | | **84,990** | | | **5,100** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **17** | Салат из кукурузы с луком | | 100 | 2,82 | | 0,95 | | 14,10 | 77,4 | |  | | 0,17 | 1,00 | | | | |  | | | | 18,74 |  | | |  | | | 0,04 |
| **113** | Суп картофельный с горохом на мясном бульоне | | 220 | 5,359 | | 10,720 | | 7,280 | 80,250 | |  | | 0,080 | 3,006 | | | | | 194,370 | | | | 152,990 | 94,800 | | | 19,190 | | | 0,174 |
| **328** | Жаркое по-домашнему из говядины | | 230 | 22,10 | | 19,294 | | 46,80 | 510,79 | |  | | 0,202 | 8,848 | | | | | 180,660 | | | | 218,150 | 218,580 | | | 32,730 | | | 2,651 |
| **494** | Компот из плодов и ягод сушеных | | 200 | 0,780 | | 0,046 | | 23,610 | 114,800 | |  | | 0,016 | 0,726 | | | | |  | | | | 32,480 | 23,440 | | | 17,460 | | | 0,070 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | | |  | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
|  | Хлеб пшеничный | | 60 | 4,740 | | 0,600 | | 28,98 | 120,72 | |  | | 0,060 |  | | | | |  | | | | 13,800 | 52,200 | | | 19,800 | | | 0,660 |
| **501** | Сок натуральный | | 200 | 0,6 | | 0,6 | | 14,7 | 70,5 | |  | | 0,077 | 7,19 | | | | |  | | | | 24,000 | 16,500 | | | 3,500 | | | 1,515 |
| ***Итого*** | | | **1060** | **38,639** | | **32,65** | | **155,29** | **1066,42** | | **41,67** | | **0,645** | **20,77** | | | | | **375,03** | | | | **469,36** | **447,92** | | | **102,68** | | | **5,55** |
| ***Всего за день*** | | |  | **64,136** | | **58,71** | | **263,79** | **1837,00** | |  | | **1,042** | **40,6** | | | | | **630,00** | | | | **809,32** | **787,88** | | | **187,67** | | | **70,65** |
| **Неделя вторая** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **195** | Каша молочная «Дружба» | | 250 | 7,7 | | 10,6 | | 41,00 | 291,00 | |  | | 0,14 | 0,66 | | | |  | | | | | 156,08 |  | | | | | 45,44 | 0,99 |
| **267** | Яйцо варёное | | 40 | 5,080 | | 4,600 | | 0,280 | 63,00 | |  | | 0,030 |  | | | | 100,00 | | | | | 22,00 | 76,800 | | | | | 4,800 | 1,000 |
| **460** | Чай с молоком | | 200 | 2,310 | | 5,746 | | 15,00 | 159,00 | |  | | 0,030 | 0,030 | | | | 35,00 | | | | | 83,300 | 56,500 | | | | | 8,500 | 0,460 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,700 | 47,00 | | | | | 29,700 | 0,990 |
| **75** | Сыр порциями | | 15 | 3,480 | | 4,43 | | 0,0 | 54,00 | |  | | 0,005 | 0,105 | | | | 39,000 | | | | | 132,00 | 75,00 | | | | | 5,250 | 0,150 |
| ***Итого*** | | | **595** | **22,68** | | **26,276** | | **94,02** | **777,42** | | **28,33** | | **0,295** | **0,795** | | | | **174,00** | | | | | **414,08** | **255,3** | | | | | **96,69** | **3,59** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **28** | Салат из свеклы с солёным огурцом | | 100 | 1,1 | | 8,9 | | 5,1 | 104,00 | |  | | 0,01 | 0,99 | | | |  | | | | | 25,73 | | |  | | 45,18 | | 0,92 |
| **76** | Борщ с капустой и картофелем | | 250 | 2,90 | | 4,10 | | 11,70 | 95,00 | |  | | 0,05 | 11,00 | | | | 0,21 | | | | | 43,00 | | | 52,00 | | 24,00 | | 1,30 |
| **256** | Макаронные изделия отварные с маслом | | 200 | 7,36 | | 6,00 | | 36,14 | 202,54 | |  | | 0,074 | 3,613 | | | | 130,220 | | | | | 128,170 | | | 77,880 | | 27,281 | | 0,861 |
| **366** | Птица (курица) тушёная в сметанном соусе | | 120 | 21,303 | | 26,196 | | 6,375 | 291,440 | |  | | 0,250 | 10,156 | | | | 157,680 | | | | | 184,355 | | | 170,740 | | 52,893 | | 4,549 |
| **507** | Напиток витаминизированный «Витошка» | | 200 |  | |  | | 19,00 | 80,00 | |  | | 0,030 | 10,00 | | | | 0,120 | | | | |  | | |  | |  | |  |
|  | Хлеб ржаной | | 85 | 3,81 | | 0,784 | | 28,73 | 156,33 | |  | | 0,068 |  | | | |  | | | | | 15,640 | | | 72,08 | | 17,00 | | 0,748 |
|  | Хлеб пшеничный | | 50 | 3,95 | | 0,5 | | 24,15 | 116,9 | |  | | 0,05 |  | | | |  | | | | | 11,5 | | | 43,5 | | 16,5 | | 0,55 |
| **82** | Фрукты (яблоко) | | 150 | 0,60 | | 0,60 | | 14,70 | 70,50 | |  | | 0,061 | 8,742 | | | |  | | | | | 24,00 | | | 16,50 | | 13,500 | | 1,750 |
| ***Итого*** | | | **1155** | **41,023** | | **47,08** | | **145,895** | **1116,71** | | **41,67** | | **0,593** | **44,501** | | | | **288,23** | | | | | **432,395** | | | **432,7** | | **166,354** | | **10,678** |
| ***Всего за день*** | | |  | **63,703** | | **73,356** | | **239,915** | **1894,13** | | **70** | | **0,888** | **45,296** | | | | **462,23** | | | | | **846,475** | | | **688,00** | | **260,044** | | **14,268** |
| **2 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **395** | Вареники с творогом промышленного производства | | 250 | 17,63 | | 13,51 | | 54,59 | 314,16 | |  | | 0,15 | 8,43 | | | | 174,85 | | | | | 176,8 | 209,16 | | | 47,07 | | | 3,89 |
| **79** | Масло сливочное | | 10 | 0,080 | | 6,65 | | 0,13 | 66,00 | |  | |  |  | | | | 40,00 | | | | | 2,400 | 3,00 | | |  | | | 0,020 |
| **470** | Кисломолочный продукт(йогурт) | | 100 | 2,9 | | 2,5 | | 4,00 | 50,00 | |  | | 0,127 | 1,400 | | | | 40,00 | | | | | 140,00 | 80,810 | | | 7,310 | | | 0,200 |
| **507** | Напиток витаминизированный «Витошка» | | 200 |  | |  | | 19,00 | 80,00 | |  | | 0,030 | 10,00 | | | | 0,120 | | | | |  |  | | |  | | |  |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | |  | | | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| ***Итого*** | | **650** | | **24,727** | | **23,56** | | **115,46** | **720,58** | | **28,33** | | **0,397** | **19,830** | | | | **254,970** | | | | | **339,960** | **339,97** | | | **84,990** | | | **5,100** |
|  | | | | | | | | **Обед** | | | | | | | | | | | | | | | | | | | | | | |
| **17** | Салат из кукурузы с луком | | 100 | 2,82 | | 0,95 | | 14,16 | 77,4 | |  | | 0,17 | 1,00 | | | | |  | | | | 18,74 |  | | |  | | | 0,04 |
| **106** | Суп – лапша с отварной курицей | | 250 | 14,28 | | 16,18 | | 15,68 | 265,48 | |  | | 0,08 | 1,29 | | | | | 0,33 | | | | 36,74 | 129,69 | | | 22,31 | | | 1,60 |
| **298** | Рыба припущенная в сметанном соусе | | 130 | 13,36 | | 13,38 | | 3,27 | 132,80 | |  | | 0,099 | 0,120 | | | | |  | | | | 145,780 | 117,030 | | | 10,314 | | | 0,111 |
| **377** | Пюре картофельное | | 200 | 9,750 | | 13,203 | | 37,010 | 371,040 | |  | | 0,088 | 6,205 | | | | | 229,303 | | | | 98,172 | 111,311 | | | 62,536 | | | 2,535 |
| **486** | Компот из свежих плодов | | 200 | 0,16 | | 0,160 | | 27,88 | 114,60 | |  | | 0,012 | 0,9000 | | | | |  | | | | 14,180 | 4,400 | | | 5,140 | | | 0,060 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 | |  | | 0,040 |  | | | | |  | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
|  | Хлеб пшеничный | | 60 | 4,74 | | 0,600 | | 28,98 | 120,72 | |  | | 0,060 |  | | | | |  | | | | 13,800 | 52,200 | | | 19,800 | | | 0,660 |
| 82 | Фрукты (яблоко) | | 150 | 0,600 | | 0,60 | | 14,7 | 70,5 | |  | | 0,077 | 5,000 | | | | |  | | | | 24,000 | 16,500 | | | 13,500 | | | 1,750 |
| ***Итого*** | | **1140** | | **47,95** | **45,513** | | | **161,44** | **1244,5** | | **41,67** | | **0,626** | **14,515** | | | | | **229,633** | | | | **360,612** | **473,531** | | | **143,6** | | | **7,196** |
| ***Всего за день*** | |  | | **72,677** | **69,073** | | | **276,9** | **1965,08** | | **60** | | **1,023** | **34,345** | | | | | **484,603** | | | | **700,572** | **813,501** | | | **228,59** | | | **12,296** |
| **3 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **268** | Омлет паровой | | 250 | 13,536 | | 18,703 | | 45,180 | 387,340 | |  | | 0,169 | 10,698 | | | | | | 178,310 | | | 150,350 | 161,530 | | | 32,825 | | | 1,076 |
| **463** | Какао с молоком сгущённым | | 200 | 4,188 | | 4,334 | | 25,446 | 157,6 | |  | | 0,160 | 8,408 | | | | | | 0,014 | | | 119,364 | 124,680 | | | 22,096 | | | 0,620 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | | | | |  | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| **79** | Масло сливочное | | 10 | 0,080 | | 6,65 | | 0,13 | 66,00 | |  | |  |  | | | | | | 40,00 | | | 2,400 | 3,00 | | |  | | | 0,020 |
| **82** | Фрукты (яблоко) | | 150 | 0,60 | | 0,60 | | 14,70 | 70,50 | |  | | 0,077 | 5,000 | | | | | |  | | | 24,000 | 16,500 | | | 13,500 | | | 1,750 |
| ***Итого*** | | | **700** | **22,514** | | **30,977** | | **128,926** | **891,86** | | **28,33** | | **0,496** | **24,106** | | | | | | **218,324** | | | **316,814** | **383,71** | | | **98,121** | | | **4,456** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **20** | Салат из свежих помидор и сладкого перца с растительным маслом | | 100 | 1,100 | | 6,080 | | 3,750 | 74,100 | |  | | 0,056 | 9,440 | | | | | | 122,810 | | | 22,708 | 22,290 | | | 2,180 | | | 0,384 |
| **91** | Рассольник «Ленинградский» | | 250 | 2,70 | | 4,30 | | 18,80 | 117,00 | |  | | 0,09 | 8,00 | | | | | | 0,20 | | | 25,00 | 73,00 | | | 26,00 | | | 1,00 |
| **328** | Жаркое по-домашнему | | 230 | 24,326 | | 27,980 | | 59,280 | 464,340 | |  | | 0,390 | 7,930 | | | | | | 140,540 | | | 252,210 | 249,880 | | | 65,020 | | | 3,902 |
| **479** | Кисель из свежемороженой ягоды | | 200 | 0,148 | | 0,080 | | 20,490 | 114,600 | |  | | 0,006 | 5,200 | | | | | |  | | | 14,00 | 8,940 | | | 5,580 | | | 0,138 |
|  | Хлеб ржаной | | 85 | 3,81 | | 0,784 | | 28,73 | 156,33 | |  | | 0,068 |  | | | | | |  | | | 15,64 | 72,080 | | | 17,000 | | | 0,748 |
|  | Хлеб пшеничный | | 50 | 3,950 | | 0,50 | | 24,15 | 116,90 | |  | | 0,050 |  | | | | | |  | | | 11,500 | 43,500 | | | 16,500 | | | 0,550 |
| 501 | Сок натуральный | | 200 | 2,200 | | 0,200 | | 15,200 | 111,400 | |  | | 0,022 | 4,000 | | | | | |  | | | 38,00 | 52,000 | | | 14,000 | | | 0,120 |
| ***Итого*** | | | **1065** | **38,234** | | **39,924** | | **170,4** | **1154,67** | | **41,67** | | **0,682** | **34,57** | | | | | **263,55** | | | | **379,058** | **521,69** | | | **146,28** | | | **6,842** |
| ***Всего за день*** | | |  | **60,748** | | **70,901** | | **299,326** | **2046,53** | | **70** | | **1,178** | **58,676** | | | | | **481,874** | | | | **695,872** | **905,4** | | | **244,401** | | | **11,298** |
| **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **224** | Запеканка из творога с морковью с молоком сгущённым | | 250 | 12,457 | | 20,136 | 55,556 | | 398,16 | |  | | 0,180 | 15,600 | | | | | | | 214,970 | 165,060 | | 105,560 | | | 34,800 | | | 3,570 |
| **459** | Чай с сахаром и лимоном | | 200 | 0,130 | | 0,020 | 15,200 | | 62,00 | |  | |  | 2,830 | | | | | | |  | 14,200 | | 4,400 | | | 2,400 | | | 0,360 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | 37,74 | | 210,42 | |  | | 0,090 |  | | | | | | |  | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| **470** | Кисломолочный продукт | | 100 | 2,9 | | 2,5 | 4,00 | | 50,00 | |  | | 0,127 | 1,400 | | | | | | | 40,000 | | 140,000 | 160,600 | | | 28,000 | | | 0,200 |
| ***Итого*** | | | **640** | **22,597** | | **23,556** | **118,226** | | **720,58** | | **28,33** | | **0,397** | **19,830** | | | | | | | **254,970** | | **339,960** | **340,001** | | | **84,900** | | | **5,120** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1** | Салат из белокочанной капусты с морковью и маслом растительным | | 100 | 1,310 | | 3,250 | 6,470 | | 60,40 | |  | | 0,022 | 3,190 | | | | 100,500 | | | | | 84,970 | 28,300 | | | 5,090 | | | 0,046 |
| **104** | Щи из свежей капусты с картофелем | | 250 | 1,765 | | 4,950 | 2,153 | | 89,75 | |  | | 0,058 | 3,632 | | | | 29,500 | | | | | 109,250 | 49,000 | | | 9,120 | | | 0,083 |
| **268** | Биточки мясные из говядины с молоком | | 120 | 14,470 | | 18,430 | | 51,914 | 409,48 |  | | 0,151 | | | 7,348 | | | 109,990 | | | | | 171,470 | 141,600 | | | 49,945 | | | 4,300 |
| **202** | Каша гречневая рассыпчатая с маслом сливочным | | 200 | 11,608 | | 9,826 | | 12,483 | 150,04 |  | | 0,127 | | |  | | | 135,190 | | | | | 83,210 | 149,060 | | | 13,855 | | | 0,021 |
| 507 | Напиток витаминизированный «Витошка» | | 200 |  | |  | | 19,00 | 80,00 |  | | 0,030 | | | 10,000 | | | 0,120 | | | | |  |  | | |  | | |  |
|  | Хлеб ржаной | | 85 | 3,81 | | 0,784 | | 28,73 | 156,33 |  | | 0,068 | | |  | | |  | | | | | 15,64 | 72,080 | | | 17,000 | | | 0,748 |
|  | Хлеб пшеничный | | 50 | 3,950 | | 0,50 | | 24,15 | 116,90 |  | | 0,050 | | |  | | |  | | | | | 11,500 | 43,500 | | | 16,500 | | | 0,550 |
| 82 | Фрукты (яблоко) | | 150 | 0,60 | | 0,60 | | 14,70 | 70,50 |  | | 0,077 | | | 5,000 | | |  | | | | | 24,000 | 16,500 | | | 13,500 | | | 1,750 |
| ***Итого*** | | | **1155** | **37,511** | | **38,340** | | **159,600** | **1133,402** | **41,67** | | **0,583** | | | **29,170** | | | **375,300** | | | | | **500,040** | **500,040** | | | **125,010** | | | **7,497** |
| ***Всего за день*** | | |  | **60,108** | | **61,896** | | **277,826** | **1853,982** | **70** | | **0,980** | | | **49,000** | | | **630,270** | | | | | **840,000** | **840,041** | | | **209,910** | | | **12,617** |
| **5 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **366** | Птица (курица) отварная или запечённая | | 90 | 6,61 | | 11,39 | | 18,67 | 226,31 | |  | | 0,191 |  | | | 29,090 | | | | | | 20,360 | 97,450 | | | 13,436 | | | 1,309 |
| **199** | Гороховое пюре с маслом сливочным | | 200 | 11,263 | | 11,046 | | 35,194 | 257,250 | |  | | 0,052 | 16,080 | | | 205,880 | | | | | | 164,620 | 90,510 | | | 19,889 | | | 2,417 |
| **466** | Кофейный напиток с молоком сгущённым | | 200 | 3,166 | | 2,678 | | 15,946 | 100,60 | |  | | 0,044 | 1,300 | | | 20,000 | | | | | | 125,780 | 90,000 | | | 14,000 | | | 0,134 |
|  | Хлеб пшеничный | | 90 | 4,11 | | 0,900 | | 37,74 | 210,42 | |  | | 0,090 |  | | |  | | | | | | 20,700 | 47,00 | | | 29,700 | | | 0,990 |
| **148** | Огурец свежий | | 50 | 0,35 | | 0,05 | | 0,95 | 6,00 | |  | | 0,020 | 2,450 | | |  | | | | | | 8,500 | 15,000 | | | 7,000 | | | 0,250 |
| ***Итого*** | | | **630** | **25,497** | | **26,064** | | **108,496** | **770,580** | | **28,3** | | **0,397** | **19,830** | | | **254,970** | | | | | | **339,960** | **339,960** | | | **84,990** | | | **5,100** |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **32** | Салат «Летний» | | 80 | 2,520 | | 7,250 | | 6,530 | 101,500 |  | | 0,052 | | | 7,340 | | |  | | | | | 28,050 | 57,280 | | | 8,940 | | | 0,910 |
| **123** | Суп с рыбными фрикадельками | | 200 | 1,756 | | 2,224 | | 12,312 | 84,800 |  | | 0,096 | | | 7,163 | | | 95,510 | | | | | 76,240 | 72,960 | | | 15,200 | | | 0,880 |
| **361** | Сердце в соусе | | 150 | 18,78 | | 21,84 | | 25,070 | 349,95 |  | | 0,304 | | | 0,16 | | | 176,38 | | | | | 137,35 | 182,989 | | | 34,394 | | | 4,557 |
| **152** | Картофель отварной со сливочным маслом | | 180 | 7,86 | | 6,52 | | 23,01 | 222,49 |  | | 0,120 | | | 4,159 | | | 133,890 | | | | | 88,150 | 79,720 | | | 14,355 | | | 0,456 |
| **493** | Компот из абрикос консервированных | | 200 | 0,346 | | 0,040 | | 21,181 | 113,400 |  | | 0,024 | | | 1,800 |  | | | | | | | 18,560 | 10,400 | | | 4,660 | | | 0,352 |
| **470** | Кисломолочный продукт (йогурт) | | 100 | 2,9 | | 2,5 | | 4,00 | 50,00 |  | | 0,127 | | | 1,400 | 40,000 | | | | | | | 140,000 | 160,60 | | | 28,000 | | | 0,200 |
|  | Хлеб ржаной | | 50 | 2,24 | | 0,440 | | 19,76 | 91,96 |  | | 0,040 | | |  |  | | | | | | | 9,200 | 42,400 | | | 10,00 | | | 0,440 |
|  | Хлеб пшеничный | | 60 | 4,74 | | 0,600 | | 28,98 | 120,72 |  | | 0,060 | | |  |  | | | | | | | 13,800 | 52,200 | | | 19,800 | | | 0,660 |
| ***Итого*** | | | **1020** | **41,142** | | **41,414** | | **140,843** | **1134,82** | **41,67** | | **0,823** | | | **22,022** | **445,78** | | | | | | | **511,35** | **658,549** | | | **135,349** | | | **8,455** |
| ***Всего за день*** | | |  | **66,639** | | **67,478** | | **249,339** | **1905,4** | **70** | | **1,22** | | | **41,852** | **700,75** | | | | | | | **851,31** | **998,509** | | | **220,339** | | | **13,555** |