**Примерное десятидневное меню для организации питания детей в возрасте от 1,5 до 3 лет**

**МДКОУ «Детский сад №2 «Сказка»**

**(осенне-зимний период)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **1 день** | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | |
|  | **97** | | **Плов фруктовый с сухофруктами** | **110** | **2,49** | **2,43** | **25,2** | **157,1** | | **0,09** | **0,11** | **3,9** | **40,1** | **1,02** | |
|  | **102** | | **Какао на молоке** | **150** | **6,07** | **6,5** | **10,9** | **127,3** | | **-** | **0,01** | **-** | **1,8** | **0,36** | |
|  | **2,120,121** | | **Булка с йодоказеином масло, сыр** | **25/5/10** | **5,59** | **8,37** | **15,01** | **139,05** | | **0,15** | **0,09** | **-** | **15,1** | **0,7** | |
|  |  | |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  | | **Итого** |  | **14,15** | **17,3** | **51,11** | **423,45** | | **0,24** | **0,21** | **3,9** | **57,0** | **2,08** | |
|  | | |  |  |  |  |  |  | |  |  |  |  |  | |
|  | **2 завтрак** | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | **150** | **1,0** | **-** | **9,7** | **72,0** | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
|  |  | |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  | | **Итого** |  | **1,0** | **-** | **9,7** | **72,0** | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | |
|  | **19** | | **Икра кабачковая** | **40** | **0,57** | **1,28** | **3,57** | | **55,0** | **0,04** | **0,02** | **7,1** | **8,2** | **4,6** | |
|  | **40** | | **Борщ со сметаной** | **200/10** | **2,58** | **7,82** | **9,12** | | **64,98** | **0,03** | **0,01** | **-** | **24,5** | **1,26** | |
|  | **54** | | **Биточки мясные из говядины** | **70** | **10,68** | **11,72** | **5,74** | | **147,9** | **0,08** | **0,10** | **2,97** | **49,3** | **0,97** | |
|  | **79** | | **Картофельное пюре** | **150** | **2,77** | **5,25** | **20,19** | | **125,0** | **0,06** | **0,13** | **3,1** | **55,08** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | **150** | **0,29** | **-** | **30,0** | | **36,10** | **0,08** | **0,08** | **4,0** | **27,1** | **0,51** | |
|  | **1** | | **Хлеб целебно йодированный** | **40** | **2,9** | **0,6** | **16,7** | | **75,6** | **0,10** | **0,01** | **-** | **17,5** | **0,95** | |
|  |  | |  |  |  |  |  | |  |  |  |  |  |  | |
|  | | | **Итого** |  | **19,79** | **26,67** | **85,32** | | **504,58** | **0,39** | **0,35** | **17,17** | **174,68** | **9,02** | |
|  | **Уплотненный полдник** | | | | | | | | | | | | |  | |
|  | **96** | | **Молочная вермишель** | **180** | **4,4** | **4,5** | **22,6** | **179,5** | | **0,16** | **0,25** | **1,87** | **187** | **0,81** | |
|  | **109** | | **Чай с лимоном и сахаром** | **150/10** | **0,1** | **-** | **10,9** | **39,43** | | **-** | **-** | **0,3** | **1,8** | **0,36** | |
|  | **6** | | **Пирожок с повидлом** | **40** | **3,8** | **5,0** | **24,05** | **170,0** | | **0,04** | **0,05** | **0,10** | **8,0** | **0,6** | |
|  |  | |  |  |  |  |  |  | |  |  |  |  |  | |
|  | | | **Итого** |  | **8,3** | **9,5** | **57,55** | **388,93** | | **0,2** | **0,3** | **2,27** | **196,8** | **1,77** | |
|  |  | | **Итого за 1 день** |  | **43,24** | **53,47** | **203,68** | **1388,96** | | **0,86** | **0,92** | **32,34** | **435,98** | **13,17** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **2 день** | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | |
|  | **91** | **Каша геркулесовая молочная** | | **180** | **5,5** | **5,5** | **27,3** | | **129,6** | **0,13** | **0,18** | **1,9** | **172,1** | **0,09** | |
|  | **2,120** | **Булка с йодоказеином с маслом** | | **25/5** | **5,13** | **7,98** | **14,0** | | **106,15** | **0,09** | **0,08** | **-** | **14,3** | **0,4** | |
|  | **106** | **Чай с сахаром** | | **150** | **0,1** | **-** | **10,9** | | **39,43** | **-** | **-** | **-** | **1,8** | **0,36** | |
|  |  |  | |  |  |  |  | |  |  |  |  |  |  | |
|  |  | **Итого** | |  | **10,73** | **13,48** | **52,2** | | **275,18** | **1,03** | **0,26** | **1,9** | **188,2** | **0,85** | |
| **2 завтрак** | | | | | | | | | | | | | | |
|  | **34** | **Яблоко** | | **80** | **0,22** | **-** | **11,11** | **36,2** | | **0,07** | **0,03** | **10,0** | **4,1** | **0,3** | |
|  |  | **Итого** | |  | **0,22** | **-** | **11,11** | **36,2** | | **0,07** | **0,03** | **10,0** | **4,1** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | |
|  | **16** | **Салат из зелёного горшка** | | **45** | **0,28** | **0,03** | **0,08** | **34,7** | | **0,14** | **0,08** | **10,0** | **6,4** | **0,28** | |
|  | **53** | **Суп гречневый** | | **200** | **2,2** | **5,3** | **48,9** | **131,5** | | **0,10** | **0,07** | **21,0** | **38,1** | **0,98** | |
|  | **74** | **Вермишелевая запеканка с мясом** | | **200** | **13,9** | **8,1** | **33,3** | **279,3** | | **0,13** | **0,14** | **0,9** | **20,1** | **1,98** | |
|  | **108** | **Кисель** | | **150** | **1,36** | **-** | **29,02** | **98,4** | | **0,02** | **0,02** | **0,6** | **22,0** | **0,6** | |
|  | **1** | **Хлеб целебный йодированный** | | **40** | **2,9** | **0,6** | **16,7** | **75,6** | | **0,10** | **0,01** | **-** | **17,5** | **0,95** | |
|  |  |  | |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  | |  |  |  |  |  | |  |  |  |  |  | |
|  |  | **Итого** | |  | **20,64** | **14,03** | **98,0** | **619,5** | | **0,49** | **0,32** | **32,5** | **104,1** | **4,79** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | |
|  | **81** | **Овощное рагу** | | **200** | **4,9** | **7,34** | **11,7** | **230,9** | | **0,01** | **0,14** | **4,1** | **52,1** | **5,0** | |
|  | **111** | **Кофейный напиток на молоке** | | **150** | **2,8** | **3,2** | **19,0** | **114,8** | | **0,09** | **0,06** | **1,5** | **152,0** | **0,7** | |
|  | **10** | **Хлеб пшеничный** | | **30** | **1,65** | **0,4** | **8,55** | **60,4** | | **0,06** | **0,01** | **-** | **9,05** | **1,0** | |
|  |  | **Итого** | |  | **9,35** | **10,94** | **39,25** | **406,1** | | **0,25** | **0,21** | **5,6** | **213,15** | **6,7** | |
|  |  |  | |  |  |  |  |  | |  |  |  |  |  | |
|  |  | **Итого за 2 день** | |  | **40,94** | **38,45** | **200,56** | **1336,98** | | **1,84** | **0,82** | **50,0** | **509,55** | **12,64** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **3 день** | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | |
|  | **115** | **Суфле творожное со сметанным соусом** | **110/20** | **8,6** | **8,0** | | | **16,7** | | | | **211,4** | **0,07** | **0,21** | **0,6** | **130,8** | **6,8** | |
|  | **2,120** | **Булка с йодоказеином, масло** | **25/5** | **5,13** | **4,98** | | | **14,0** | | | | **106,15** | **0,09** | **0,08** | **-** | **14,3** | **0,4** | |
|  | **102** | **Какао на молоке** | **150** | **6,07** | **2,5** | | | **10,9** | | | | **127,3** | **―** | **0,01** | **―** | **1,8** | **0,36** | |
|  |  |  |  |  |  | | |  | | | |  |  |  |  |  |  | |
|  |  |  |  | **19,8** | **15,48** | | | **41,6** | | | | **444,85** | **0,97** | **0,3** | **0,6** | **146,9** | **7,56** | |
|  |  | **Итого** |  |  |  | | |  | | | |  |  |  |  |  |  | |
| **2 завтрак** | | | | | | | | | | | | | | | | | |
|  | **101** | **Сок фруктовый** | **150** | **1,0** | **―** | | | **9,7** | | **72,0** | | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
|  |  | **Итого** |  | **1,0** | **―** | | | **9,7** | | **72,0** | | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | |
|  | **24** | **Салат витаминный** | **45** | **0,6** | | **3,0** | | | **6,9** | **56,0** | | | **0,04** | **0,07** | **18,35** | **56,33** | **0,8** | |
|  | **50** | **Суп с клёцками** | **200** | **1,5** | | **4,35** | | | **13,58** | **168,5** | | | **0,07** | **0,04** | **9,2** | **25,3** | **0,6** | |
|  | **51** | **Курица отварная** | **70** | **10,2** | | **10,3** | | | **0,75** | **167,8** | | | **0,05** | **0,09** | **0,2** | **110,2** | **0,45** | |
|  | **85** | **Сложный гарнир** | **80/80** | **5,9** | | **2,2** | | | **20,0** | **139,1** | | | **0,15** | **0,07** | **4,1** | **23,5** | **0,55** | |
|  | **103** | **Компот из сухофруктов** | **150** | **0,29** | | **-** | | | **30,0** | **36,1** | | | **0,08** | **0,08** | **4,0** | **27,1** | **0,51** | |
|  | **1** | **Хлеб целебный йодированный** | **40** | **2,9** | | **0,6** | | | **16,7** | **75,6** | | | **0,10** | **0,01** | **-** | **17,5** | **0,95** | |
|  |  | **Итого** |  | **15,49** | | **18,25** | | | **67,18** | | **643,1** | | **0,34** | **0,29** | **31,75** | **268,18** | **3,31** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | |
|  | **93** | **Каша пшённая молочная жидкая** | **180** | **6,8** | **5,7** | | | **21,2** | | **136,3** | | | **0,18** | **0,27** | **2,1** | **19,8** | **0,9** | |
|  | **109** | **Чай сахаром** | **150** | **0,1** | **―** | | | **10,9** | | **39,46** | | | **―** | **―** | **0,3** | **1,8** | **0,36** | |
|  | **7** | **Пряник** | **30** | **0,75** | **1,2** | | | **30,8** | | **151,9** | | | **0,06** | **0,04** | **11,29** | **51,0** | **0,45** | |
|  |  |  |  |  |  | | |  | |  | | |  |  |  |  |  | |
|  | | **Итого** |  | **8,65** | **6,9** | | | **62,9** | | **327,63** | | | **0,24** | **0,31** | **13,69** | **72,6** | **1,71** | |
|  |  | **Итого за 3 день** |  | **40,84** | **40,63** | | | **201,38** | | **1487,58** | | | **1,73** | **1,03** | **59,14** | **518,68** | **13,35** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **4 день** | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | |
|  | **94** | **Каша гречневая молочная** | **180** | **3,15** | **4,61** | | | **30,56** | | **192,2** | | | **0,08** | **0,24** | **2,3** | **190,2** | **3,62** | |
|  | **2,120,121** | **Булка с йодоказеином маслом, сыром** | **25/5/10** | **5,44** | **8,26** | | | **14,12** | | **139,05** | | | **0,14** | **0,09** | **-** | **14,3** | **0,5** | |
|  | **105** | **Кофейный напиток** | **150** | **0,21** | **0,03** | | | **13,1** | | **46,5** | | | **0,09** | **0,06** | **1,5** | **-** | **0,7** | |
|  |  |  |  |  |  | | |  | |  | | |  |  |  |  |  | |
|  |  | **Итого** |  | **8,8** | **12,9** | | | **57,78** | | **377,75** | | | **0,31** | **0,39** | **3,8** | **204,5** | **4,82** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | |
|  | **33** | **Апельсин** | **80** | **0,9** | **0,2** | | | **8,1** | | **43,0** | | | **-** | **-** | **30,0** | **34,0** | **0,3** | |
|  |  | **Итого** |  | **0,9** | **0,2** | | | **8,1** | | **43,0** | | | **-** | **-** | **30,0** | **34,0** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | |
|  | **11** | **Салат из моркови с растительным маслом** | **45** | **0,5** | **2,6** | | **3,8** | | | | | **43,7** | **-** | **-** | **0,8** | **20,1** | **0,3** | |
|  | **35** | **Рассольник со сметаной** | **200/10** | **1,99** | **6,34** | | **15,35** | | | | | **118,2** | **0,04** | **0,01** | **20,1** | **42,2** | **0,54** | |
|  | **10** | **Котлета рыбная** | **70** | **13,7** | **4,1** | | **12,8** | | | | | **151,0** | **0,10** | **0,18** | **10,1** | **81,2** | **2,25** | |
|  | **54** | **Капуста тушёная** | **140** | **3,61** | **5,23** | | **18,46** | | | | | **134,9** | **0,07** | **0,09** | **15,1** | **95,0** | **0,31** | |
|  | **103** | **Компот из сухофруктов** | **150** | **0,29** | **-** | | **30,0** | | | | | **36,1** | **0,08** | **0,08** | **4,0** | **27,1** | **0,51** | |
|  | **1** | **Хлеб целебно йодированный** | **40** | **2,9** | **0,6** | | **16,7** | | | | | **75,6** | **0,10** | **0,01** | **-** | **17,5** | **0,95** | |
|  |  |  |  |  |  | |  | | | | |  |  |  |  |  |  | |
|  |  | **Итого** |  | **22,99** | **18,87** | | **97,11** | | | | | **424,6** | **0,39** | **0,37** | **50,1** | **283,1** | **4,86** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | |
|  | **29,118** | **Салат зимний 1/2 яйца** | **150/25** | **2,15** | **7,8** | | **11,2** | | | **190,5** | | | **0,02** | **0,01** | **24,0** | **65,3** | **1,4** | |
|  | **112** | **Чай на молоке с сахаром** | **150** | **4,28** | **4,8** | | **22,0** | | | **143,7** | | | **-** | **-** | **-** | **120,0** | **0,1** | |
|  | **8** | **Ватрушка с творогом** | **40** | **3,8** | **5,0** | | **24,05** | | | **101,1** | | | **0,04** | **0,05** | **10,0** | **8,0** | **0,6** | |
|  | **10** | **Хлеб пшеничный** | **30** | **1,65** | **0,4** | | **8,55** | | | **60,4** | | | **0,06** | **0,01** | **-** | **9,05** | **1,0** | |
|  | | **Итого** |  | **10,23** | **17,6** | | **57,25** | | | **535,3** | | | **0,06** | **0,06** | **34,0** | **193,3** | **2,1** | |
|  |  | **Итого за 4 день** |  | **42,92** | **49,57** | | **220,24** | | | **1380,65** | | | **0,76** | **0,82** | **117,9** | **714,9** | **12,08** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **5 день** | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | |
|  | **96** | **Молочная вермишель** | **180** | **4,4** | **4,9** | | | **22,6** | | **179,5** | | | **0,16** | **0,25** | **1,87** | **187,0** | **0,81** | |
|  | **2,120** | **Булка с йодоказеиноммаслом** | **25/5** | **5,13** | **7,98** | | | **14,0** | | **106,15** | | | **0,9** | **0,08** | **-** | **14,3** | **0,4** | |
|  | **109** | **Чай с лимоном сахаром** | **150** | **0,1** | **-** | | | **10,9** | | **39,43** | | | **-** | **-** | **0,3** | **1,8** | **0,36** | |
|  |  |  |  |  |  | | |  | |  | | |  |  |  |  |  | |
|  |  | **Итого** |  | **9,73** | **12,88** | | | **47,7** | | **325,08** | | | **1,06** | **0,33** | **2,27** | **203,1** | **1,72** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | |
|  | **101** | **Сок фруктовый** | **150** | **1,0** | **-** | | | **9,7** | | **72,0** | | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
|  |  | **Итого** |  | **1,0** | **-** | | | **9,7** | | **72,0** | | | **0,03** | **0,06** | **9,0** | **7,5** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | |
|  | **15** | **Огурец консервированный долькой** | **30** | **0,28** | **0,03** | | | **0,8** | | **34,7** | | | **0,03** | **0,04** | **9,45** | **30,0** | **0,62** | |
|  | **39** | **Суп овощной со сметаной** | **200/10** | **2,5** | **5,2** | | | **16,7** | | **121,2** | | | **0,10** | **0,06** | **4,6** | **46,5** | **1,18** | |
|  | **61** | **Сосиска** | **70** | **7,84** | **7,08** | | | **0,28** | | **186,2** | | | **0,14** | **0,02** | **-** | **25,2** | **1,4** | |
|  | **79,72** | **Картофельное пюре, соус** | **120/30** | **2,77** | **5,25** | | | **20,19** | | **123,9** | | | **0,06** | **0,13** | **3,1** | **55,08** | **0,73** | |
|  | **103** | **Компот из сухофруктов** | **150** | **0,29** | **―** | | | **30,0** | | **36,10** | | | **0,08** | **0,08** | **4,0** | **27,1** | **0,51** | |
|  | **1** | **Хлеб целебно йодированный** | **40** | **2,9** | **0,6** | | | **16,7** | | **75,6** | | | **0,10** | **0,01** | **―** | **17,5** | **0,95** | |
|  |  | **Итого** |  | **16,58** | **28,16** | | | **84,67** | | **577,7** | | | **0,41** | **0,34** | **21,15** | **201,38** | **5,39** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | |
|  | **126** | **Манные зразы** | **180** | **9,8** | **9,7** | | | **35,0** | | **281,3** | | | **0,09** | **0,21** | **5,1** | **158,9** | **0,05** | |
|  | **108** | **Кисель** | **150** | **1,36** | **-** | | | **29,02** | | **98,4** | | | **0,02** | **0,02** | **0,6** | **22,0** | **0,6** | |
|  |  |  |  |  |  | | |  | |  | | |  |  |  |  |  | |
|  |  |  |  |  |  | | |  | |  | | |  |  |  |  |  | |
|  |  | **Итого** |  | **11,16** | **9,7** | | | **64,02** | | **379,7** | | | **0,11** | **0,23** | **5,7** | **180,9** | **0,65** | |
|  |  | **Итого за 5 день** |  | **38,47** | **40,74** | | | **206,09** | | **1354,48** | | | **1,61** | **0,96** | **38,12** | **592,88** | **8,06** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **№ рецептуры или технологической карты** | | **Прием пищи, наименование блюда** | | **Масса порции (г)** | | **Пищевые вещества** | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины** | | | | | | **Минеральные вещества (мг)** | | |
| **Б** | | | **Ж** | | **У** | **В1** | | **В2** | | **С** | | **Са** | | Fe |
| **6 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **78** | **Каша гречневая рассыпчатая с маслом, сахаром** | | | **100/5/10** | | | **3,03** | | **4,44** | | **21,1** | | **187,0** | | | **0,2** | | **0,13** | | **-** | | **26,1** | **0,93** | |
|  | **2,120,121** | **Булка йодоказеином с маслом, сыром** | | | **25/5/10** | | | **5,44** | | **8,26** | | **14,12** | | **139,05** | | | **0,14** | | **0,09** | | **―** | | **14,3** | **0,5** | |
|  | **111** | **Кофейный напиток на молоке** | | | **150** | | | **2,8** | | **3,2** | | **19,0** | | **114,8** | | | **0,09** | | **0,06** | | **1,5** | | **152,0** | **0,7** | |
|  |  | **Итого** | | |  | | | **11,27** | | **15,9** | | **54,22** | | **440,8** | | | **0,43** | | **0,28** | | **1,5** | | **192,4** | **2,13** | |
|  |  |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |  |  | |
| **Завтрак 2** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | | **150** | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0,06** | | **9,0** | | **7,5** | **0,3** | |
|  |  | | **Итого** | |  | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0.06** | | **9,0** | | **7,5** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **15** | | **Салат из свеклы** | | **45** | | **0,28** | | | **0,03** | | **0,8** | | **34,7** | | | **0,03** | | **0,04** | | **9,45** | | **30,0** | **0,62** | |
|  | **47** | | **Щи со сметаной** | | **200/10** | | **2,58** | | | **7,82** | | **9,12** | | **64,98** | | | **0,03** | | **0,01** | | **-** | | **24,5** | **1,26** | |
|  | **30** | | **Шницель из говядины** | | **70** | | **10,68** | | | **11,72** | | **5,74** | | **147,9** | | | **0,08** | | **0,10** | | **2,97** | | **49,3** | **0,97** | |
|  | **79,72** | | **Картофельное пюре, соус** | | **130/30** | | **2,77** | | | **5,22** | | **20,19** | | **123,9** | | | **0,06** | | **0,13** | | **3,1** | | **55,08** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | | **150** | | **0,29** | | | **-** | | **30,0** | | **36,10** | | | **0,08** | | **0,08** | | **4,0** | | **27,1** | **0,51** | |
|  | **1** | | **Хлеб целебно йодированный** | | **40** | | **2,9** | | | **0,6** | | **16,7** | | **75,6** | | | **0,10** | | **0,01** | | **-** | | **17,5** | **0,95** | |
|  |  | | **Итого** | |  | | **19,5** | | | **25,42** | | **82,55** | | **483,18** | | | **0,38** | | **0,37** | | **19,52** | | **203,48** | **5,04** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **96** | | **Молочная вермишель** | | **180** | | **4,4** | | | **4,9** | | **22,6** | | **179,5** | | | **0,16** | | **0,25** | | **1,87** | | **187,0** | **0,81** | |
|  | **109** | | **Чай с лимоном и сахаром** | | **150** | | **0,1** | | | **-** | | **10,9** | | **39,43** | | | **-** | | **-** | | **0,3** | | **1,8** | **0,36** | |
|  | **4** | | **Печенье** | | **30** | | **1,75** | | | **2,2** | | **30,8** | | **151,9** | | | **0,06** | | **0,04** | | **11,29** | | **51,0** | **0,45** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **11,29** | | | **7,1** | | **71,4** | | **370,83** | | | **0,22** | | **0,29** | | **13,46** | | **239,8** | **1,62** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого за 6 день** | |  | | **43,06** | | | **48,42** | | **217,87** | | **1366,81** | | | **1,06** | | **1,0** | | **43,48** | | **643,18** | **9,09** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **7 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **98** | | **Молочная каша «Дружба»** | | **180** | | **4,3** | | | **9,58** | | **25,5** | | **211,0** | | | **0,1** | | **0,28** | | **1,25** | | **230,0** | **4,91** | |
|  | **2,120** | | **Булка с йодоказеином с маслом** | | **25/5** | | **5,13** | | | **7,98** | | **14,0** | | **106,15** | | | **0,14** | | **0,08** | | **-** | | **14,3** | **0,4** | |
|  | **106** | | **Чай с сахаром** | | **150** | | **0,1** | | | **-** | | **10,9** | | **39,43** | | | **-** | | **-** | | **-** | | **1,8** | **0,36** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **9,53** | | | **17,56** | | **50,4** | | **356,58** | | | **0,24** | | **0,36** | | **1,25** | | **246,1** | **5,67** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **32** | | **Груша** | | **80** | | **0,35** | | | **-** | | **10,93** | | **36,0** | | | **0,05** | | **0,06** | | **18,0** | | **27,1** | **0,71** | |
|  |  | | **Итого** | |  | | **0,35** | | | **-** | | **10,93** | | **36,0** | | | **0,05** | | **0,06** | | **18,0** | | **27,1** | **0,71** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **24** | | **Салат витаминный с растительным маслом** | | **45** | | **0,6** | | | **3,0** | | **6,9** | | | **56,0** | | **0,04** | | **0,07** | | **18,35** | | **56,33** | **0,8** | |
|  | **33** | | **Суп гороховый с гренками** | | **200/15** | | **2,5** | | | **5,2** | | **19,7** | | | **78,0** | | **0,03** | | **0,12** | | **0,2** | | **77,1** | **1,8** | |
|  | **57** | | **Гуляш из говядины** | | **70/30** | | **11,6** | | | **14,3** | | **22,9** | | | **215,1** | | **0,05** | | **0,07** | | **3,2** | | **26,0** | **2,9** | |
|  | **77** | | **Макароны отварные** | | **120** | | **3,7** | | | **2,71** | | **23,56** | | | **171,9** | | **0,16** | | **0,14** | | **7,04** | | **108,0** | **5,8** | |
|  | **108** | | **Кисель** | | **150** | | **1,36** | | | **-** | | **29,02** | | | **98,4** | | **0,02** | | **0,02** | | **0,6** | | **22,0** | **0,6** | |
|  | **1** | | **Хлеб целебный йодированный** | | **40** | | **2,9** | | | **0,6** | | **16,7** | | | **75,6** | | **0,10** | | **0,01** | | **-** | | **17,5** | **0,95** | |
|  |  | |  | |  | |  | | |  | |  | | |  | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **22,66** | | | **25,81** | | **118,78** | | | **695,0** | | **0,4** | | **0,43** | | **29,39** | | **306,93** | **7,85** | |
|  |  | |  | |  | |  | | |  | |  | | |  | |  | |  | |  | |  |  | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **13,118** | | **Винегрет, 1/2 яйца** | | **150/25** | | **2,4** | | | **17,9** | | **11,0** | | **151,4** | | | **0,03** | | **0,11** | | **25,1** | | **66,3** | **1,5** | |
|  | **102** | | **Какао на молоке** | | **150** | | **6,07** | | | **6,5** | | **10,9** | | **127,3** | | | **-** | | **0,01** | | **-** | | **1,8** | **0,36** | |
|  | **10** | | **Хлеб пшеничный** | | **30** | | **1,65** | | | **0,4** | | **8,55** | | **25,45** | | | **0,06** | | **0,01** | | **-** | | **9,05** | **1,0** | |
|  |  | | **Итого** | |  | | **10,12** | | | **24,8** | | **55,25** | | **359,4** | | | **0,09** | | **0,12** | | **25,1** | | **77,15** | **2,86** | |
|  |  | | **Итого за 7 день** | |  | | **42,66** | | | **68,17** | | **205,36** | | **1391,73** | | | **0,78** | | **0,98** | | **73,74** | | **657,28** | **17,09** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **8 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **117,19** | | **Омлет натуральный, икра кабачковая** | | **60/40** | | **6,6** | | | **11,4** | | **5,45** | | **158,4** | | | **0,17** | | **0,52** | | **2,6** | | **292,9** | **1,98** | |
|  | **2,120** | | **Булка с йодоказеином, маслом** | | **25/5** | | **5,44** | | | **8,26** | | **14,12** | | **106,15** | | | **0,14** | | **0,09** | | **-** | | **14,3** | **0,5** | |
|  | **111** | | **Кофейный напиток на молоке** | | **150** | | **2,8** | | | **3,2** | | **19,0** | | **114,8** | | | **0,09** | | **0,06** | | **1,5** | | **152,0** | **0,7** | |
|  | **10** | | **Хлеб пшеничный** | | **30** | | **1,65** | | | **0,4** | | **8,55** | | **60,4** | | | **0,06** | | **0,01** | | **-** | | **9,05** | **1,0** | |
|  |  | | **Итого** | |  | | **16,49** | | | **23,26** | | **47,12** | | **439,75** | | | **0,46** | | **0,68** | | **4,1** | | **468,25** | **4,18** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | | **150** | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0,06** | | **9,0** | | **7,5** | **0,3** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0,06** | | **9,0** | | **7,5** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **11** | | **Свекла тушенная** | | **45** | | **0,5** | | | **2,6** | | **3,8** | | **43,7** | | | **-** | | **-** | | **0,8** | | **20,1** | **0,3** | |
|  | **39** | | **Суп овощной со сметаной** | | **200/10** | | **2,5** | | | **5,2** | | **16,7** | | **121,2** | | | **0,10** | | **0,06** | | **4,6** | | **46,5** | **1,18** | |
|  | **65** | | **Суфле из печени** | | **70** | | **6,83** | | | **12,3** | | **6,93** | | **141,3** | | | **0,34** | | **0,28** | | **22,1** | | **27,0** | **3,8** | |
|  | **79** | | **Картофельное пюре** | | **120** | | **2,77** | | | **5,25** | | **20,19** | | **123,9** | | | **0,06** | | **0,13** | | **3,1** | | **55,08** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | | **150** | | **0,29** | | | **-** | | **30,0** | | **36,10** | | | **0,09** | | **0,09** | | **4,0** | | **27,1** | **0,51** | |
|  | **1** | | **Хлеб целебный йодированный** | | **40** | | **2,9** | | | **0,6** | | **16,7** | | **75,6** | | | **0,10** | | **0,01** | | **-** | | **17,5** | **0,95** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **15,79** | | | **25,95** | | **94,32** | | **541,8** | | | **0,69** | | **0,57** | | **34,6** | | **193,28** | **7,47** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **95** | | **Каша манная молочная** | | **180** | | **3,15** | | | **4,61** | | **30,56** | | **192,2** | | | **0,1** | | **0,28** | | **1,25** | | **230,0** | **1,13** | |
|  | **109** | | **Чай с сахаром** | | **150** | | **0,1** | | | **-** | | **10,9** | | **39,43** | | | **-** | | **-** | | **0,3** | | **1,8** | **0,36** | |
|  | **5** | | **Вафли** | | **25** | | **0,9** | | | **1,1** | | **17,4** | | **87,0** | | | **0,03** | | **0,02** | | **1,5** | | **25,5** | **0,23** | |
|  |  | | | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **4,15** | | | **5,71** | | **58,86** | | **318,63** | | | **0,13** | | **0,3** | | **3,05** | | **257,3** | **1,72** | |
|  |  | | **Итого за 8 день** |  | | **37,43** | | | **54,92** | | **210,0** | | **1372,18** | | | **1,31** | | **1,61** | | **50,75** | | **926,33** | | **13,76** | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **9день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **92** | | **Молочная рисовая каша** | **180** | | **3,15** | | | **4,61** | | **30,56** | | **192,2** | | | **0,08** | | **0,24** | | **2,3** | | **190,2** | | **3,62** | | |
|  | **2,120,121** | | **Булка с йодоказеином, масло, сыр** | **25/5/10** | | **5,44** | | | **8,26** | | **14,12** | | **139,05** | | | **0,14** | | **0,09** | | **-** | | **14,3** | | **0,5** | | |
|  | **112** | | **Чай на молоке с сахаром** | **150** | | **4,28** | | | **4,8** | | **22,6** | | **143,7** | | | **-** | | **-** | | **-** | | **120,0** | | **0,1** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **12,87** | | | **17,67** | | **66,68** | | **474,95** | | | **0,22** | | **0,33** | | **2,3** | | **324,5** | | **4,22** | | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **31** | | **Банан** | **80** | | **1,5** | | | **0,5** | | **21,0** | | **96,0** | | | **-** | | **-** | | **10,0** | | **8,0** | | **0,6** | | |
|  |  | | **Итого** |  | | **1,5** | | | **0,5** | | **21,0** | | **96,0** | | | **-** | | **-** | | **10,0** | | **8,0** | | **0,6** | | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **28** | | **Салат из солёных огурцов** | **45** | | **0,99** | | | **3,8** | | **10,1** | | **80,5** | | | **0,04** | | **0,02** | | **7,1** | | **8,2** | | **4,6** | | |
|  | **52** | | **Суп крестьянский со сметаной** | **200/10** | | **1,99** | | | **6,34** | | **15,35** | | **118,2** | | | **0,04** | | **0,01** | | **20,1** | | **42,2** | | **0,54** | | |
|  | **84** | | **Жаркое по домашнему с мясом** | **180** | | **11,01** | | | **8,01** | | **39,2** | | **149,0** | | | **0,07** | | **0,10** | | **2,0** | | **45,1** | | **0,80** | | |
|  | **103** | | **Компот из сухофруктов** | **150** | | **0,29** | | | **-** | | **30,0** | | **36,10** | | | **0,08** | | **0,08** | | **4,0** | | **27,1** | | **0,51** | | |
|  | **1** | | **Хлеб целебный йидированный** | **40** | | **2,9** | | | **0,6** | | **16,7** | | **75,6** | | | **0,10** | | **0,01** | | **-** | | **17,5** | | **0,95** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **17,18** | | | **18,75** | | **111,35** | | **459,4** | | | **0,33** | | **0,22** | | **33,2** | | **140,1** | | **7,4** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **116** | | **Ленивые вареники с маслом, сахаром** | **120/5/10** | | **19,5** | | | **10,3** | | **33,2** | | **240,0** | | | **0,09** | | **0,18** | | **0,7** | | **129,1** | | **3,3** | | |
|  | **102** | | **Какао на молоке** | **150** | | **6,07** | | | **6,5** | | **10,9** | | **127,3** | | | **-** | | **-** | | **-** | | **1,8** | | **0,36** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
| **Итого** | | | |  | | **25,57** | | | **16,8** | | **44,1** | | **367,3** | | | **0,09** | | **0,18** | | **0,7** | | **130,9** | | **3,66** | | |
|  |  | | **Итого за 9 день** |  | | **47,12** | | | **43,72** | | **203,13** | | **1397,65** | | | **0,64** | | **0,73** | | **46,2** | | **603,5** | | **15,88** | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **10 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **98** | | **Молочная вермишель** | **180** | | **4,4** | | | **4,5** | | **22,6** | | **179,5** | | | **0,16** | | **0,25** | | **1,87** | | **187,0** | | **0,81** | | |
|  | **2,120** | | **Булка с йодоказеином, маслом** | **25/5** | | **5,44** | | | **8,26** | | **14,12** | | **106,15** | | | **0,14** | | **0,09** | | **-** | | **14,3** | | **0,5** | | |
|  | **105** | | **Кофейный напиток** | **150** | | **0,21** | | | **0,03** | | **13,1** | | **46,5** | | | **0,09** | | **0,06** | | **1,5** | | **-** | | **0,7** | | |
|  |  | | **Итого** |  | | **9,84** | | | **12,76** | | **49,82** | | **332,15** | | | **0,3** | | **0,34** | | **1,87** | | **201,3** | | **2,01** | | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | **150** | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0,06** | | **9,0** | | **7,5** | | **0,3** | | |
|  |  | | **Итого** |  | | **1,0** | | | **-** | | **9,7** | | **72,0** | | | **0,03** | | **0,06** | | **9,0** | | **7,5** | | **0,3** | | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **17** | | **Салат витаминный** | **45** | | **0,6** | | | **3,0** | | **6,9** | | | | **56,0** | **0,04** | | **0,07** | | **18,35** | | **56,33** | | **0,8** | | |
|  | **41** | | **Суп картофельный** | **200** | | **7,1** | | | **7,8** | | **8,2** | | | | **149,0** | **0,11** | | **0,21** | | **4,3** | | **80,2** | | **2,0** | | |
|  | **63** | | **Рыба тушёная с овощами в томате** | **70/30** | | **13,7** | | | **4,1** | | **12,8** | | | | **151,0** | **0,10** | | **0,18** | | **10,1** | | **81,2** | | **2,25** | | |
|  | **82** | | **Каша рисовая рассыпчатая с маслом** | **120** | | **5,9** | | | **8,1** | | **38,5** | | | | **250,1** | **0,31** | | **0,09** | | **-** | | **22,0** | | **5,0** | | |
|  | **103** | | **Компот из сухофруктов** | **150** | | **0,29** | | | **-** | | **30,0** | | | | **36,1** | **0,09** | | **0,09** | | **4,0** | | **27,1** | | **0,51** | | |
|  | **1** | | **Хлеб целебный йодированный** | **40** | | **2,9** | | | **0,6** | | **16,7** | | | | **75,6** | **0,10** | | **0,01** | | **-** | | **17,5** | | **0,95** | | |
|  |  | |  |  | |  | | |  | |  | | | |  |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **30,49** | | | **23,6** | | **113,1** | | | | **717,8** | **0,75** | | **0,56** | | **36,75** | | **284,33** | | **11,51** | | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **122** | | **Оладьи с повидлом** | **70/20** | | **4,73** | | | **5,72** | | **29,7** | | **270,0** | | | **0,03** | | **0,01** | | **-** | | **5,4** | | **0,5** | | |
|  | **107** | | **Кефир йодированный с сахаром** | **150/5** | | **3,08** | | | **4,4** | | **8,0** | | **90,1** | | | **-** | | **-** | | **-** | | **51,9** | | **1,2** | | |
|  | | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **8,53** | | | **10,12** | | **37,7** | | **360,1** | | | **0,03** | | **0,01** | | **-** | | **57,3** | | **1,7** | | |
|  |  | | **Итого за 10 день** |  | | **49,86** | | | **46,48** | | **210,32** | | **1482,05** | | | **1,11** | | **0,97** | | **47,62** | | **550,43** | | **15,52** | | |
|  |  | | **Среднедневная сбалансированность** |  | | **42,65** | | | **48,9** | | **214,86** | | **1395,9** | | | **1,12** | | **0,98** | | **55,93** | | **615,27** | | **13,01** | | |

**Примерное десятидневное меню для организации питания детей в возрасте от 3 до 7 лет МДКОУ «Детский сад № 2 «Сказка»**

**(осенне-зимний период)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **1 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **97** | | **Плов фруктовый** | | **130** | | **3,2** | | **2,8** | | | **28,8** | | | **185,4** | | | | **0,1** | | **0,13** | | **4,3** | **42,0** | **1,15** | |
|  | **102** | | **Какао на молоке** | | **180** | | **6,09** | | **6,9** | | | **11,0** | | | **139,0** | | | | **-** | | **0,01** | | **-** | **1,9** | **0,41** | |
|  | **2,120,121** | | **Булка с йодоказеином с масло, сыр** | | **30/5/10** | | **5,44** | | **8,26** | | | **14,12** | | | **152,8** | | | | **0,15** | | **0,09** | | **-** | **14,3** | **0,5** | |
|  |  | |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | | **Итого** | |  | | **14,73** | | **17,96** | | | **53,92** | | | **477,2** | | | | **0,25** | | **0,23** | | **4,3** | **58,2** | **2,06** | |
|  | | |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  | **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | | **200** | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
|  |  | |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | | **Итого** | |  | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **19** | | **Икра кабачковая** | | **60** | | **1,44** | | **2,21** | | | **6,48** | | | | | **82,5** | | **0,05** | | **0,03** | | **8,0** | **10,4** | **5,7** | |
|  | **40** | | **Борщ со сметаной** | | **250/10** | | **3,1** | | **8,09** | | | **10,1** | | | | | **70,8** | | **0,06** | | **0,02** | | **―** | **24,7** | **1,33** | |
|  | **54** | | **Биточки мясные из говядины** | | **80** | | **10,9** | | **12,1** | | | **16,2** | | | | | **187,1** | | **0,09** | | **0,11** | | **2,99** | **50,1** | **0,99** | |
|  | **79** | | **Картофельное пюре** | | **150** | | **2,99** | | **5,38** | | | **20,2** | | | | | **146,1** | | **0,07** | | **0,13** | | **3,5** | **57,1** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | | **180** | | **0,4** | | **―** | | | **32,6** | | | | | **43,4** | | **0,09** | | **0,09** | | **4,9** | **28,5** | **0,66** | |
|  | **1** | | **Хлеб целебно йодированный** | | **60** | | **3,3** | | **0,8** | | | **17,1** | | | | | **113,4** | | **0,11** | | **0,02** | | **―** | **18,1** | **2,0** | |
|  |  | |  | |  | |  | |  | | |  | | | | |  | |  | |  | |  |  |  | |
|  | | | **Итого** | |  | | **22,13** | | **22,58** | | | **102,68** | | | | | **643,3** | | **0,47** | | **0,4** | | **19,39** | **189,9** | **11,41** | |
|  | **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | |  | |
|  | **96** | | **Молочная вермишель** | | **200** | | **6,7** | | **11,0** | | | **26,0** | | | **209,0** | | | | **0,19** | | **0,33** | | **2,04** | **197,0** | **0,91** | |
|  | **109** | | **Чай с лимоном и сахаром** | | **200/10** | | **0,2** | | **―** | | | **11,1** | | | **45,3** | | | | **―** | | **―** | | **0,4** | **1,8** | **0,51** | |
|  | **6** | | **Пирожок с повидлом** | | **60** | | **3,8** | | **5,0** | | | **24,05** | | | **220,0** | | | | **0,04** | | **0,05** | | **0,10** | **8,0** | **0,6** | |
|  |  | |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  | | | **Итого** | |  | | **10,7** | | **16,0** | | | **61,15** | | | **474,3** | | | | **0,23** | | **0,38** | | **2,54** | **206,8** | **2,02** | |
|  |  | | **Итого за 1 день** | |  | | **48,96** | | **56,54** | | | **227,75** | | | **1690,8** | | | | **1,0** | | **1,08** | | **37,23** | **462,11** | **15,99** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **2 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **91** | **Каша геркулесовая молочная** | | | **200** | | **7,7** | | **7,7** | | | **30,3** | | | | | **170,0** | | **0,15** | | **0,20** | | **2,3** | **197,2** | **0,10** | |
|  | **112** | **Чай с сахаром** | | | **180** | | **0,2** | | **-** | | | **11,1** | | | | | **45,3** | | **―** | | **―** | | **―** | **1,8** | **0,51** | |
|  | **2,120** | **Булка с йодоказеином с маслом** | | | **30/5** | | **5,28** | | **9,1** | | | **15,9** | | | | | **119,9** | | **0,15** | | **0,09** | | **-** | **14,5** | **0,5** | |
|  |  |  | | |  | |  | |  | | |  | | | | |  | |  | |  | |  |  |  | |
|  |  | **Итого** | | |  | | **13,18** | | **16,8** | | | **57,3** | | | | | **335,2** | | **0,10** | | **0,29** | | **2,3** | **213,5** | **1,11** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **34** | **Яблоко** | | | **150** | | **0,26** | | **-** | | | **13,13** | | | **54,6** | | | | **0,09** | | 0,04 | | **13,0** | **4,3** | **0,5** | |
|  |  | **Итого** | | |  | | **0,26** | | **-** | | | **13,13** | | | **54,6** | | | | **0,09** | | **0,04** | | **13,0** | **4,3** | **0,5** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **16** | **Салат из зелёного горошка** | | | **60** | | **0,38** | | **0,05** | | | **0,9** | | | **46,1** | | | | **0,20** | | **0,11** | | **15,0** | **9,6** | **0,42** | |
|  | **53** | **Суп гречневый** | | | **250** | | **2,4** | | **6,8** | | | **20,9** | | | **188,7** | | | | **0,11** | | **0,09** | | **23,0** | **39,2** | **1,02** | |
|  | **74** | **Вермишелевая запеканка с мясом** | | | **230** | | **15,4** | | **9,2** | | | **56,4** | | | **398,1** | | | | **0,15** | | **0,16** | | **1,0** | **23,4** | **2,7** | |
|  | **108** | **Кисель** | | | **180** | | **1,5** | | **-** | | | **30,1** | | | **118,1** | | | | **0,03** | | **0,03** | | **0,7** | **24,0** | **0,6** | |
|  | **1** | **Хлеб целебно йодированный** | | | **60** | | **3,3** | | **0,8** | | | **17,1** | | | **113,4** | | | | **0,11** | | **0,02** | | **-** | **18,1** | **2,0** | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | **Итого** | | |  | | **22,98** | | **16,85** | | | **105,4** | | | **864,4** | | | | **0,6** | | **0,41** | | **39,7** | **114,3** | **6,74** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **81** | **Овощное рагу** | | | **230** | | **5,7** | | **8,6** | | | **13,7** | | | **239,0** | | | | **0,2** | | **0,16** | | **5,0** | **55,4** | **6,4** | |
|  | **111** | **Кофейный напиток на молоке** | | | **180** | | **4,2** | | **4,8** | | | **19,6** | | | **132,5** | | | | **0,09** | | **0,07** | | **1,8** | **167,0** | **0,9** | |
|  | **10** | **Хлеб пшеничный** | | | **30** | | **1,65** | | **0,4** | | | **8,55** | | | **60,4** | | | | **0,06** | | **0,01** | | **-** | **9,05** | **1,0** | |
|  |  | **Итого** | | |  | | **11,55** | | **13,8** | | | **41,85** | | | **431,9** | | | | **0,35** | | **0,24** | | **6,8** | **231,5** | **8,3** | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | **Итого за 2 день** | | |  | | **47,97** | | **47,45** | | | **234,68** | | | **1686,1** | | | | **1,34** | | **0,98** | | **61,8** | **563,6** | **16,65** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **3 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **115** | **Суфле творожное со сметанным соусом** | | | **130/20** | | **9,4** | | **9,2** | | | **15,9** | | | | | **360,1** | | **0.08** | | **0,39** | | **0,7** | **144,3** | **7,63** | |
|  | **2,120** | **Булка с йодоказеином маслом** | | | **30/5** | | **5,28** | | **6,1** | | | **15,9** | | | | | **119,9** | | **0,15** | | **0,09** | | **-** | **14,5** | **0,5** | |
|  | **102** | **Какао на молоке** | | | **200** | | **6,09** | | **3,9** | | | **11,0** | | | | | **139,0** | | **-** | | **0,01** | | **-** | **1,9** | **0,41** | |
|  |  |  | | |  | |  | |  | | |  | | | | |  | |  | |  | |  |  |  | |
|  |  |  | | |  | |  | |  | | |  | | | | |  | |  | |  | |  |  |  | |
|  |  | **Итого** | | |  | | **20,77** | | **19,2** | | | **480,0** | | | | | **473,4** | | **0,23** | | **0,49** | | **0,7** | **160,7** | **8,54** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | **Сок фруктовый** | | | **200** | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
|  |  | **Итого** | | |  | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **24** | **Салат витаминный** | | | **60** | | **0,71** | | | **3,2** | | | **7,3** | | **62,0** | | | | **0,04** | | **0,07** | | **19,0** | **56,33** | **0,8** | |
|  | **50** | **Суп с клёцками** | | | **250** | | **2,0** | | | **6,35** | | | **18,1** | | **191,3** | | | | **0,09** | | **0,05** | | **10,1** | **26,8** | **0,8** | |
|  | **51** | **Курица отварная** | | | **80** | | **11,4** | | | **11,2** | | | **0,86** | | **175,3** | | | | **0,07** | | **0,11** | | **0,3** | **111,5** | **0,51** | |
|  | **85** | **Сложный гарнир** | | | **100/100** | | **7,0** | | | **5,9** | | | **22,0** | | **144,1** | | | | **0,19** | | **0,29** | | **2,3** | **20,6** | **0,10** | |
|  | **103** | **Компот из сухофруктов** | | | **200** | | **0,4** | | | **-** | | | **32,6** | | **43,4** | | | | **0,09** | | **0,09** | | **4,9** | **28,5** | **0,66** | |
|  | **1** | **Хлеб целебный йодированный** | | | **60** | | **3,3** | | | **0,8** | | | **17,1** | | **115,4** | | | | **0,11** | | **0,02** | | **-** | **18,1** | **2,0** | |
|  |  | **Итого** | | |  | | **27,45** | | | **40,45** | | | **97,96** | | | **731,5** | | | **0,59** | | **0,63** | | **36,6** | **161,83** | **4,87** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **93** | **Каша пшённая молочная жидкая** | | | **200** | | **7,0** | | **8,9** | | | **22,0** | | | **144,1** | | | | **0,19** | | **0,29** | | **2,3** | **20,6** | **0,10** | |
|  | **109** | **Чай с лимоном, сахаром** | | | **180/10** | | **0,2** | | **―** | | | **11,1** | | | **45,3** | | | | **-** | | **-** | | **0,4** | **1,8** | **0,51** | |
|  | **7** | **Пряник** | | | **40** | | **8,65** | | **13,2** | | | **67,9** | | | **306,2** | | | | **0,25** | | **0,37** | | **14,54** | **249,8** | **1,87** | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  | | **Итого** | | |  | | **15,85** | | **22,1** | | | **101,0** | | | **495,6** | | | | **0,44** | | **0,66** | | **17,24** | **272,2** | **2,48** | |
|  |  | **Итого за 3 день** | | |  | | **62,52** | | **68,75** | | | **251,76** | | | **1603,1** | | | | **1,31** | | **1,85** | | **65,54** | **602,23** | **16,39** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **94** | **Каша гречневая молочная** | | **200** | | **3,45** | | **2,61** | | | **39,56** | | | **239,3** | | | | **0,09** | | **0,28** | | **2,58** | | **210,0** | **4,0** | |
|  | **105** | **Кофейный напиток** | | **180** | | **0,25** | | **0,04** | | | **14,38** | | | **58,5** | | | | **0,09** | | **0,07** | | **1,8** | | **-** | **0,9** | |
|  | **2,120,121** | **Булка с йодоказеином масло, сыр** | | **30/5/10** | | **5,59** | | **8,37** | | | **15,01** | | | **152,8** | | | | **0,15** | | **0,09** | | **―** | | **15,1** | **0,7** | |
|  |  |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  | |  |  | |
|  |  | **Итого** | |  | | **9,29** | | **22,05** | | | **68,95** | | | **450,6** | | | | **0,33** | | **0,44** | | **4,38** | | **225,1** | **5,6** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **33** | **Апельсин** | | **100** | | **0,9** | | **0,2** | | | **8,1** | | | **43,0** | | | | **-** | | **-** | | **30,0** | | **34,0** | **0,3** | |
|  |  | **Итого** | |  | | **0,9** | | **0,2** | | | **8,1** | | | **43,0** | | | | **-** | | **-** | | **30,0** | | **34,0** | **0,3** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **11** | **Салат из моркови с растительным маслом** | | **60** | | **0,6** | | **2,9** | | | **4,1** | | | **45,8** | | | | **-** | | **-** | | **0,9** | | **20,2** | **0,4** | |
|  | **35** | **Рассольник со сметаной** | | **250/10** | | **2,19** | | **7,15** | | | **17,1** | | | **129,3** | | | | **0,08** | | **0,02** | | **21,3** | | **45,2** | **0,65** | |
|  | **10** | **Котлета рыбная** | | **80** | | **14,1** | | **5,2** | | | **15,2** | | | **168,0** | | | | **0,12** | | **0,22** | | **10,2** | | **88,6** | **1,28** | |
|  | **54** | **Капуста тушеная** | | **160** | | **5,1** | | **7,36** | | | **25,85** | | | **189,2** | | | | **0,09** | | **0,10** | | **19,6** | | **99,2** | **0,58** | |
|  | **103** | **Компот из сухофруктов** | | **180** | | **0,4** | | **-** | | | **32,6** | | | **43,4** | | | | **0,09** | | **0,09** | | **4,9** | | **28,5** | **0,66** | |
|  | **1** | **Хлеб целебно йодированный** | | **60** | | **3,3** | | **0,8** | | | **17,1** | | | **115,4** | | | | **0,11** | | **0,02** | | **―** | | **18,1** | **2,0** | |
|  |  |  | |  | |  | |  | | |  | | |  | | | |  | |  | |  | |  |  | |
|  |  | **Итого** | |  | | **25,69** | | **23,41** | | | **111,95** | | | **689,1** | | | | **0,49** | | **0,63** | | **56,9** | | **299,8** | **5,57** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **29,118** | **Салат зимний 1/2 яйца** | | **180/25** | | **2,52** | | **18,18** | | | **11,88** | | | **221,4** | | | | **0,04** | | **0,01** | | **27,0** | | **68,4** | **1,8** | |
|  | **112** | **Чай на молоке с сахаром** | | **180** | | **4,71** | | **5,3** | | | **27,1** | | | **167,0** | | | | **-** | | **-** | | **-** | | **180,0** | **0,15** | |
|  | **8** | **Ватрушка с творогом** | | **60** | | **3,8** | | **5,0** | | | **24,05** | | | **201,1** | | | | **0,04** | | **0,05** | | **10,0** | | **8,0** | **0,6** | |
|  | **10** | **Хлеб пшеничный** | | **30** | | **1,65** | | **0,4** | | | **8,55** | | | **60,4** | | | | **0,06** | | **0,01** | | **-** | | **9,05** | **1,0** | |
|  | | **Итого** | |  | | **11,03** | | **28,48** | | | **63,03** | | | **649,9** | | | | **0,08** | | **0,06** | | **37,0** | | **226,4** | **2,55** | |
|  |  | **Итого за 4 день** | |  | | **58,56** | | **64,08** | | | **260,58** | | | **1832,6** | | | | **0,96** | | **1,14** | | **128,2** | | **794,5** | **15,02** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **5 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **96** | **Молочная вермишель** | | | **200** | | **6,7** | | **11,0** | | | **26,0** | | | **209,0** | | | | **0,19** | | **0,33** | | **2,04** | **197,0** | **0,91** | |
|  | **2,120** | **Булка с йодоказеином масло** | | | **30/5** | | **5,28** | | **9,1** | | | **15,9** | | | **119,9** | | | | **0,15** | | **0,09** | | **-** | **14,5** | **0,5** | |
|  | **109** | **Чай с лимоном сахаром** | | | **200/10** | | **0,2** | | **-** | | | **11,1** | | | **45,3** | | | | **-** | | **-** | | **0,4** | **1,8** | **0,51** | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | **Итого** | | |  | | **12,18** | | **20,1** | | | **53,0** | | | **374,2** | | | | **0,34** | | **0,42** | | **2,44** | **213,3** | **1,92** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | **Сок фруктовый** | | | **200** | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
|  |  | **Итого** | | |  | | **1,4** | | **―** | | | **10,0** | | | **96,0** | | | | **0,05** | | **0,07** | | **11,0** | **7,5** | **0,5** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **15** | **Огурец консервированный долька** | | | **30** | | **0,38** | | **0,05** | | | **0,9** | | | **46,1** | | | | **0,05** | | **0,06** | | **10,1** | **32,0** | **0,71** | |
|  | **39** | **Суп овощной со сметаной** | | | **250/10** | | **3,9** | | **5,7** | | | **22,3** | | | **139,0** | | | | **0,12** | | **0,11** | | **5,08** | **50,0** | **1,36** | |
|  | **61** | **Сосиска** | | | **70** | | **2,99** | | **18,1** | | | **0,41** | | | **195,1** | | | | **0,05** | | **0,03** | | **-** | **26,3** | **1,5** | |
|  | **79,72** | **Картофельное пюре, соус** | | | **150/30** | | **2,99** | | **5,38** | | | **20,2** | | | **146,1** | | | | **0,07** | | **0,13** | | **3,5** | **57,1** | **0,73** | |
|  | **103** | **Компот из сухофруктов** | | | **180** | | **0,4** | | **―** | | | **32,6** | | | **43,4** | | | | **0,12** | | **0,12** | | **5,10** | **28,5** | **0,66** | |
|  | **1** | **Хлеб целебно йодированный** | | | **60** | | **3,3** | | **0,8** | | | **17,1** | | | **113,4** | | | | **0,11** | | **0,02** | | **―** | **18,1** | **2,0** | |
|  |  | **Итого** | | |  | | **13,96** | | **30,03** | | | **93,51** | | | **683,1** | | | | **0,52** | | **0,47** | | **23,78** | **212,0** | **6,96** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **126** | **Манные зразы** | | | **200** | | **10,6** | | **11,9** | | | **37,1** | | | **351,5** | | | | **0,1** | | **0,3** | | **6,0** | **176,1** | **1,0** | |
|  | **108** | **Кисель** | | | **180** | | **1,5** | | **―** | | | **30,1** | | | **118,1** | | | | **0,03** | | **0,03** | | **0,7** | **24,0** | **0,6** | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  |  | | |  | |  | |  | | |  | | |  | | | |  | |  | |  |  |  | |
|  |  | **Итого** | | |  | | **12,1** | | **11,9** | | | **67,2** | | | **469,6** | | | | **0,13** | | **0,33** | | **6,7** | **200,1** | **1,6** | |
|  |  | **Итого за 5 день** | | |  | | **59,64** | | **62,03** | | | **223,71** | | | **1622,9** | | | | **1,04** | | **1,29** | | **43,92** | **632,96** | **10,98** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **№ рецептуры или технологической карты** | | **Прием пищи, наименование блюда** | | **Масса порции (г)** | | **Пищевые вещества** | | | | | | **Энергетическая ценность (ккал)** | | | | **Витамины** | | | | | | **Минеральные вещества (мг)** | | |
| **Б** | | | **Ж** | | **У** | **В1** | | **В2** | | **С** | | **Са** | | Fe |
| **6 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **78** | **Каша гречневая рассыпчатая с маслом сахаром** | | | **120/5/10** | | | **3,48** | | **5,61** | | **23,6** | | **207,0** | | | **0,3** | | **0,15** | | **-** | | **28,6** | **1,0** | |
|  | **2,120,121** | **Булка с йодоказеином масло, сыр** | | | **30/5/10** | | | **5,59** | | **8,37** | | **15,01** | | **152,8** | | | **0,15** | | **0,09** | | **-** | | **15,1** | **0,7** | |
|  | **111** | **Кофейный напиток на молоке** | | | **180** | | | **4,2** | | **4,8** | | **19,6** | | **132,5** | | | **0,09** | | **0,07** | | **1,8** | | **167,0** | **0,9** | |
|  |  | **Итого** | | |  | | | **13,27** | | **18,78** | | **58,21** | | **492,1** | | | **0,54** | | **0,31** | | **1,8** | | **210,7** | **2,6** | |
|  |  |  | | |  | | |  | |  | |  | |  | | |  | |  | |  | |  |  | |
| **Завтрак 2** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | | **200** | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | **0,5** | |
|  |  | | **Итого** | |  | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | **0,5** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **15** | | **Салат из свеклы** | | **60** | | **0,38** | | | **0,05** | | **0,9** | | **46,1** | | | **0,05** | | **0,06** | | **10,1** | | **32,0** | **0,71** | |
|  | **47** | | **Щи со сметаной** | | **250/10** | | **3,1** | | | **8,09** | | **10,1** | | **170,8** | | | **0,06** | | **0,02** | | **-** | | **24,7** | **1,33** | |
|  | **30** | | **Шницель из говядины** | | **80** | | **10,9** | | | **12,1** | | **6,2** | | **157,1** | | | **0,09** | | **0,11** | | **2,99** | | **50,1** | **0,99** | |
|  | **79,72** | | **Картофельное пюре, соус** | | **170/30** | | **2,99** | | | **5,38** | | **20,2** | | **146,1** | | | **0,07** | | **0,13** | | **3,5** | | **57,1** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | | **180** | | **0,4** | | | **―** | | **32,6** | | **43,4** | | | **0,09** | | **0,09** | | **4,9** | | **28,5** | **0,66** | |
|  | **1** | | **Хлеб целебный йодированный** | | **60** | | **3,3** | | | **0,8** | | **17,1** | | **113,4** | | | **0,11** | | **0,02** | | **-** | | **18,1** | **2,0** | |
|  |  | | **Итого** | |  | | **21,07** | | | **26,42** | | **88,1** | | **576,9** | | | **0,47** | | **0,43** | | **21,49** | | **210,5** | **6,42** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **96** | | **Молочная вермишель** | | **200** | | **6,7** | | | **11,0** | | **26,0** | | **209,0** | | | **0,19** | | **0,33** | | **2,04** | | **197,0** | **0,91** | |
|  | **109** | | **Чай с лимоном и сахаром** | | **180** | | **0,2** | | | **―** | | **11,1** | | **45,3** | | | **-** | | **-** | | **0,4** | | **1,8** | **0,51** | |
|  | **4** | | **Печенье** | | **40** | | **1,75** | | | **2,2** | | **30,8** | | **201,9** | | | **0,06** | | **0,04** | | **12,1** | | **51,0** | **0,45** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **8,65** | | | **13,2** | | **67,9** | | **456,2** | | | **0,25** | | **0,37** | | **14,54** | | **249,8** | **1,87** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого за 6 день** | |  | | **44,39** | | | **58,4** | | **224,21** | | **1721,4** | | | **1,31** | | **1,18** | | **48,83** | | **678,5** | **11,39** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **7 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **98** | | **Молочная каша «Дружба»** | | **200** | | **5,3** | | | **11,97** | | **31,9** | | **263,8** | | | **0,3** | | **0,37** | | **1,56** | | **258,0** | **5,2** | |
|  | **2,120** | | **Булка с йодоказеином, масло** | | **30/5** | | **5,28** | | | **9,1** | | **15,9** | | **119,9** | | | **0,15** | | **0,09** | | **-** | | **14,5** | **0,5** | |
|  | **106** | | **Чай с сахаром** | | **180** | | **0,2** | | | **-** | | **11,1** | | **45,3** | | | **-** | | **-** | | **-** | | **1,8** | **0,51** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **10,78** | | | **21,07** | | **58,9** | | **529,0** | | | **0,45** | | **0,46** | | **1,56** | | **274,3** | **6,21** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **32** | | **Груша** | | **100** | | **0,41** | | | **―** | | **12,83** | | **54,0** | | | **0,07** | | **0,08** | | **21,0** | | **29,8** | **0,85** | |
|  |  | | **Итого** | |  | | **0,41** | | | **―** | | **12,83** | | **54,0** | | | **0,07** | | **0,08** | | **21,0** | | **29,8** | **0,85** | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **24** | | **Салат витаминный** | | **60** | | **0,71** | | | **3,2** | | **7,3** | | | **62,0** | | **0,04** | | **0,07** | | **19,0** | | **56,33** | **0,8** | |
|  | **33** | | **Суп гороховый с гренками** | | **250/20** | | **3,9** | | | **6,7** | | **28,3** | | | **104,0** | | **0,05** | | **0,15** | | **0,3** | | **88,9** | **2,0** | |
|  | **57** | | **Гуляш из говядины** | | **80/30** | | **11,82** | | | **15,11** | | **25,1** | | | **331,5** | | **0,08** | | **0,09** | | **3,4** | | **27,1** | **3,0** | |
|  | **77** | | **Макароны отварные** | | **150** | | **4,0** | | | **2,9** | | **24,7** | | | **221,9** | | **0,17** | | **0,14** | | **7,09** | | **111,0** | **0,9** | |
|  | **108** | | **Кисель** | | **180** | | **1,5** | | | **―** | | **30,1** | | | **118,1** | | **0,03** | | **0,03** | | **0,7** | | **24,0** | **0,6** | |
|  | **1** | | **Хлеб целебный йодированный** | | **60** | | **3,3** | | | **0,8** | | **17,1** | | | **113,4** | | **0,11** | | **0,02** | | **-** | | **18,1** | **2,0** | |
|  |  | |  | |  | |  | | |  | |  | | |  | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **25,23** | | | **34,92** | | **132,6** | | | **729,0** | | **0,48** | | **0,5** | | **30,49** | | **325,43** | **9,3** | |
|  |  | |  | |  | |  | | |  | |  | | |  | |  | |  | |  | |  |  | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **13,118** | | **Винегрет 1/2 яйца** | | **180/25** | | **2,52** | | | **18,18** | | **11,88** | | **221,4** | | | **0,04** | | **0,11** | | **27,0** | | **68,4** | **1,8** | |
|  | **102** | | **Какао на молоке** | | **180** | | **6,09** | | | **6,9** | | **11,0** | | **139,0** | | | **-** | | **0,01** | | **-** | | **1,9** | **0,41** | |
|  | **10** | | **Хлеб пшеничный** | | **30** | | **1,65** | | | **0,4** | | **8,55** | | **60,4** | | | **0,06** | | **0,01** | | **-** | | **9,05** | **1,0** | |
|  |  | | **Итого** | |  | | **10,26** | | | **25,48** | | **31,43** | | **420,8** | | | **0,1** | | **0,12** | | **27,0** | | **79,35** | **3,21** | |
|  |  | | **Итого за 7 день** | |  | | **46,68** | | | **81,47** | | **235,76** | | **1732,8** | | | **1,1** | | **1,17** | | **80,05** | | **708,88** | **19,57** | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **8 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **117,19** | | **Омлет натуральный, икра кабачковая** | | **80/60** | | **6,8** | | | **11,7** | | **6,2** | | **186,1** | | | **0,2** | | **0,68** | | **3,4** | | **316,9** | **2,14** | |
|  | **111** | | **Кофейный напиток на молоке** | | **180** | | **4,2** | | | **4,8** | | **19,6** | | **132,5** | | | **0,09** | | **0,07** | | **1,8** | | **167,0** | **0,9** | |
|  | **2,120** | | **Булка с йодоказеином маслом** | | **30/5** | | **5,28** | | | **9,1** | | **15,9** | | **119,9** | | | **0,15** | | **0,09** | | **-** | | **14,5** | **0,5** | |
|  | **10** | | **Хлеб пшеничный** | | **30** | | **1,65** | | | **0,4** | | **8,55** | | **60,4** | | | **0,06** | | **0,01** | | **-** | | **9,05** | **4,0** | |
|  |  | | **Итого** | |  | | **17,93** | | | **26,0** | | **50,25** | | **498,9** | | | **0,5** | | **0,85** | | **5,2** | | **507,45** | **4,54** | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | | **200** | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | **0,5** | |
|  |  | |  | |  | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | **0,5** | |
|  |  | | **Итого** | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **11** | | **Свекла тушенная** | | **60** | | **0,6** | | | **2,9** | | **4,1** | | **45,8** | | | **-** | | **-** | | **0,9** | | **20,2** | **0,4** | |
|  | **39** | | **Суп овощной со сметаной** | | **250/10** | | **3,9** | | | **5,7** | | **22,3** | | **239,0** | | | **0,12** | | **0,11** | | **5,08** | | **50,0** | **1,36** | |
|  | **65** | | **Суфле из говяжий печени** | | **80** | | **12,3** | | | **17,7** | | **3,46** | | **182,5** | | | **0,36** | | **0,36** | | **23,1** | | **28,1** | **4,1** | |
|  | **79** | | **Картофельное пюре** | | **150** | | **2,99** | | | **5,38** | | **20,2** | | **146,1** | | | **0,07** | | **0,13** | | **3,5** | | **57,1** | **0,73** | |
|  | **103** | | **Компот из сухофруктов** | | **180** | | **0,4** | | | **―** | | **32,6** | | **43,4** | | | **0,12** | | **0,12** | | **5,10** | | **28,5** | **0,66** | |
|  | **1** | | **Хлеб целебный йодированный** | | **60** | | **3,3** | | | **0,8** | | **17,1** | | **113,4** | | | **0,11** | | **0,02** | | **-** | | **18,1** | **2,0** | |
|  |  | |  | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **23,49** | | | **32,48** | | **99,76** | | **770,2** | | | **0,78** | | **0,74** | | **37,68** | | **202,0** | **9,25** | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **95** | | **Молочная манная каша** | | **200** | | **3,4** | | | **4,81** | | **39,1** | | **210,8** | | | **0,2** | | **0,37** | | **1,56** | | **258,0** | **2,1** | |
|  | **109** | | **Чай с лимоном сахаром** | | **180** | | **0,2** | | | **-** | | **11,1** | | **45,3** | | | **-** | | **-** | | **0,4** | | **1,8** | **0,51** | |
|  | **5** | | **Вафли** | | **50** | | **0,9** | | | **1,1** | | **17,4** | | **174,0** | | | **0,03** | | **0,02** | | **1,5** | | **25,5** | **0,23** | |
|  |  | | | |  | |  | | |  | |  | |  | | |  | |  | |  | |  |  | |
|  |  | | **Итого** | |  | | **4,5** | | | **5,91** | | **67,6** | | **430,10** | | | **0,23** | | **0,39** | | **3,46** | | **285,3** | **2,84** | |
|  |  | | **Итого за 8 день** |  | | **47,32** | | | **54,39** | | **227,61** | | **1795,2** | | | **1,56** | | **2,05** | | **57,34** | | **1002,25** | | **17,13** | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **9 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **92** | | **Молочная рисовая каша** | **200** | | **3,45** | | | **2,61** | | **33,56** | | **239,3** | | | **0,09** | | **0,28** | | **2,58** | | **210,0** | | **4,0** | | |
|  | **2,120,121** | | **Булка с йодоказеином масло, сыр** | **30/5/10** | | **5,59** | | | **8,37** | | **15,01** | | **152,8** | | | **0,15** | | **0,09** | | **―** | | **15,1** | | **0,7** | | |
|  | **112** | | **Чай на молоке с сахаром** | **200** | | **4,71** | | | **5,3** | | **27,1** | | **167,0** | | | **-** | | **-** | | **-** | | **180,0** | | **0,15** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **13,75** | | | **16,28** | | **75,67** | | **559,1** | | | **0,24** | | **0,37** | | **2,58** | | **541,0** | | **4,85** | | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **31** | | **Банан** | **100** | | **1,5** | | | **0,5** | | **21,0** | | **106,0** | | | **-** | | **-** | | **10,0** | | **8,0** | | **0,6** | | |
|  |  | | **Итого** |  | | **1,5** | | | **0,5** | | **21,0** | | **106,0** | | | **-** | | **-** | | **10,0** | | **8,0** | | **0,6** | | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **28** | | **Салат из солёных огурцов** | **60** | | **1,1** | | | **4,7** | | **11,6** | | **96,1** | | | **0,05** | | **0,03** | | **8,0** | | **10,4** | | **5,7** | | |
|  | **52** | | **Суп крестьянский со сметаной** | **250/10** | | **2,19** | | | **7,15** | | **17,1** | | **129,3** | | | **0,06** | | **0,02** | | **21,3** | | **45,2** | | **0,65** | | |
|  | **84** | | **Жаркое по домашнемус мясом** | **200** | | **13,53** | | | **9,14** | | **43,03** | | **302,0** | | | **0,09** | | **0,11** | | **2,99** | | **50,1** | | **0,99** | | |
|  | **103** | | **Компот из сухофруктов** | **180** | | **0,4** | | | **-** | | **32,6** | | **43,4** | | | **0,09** | | **0,09** | | **4,9** | | **28,5** | | **0,66** | | |
|  | **1** | | **Хлеб целебный йодированный** | **60** | | **3,3** | | | **0,8** | | **17,1** | | **113,4** | | | **0,11** | | **0,02** | | **-** | | **18,1** | | **2,0** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **20,52** | | | **21,79** | | **121,43** | | **684,2** | | | **0,4** | | **0,27** | | **37,19** | | **152,3** | | **10,0** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **116** | | **Ленивые вареники с маслом сахаром** | **150/4/10** | | **21,4** | | | **11,5** | | **34,0** | | **335,0** | | | **0,08** | | **0,18** | | **0,5** | | **118,6** | | **3,2** | | |
|  | **102** | | **Какао на молоке** | **180** | | **6,09** | | | **6,9** | | **11,0** | | **139,0** | | | **-** | | **0,01** | | **-** | | **1,9** | | **0,41** | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
| **Итого** | | | |  | | **27,49** | | | **18,4** | | **45,0** | | **474,0** | | | **0,08** | | **0,19** | | **0,5** | | **120,5** | | **3,61** | | |
|  |  | | **Итого за 9 день** |  | | **63,26** | | | **56,97** | | **263,1** | | **1823,3** | | | **0,72** | | **0,83** | | **50,27** | | **821,8** | | **19,06** | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **№ рецептуры или технологической карты** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Энергетическая ценность (ккал)** | **Витамины** | | | **Минеральные вещества (мг)** | | | **Б** | **Ж** | **У** | **В1** | **В2** | **С** | **Са** | Fe |   **10 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **96** | | **Молочная вермишель** | **200** | | **6,7** | | | **11,0** | | **26,0** | | **209,0** | | | **0,19** | | **0,33** | | **2,04** | | **197,0** | | **0,91** | | |
|  | **2,120** | | **Булка с йодоказеином масло** | **30/5** | | **5,59** | | | **8,37** | | **15,01** | | **119,9** | | | **0,15** | | **0,09** | | **-** | | **15,1** | | **0,7** | | |
|  | **105** | | **Кофейный напиток** | **180** | | **0,25** | | | **0,04** | | **14,38** | | **58,5** | | | **0,09** | | **0,07** | | **1,8** | | **-** | | **0,9** | | |
|  |  | | **Итого** |  | | **12,54** | | | **19,41** | | **55,39** | | **87,4** | | | **0,43** | | **0,49** | | **3,84** | | **212,1** | | **2,51** | | |
| **2 завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **101** | | **Сок фруктовый** | **200** | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | | **0,5** | | |
|  |  | | **Итого** |  | | **1,4** | | | **―** | | **10,0** | | **96,0** | | | **0,05** | | **0,07** | | **11,0** | | **7,5** | | **0,5** | | |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **17** | | **Салат витаминный** | **60** | | **0,71** | | | **3,2** | | **7,3** | | | | **62,0** | **0,04** | | **0,07** | | **21,35** | | **56,33** | | **0,8** | | |
|  | **41** | | **Суп картофельный** | **250** | | **8,0** | | | **8,9** | | **9,7** | | | | **152,8** | **0,13** | | **0,29** | | **5,1** | | **86,6** | | **3,48** | | |
|  | **63** | | **Рыба тушёная с овощами в томате** | **80/30** | | **14,1** | | | **5,2** | | **15,5** | | | | **168,0** | **0,12** | | **0,22** | | **10,2** | | **88,6** | | **1,28** | | |
|  | **82** | | **Каша рисовая рассыпчатая** | **150** | | **7,0** | | | **9,4** | | **48,7** | | | | **300,9** | **0,29** | | **0,07** | | **-** | | **21,1** | | **4,8** | | |
|  | **103** | | **Компот из сухофруктов** | **180** | | **0,4** | | | **―** | | **36,2** | | | | **43,4** | **0,09** | | **0,09** | | **4,9** | | **28,5** | | **0,66** | | |
|  | **1** | | **Хлеб целебный йодированный** | **60** | | **3,3** | | | **0,8** | | **17,1** | | | | **113,4** | **0,11** | | **0,02** | | **-** | | **18,1** | | **2,0** | | |
|  |  | |  |  | |  | | |  | |  | | | |  |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **33,51** | | | **27,5** | | **130,9** | | | | **840,5** | **0,78** | | **0,76** | | **41,55** | | **299,23** | | **13,02** | | |
| **Уплотненный полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **122** | | **Оладьи с повидлом** | **90/20** | | **6,34** | | | **7,6** | | **35,3** | | **326,0** | | | **0,05** | | **0,01** | | **―** | | **9,5** | | **0,6** | | |
|  | **107** | | **Кефир йодированный с сахаром** | **180/5** | | **4,0** | | | **4,6** | | **10,0** | | **95,1** | | | **-** | | **-** | | **-** | | **66,6** | | **1,6** | | |
|  | | |  |  | |  | | |  | |  | |  | | |  | |  | |  | |  | |  | | |
|  |  | | **Итого** |  | | **10,34** | | | **12,2** | | **45,3** | | **421,1** | | | **0,05** | | **0,01** | | **―** | | **76,1** | | **2,2** | | |
|  |  | | **Итого за 10 день** |  | | **57,79** | | | **59,11** | | **241,59** | | **1745,0** | | | **1,31** | | **1,33** | | **56,39** | | **594,93** | | **18,23** | | |
|  |  | | **Среднедневная сбалансированность** |  | | **59,49** | | | **60,9** | | **255,22** | | **1745,32** | | | **51,16** | | **1,29** | | **57,37** | | **625,79** | | **15,94** | | |