|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ЭНЕРГЕТИЧЕСКАЯ ЦЕННОСТЬ МЕНЮ ДЛЯ ДЕТЕЙ ЗАВТРАК 7-18 ЛЕТ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША ГЕРКУЛЕСОВАЯ МОЛОЧНАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | | 200 | | | | | 6.4 | | | | | 7.4 | | | | 27.2 | | | | 206.0 | | | | | 0.10 | | | | 0.40 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.10 | | | 103.70 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 8/4 | | | | | 2019 |
| МАСЛО (ПОРЦИЯМИ) | | | | | 10 | | | | | 0.1 | | | | | 8.3 | | | | 0.1 | | | | 74.8 | | | | | 0.00 | | | | 0.00 | | | | | | 0.07 | | | | | 0.22 | | | | | | 0.15 | | | | | | 0.01 | | | 1.20 | | | | | 0.00 | | | | | 1.90 | | | | | 0.02 | | | | | 1.50 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 14 | | | | | 2011 |
| ПОВИДЛО ПОРЦИОННО | | | | | 30 | | | | | 0.1 | | | | | 0.0 | | | | 19.2 | | | | 77.3 | | | | | 0.00 | | | | 0.06 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.01 | | | 3.78 | | | | | 1.89 | | | | | 2.43 | | | | | 0.27 | | | | | 38.70 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| КИСЕЛЬ ВИТАМИНИЗИРОВАННЫЙ | | | | | 200 | | | | | 0.0 | | | | | 0.0 | | | | 24.0 | | | | 396.0 | | | | | 0.00 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| ЯБЛОКО СВЕЖЕЕ | | | | | 100 | | | | | 0.4 | | | | | 0.4 | | | | 9.8 | | | | 47.0 | | | | | 0.03 | | | | 10.00 | | | | | | 0.01 | | | | | 0.63 | | | | | | 0.00 | | | | | | 0.02 | | | 16.00 | | | | | 8.00 | | | | | 11.00 | | | | | 2.20 | | | | | 278.00 | | | | | | 2.00 | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | | 2008 |
| **Итого за прием пищи:** | | | | | **600** | | | | | **11.8** | | | | | **17.9** | | | | **110.9** | | | | **963.1** | | | | | 0.35 | | | | 10.46 | | | | | | 0.08 | | | | | 0.85 | | | | | | 0.15 | | | | | | 0.27 | | | 148.08 | | | | | 9.89 | | | | | 15.33 | | | | | 4.89 | | | | | 318.20 | | | | | | 2.00 | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | |  |
| **Всего за день:** | | | | | | | | | | **11.8** | | | | | **17.9** | | | | **110.9** | | | | **963.1** | | | | | 0.35 | | | | 10.46 | | | | | | 0.08 | | | | | 0.85 | | | | | | 0.15 | | | | | | 0.27 | | | 148.08 | | | | | 9.89 | | | | | 15.33 | | | | | 4.89 | | | | | 318.20 | | | | | | 2.00 | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | |  |
| **2 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| ЗАПЕКАНКА ИЗ ТВОРОГА СО СГУЩЕННЫМ МОЛОКОМ | | | | | 140/20 | | | | | 26.6 | | | | | 19.0 | | | | 33.2 | | | | 418.2 | | | | | 0.07 | | | | 0.35 | | | | | | 0.10 | | | | | 0.48 | | | | | | 0.18 | | | | | | 0.34 | | | 250.96 | | | | | 37.87 | | | | | 305.51 | | | | | 1.09 | | | | | 260.23 | | | | | | 2.56 | | | | | | 0.05 | | | | | 0.03 | | | | | 224 | | | | | 2008 |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| ЧАЙ С САХАРОМ И ЛИМОНОМ | | | | | 200 | | | | | 0.3 | | | | | 0.0 | | | | 16.4 | | | | 67.9 | | | | | 0.00 | | | | 1.26 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.01 | | | 16.20 | | | | | 7.02 | | | | | 9.66 | | | | | 0.88 | | | | | 40.77 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 431 | | | | | 2008 |
| БАНАН | | | | | 100 | | | | | 0.4 | | | | | 0.4 | | | | 11.6 | | | | 48.7 | | | | | 0.00 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | | 2008 |
| **Итого за прием пищи:** | | | | | **520** | | | | | **32.1** | | | | | **21.2** | | | | **91.8** | | | | **696.8** | | | | | 0.29 | | | | 1.61 | | | | | | 0.10 | | | | | 0.48 | | | | | | 0.18 | | | | | | 0.48 | | | 290.56 | | | | | 44.89 | | | | | 315.17 | | | | | 3.17 | | | | | 301.00 | | | | | | 2.56 | | | | | | 0.05 | | | | | 0.03 | | | | |  | | | | |  |
| **Всего за день:** | | | | | | | | | | **32.1** | | | | | **21.2** | | | | **91.8** | | | | **696.8** | | | | | 0.29 | | | | 1.61 | | | | | | 0.10 | | | | | 0.48 | | | | | | 0.18 | | | | | | 0.48 | | | 290.56 | | | | | 44.89 | | | | | 315.17 | | | | | 3.17 | | | | | 301.00 | | | | | | 2.56 | | | | | | 0.05 | | | | | 0.03 | | | | |  | | | | |  |
| **3 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША ПШЕННАЯ МОЛОЧНАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | | 200 | | | | | 6.5 | | | | | 6.6 | | | | 31.2 | | | | 214.0 | | | | | 0.10 | | | | 0.40 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.10 | | | 96.80 | | | | | 0.00 | | | | | 0.00 | | | | | 1.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 417 | | | | | 2011 |
| МАСЛО (ПОРЦИЯМИ) | | | | | 10 | | | | | 0.1 | | | | | 8.3 | | | | 0.1 | | | | 74.8 | | | | | 0.00 | | | | 0.00 | | | | | | 0.07 | | | | | 0.22 | | | | | | 0.15 | | | | | | 0.01 | | | 1.20 | | | | | 0.00 | | | | | 1.90 | | | | | 0.02 | | | | | 1.50 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 14 | | | | | 2011 |
| СЫР (ПОРЦИЯМИ) | | | | | 30 | | | | | 7.9 | | | | | 8.0 | | | | 0.0 | | | | 105.0 | | | | | 0.00 | | | | 0.20 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.10 | | | 300.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 15 | | | | | 2011 |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| КАКАО С МОЛОКОМ | | | | | 200 | | | | | 3.8 | | | | | 3.7 | | | | 24.3 | | | | 146.8 | | | | | 0.03 | | | | 0.52 | | | | | | 0.02 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.11 | | | 111.42 | | | | | 27.49 | | | | | 95.58 | | | | | 0.87 | | | | | 207.29 | | | | | | 9.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 642 | | | | | 2008 |
| **Итого за прием пищи:** | | | | | **500** | | | | | **23.1** | | | | | **28.4** | | | | **86.2** | | | | **702.6** | | | | | 0.35 | | | | 1.12 | | | | | | 0.09 | | | | | 0.22 | | | | | | 0.15 | | | | | | 0.45 | | | 532.82 | | | | | 27.49 | | | | | 97.48 | | | | | 3.29 | | | | | 208.79 | | | | | | 9.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| **Всего за день:** | | | | | | | | | | **23.1** | | | | | **28.4** | | | | **86.2** | | | | **702.6** | | | | | 0.35 | | | | 1.12 | | | | | | 0.09 | | | | | 0.22 | | | | | | 0.15 | | | | | | 0.45 | | | 532.82 | | | | | 27.49 | | | | | 97.48 | | | | | 3.29 | | | | | 208.79 | | | | | | 9.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| ОМЛЕТ ПАРОВОЙ НАТУРАЛЬНЫЙ | | | | | 180 | | | | | 16.0 | | | | | 19.8 | | | | 3.1 | | | | 255.2 | | | | | 0.07 | | | | 0.26 | | | | | | 0.34 | | | | | 2.50 | | | | | | 2.69 | | | | | | 0.50 | | | 113.02 | | | | | 18.51 | | | | | 241.44 | | | | | 2.73 | | | | | 238.81 | | | | | | 28.08 | | | | | | 0.06 | | | | | 0.03 | | | | | 2\6 | | | | |  |
| ИКРА КАБАЧКОВАЯ КОНСЕРВИРОВАННАЯ | | | | | 60 | | | | | 0.0 | | | | | 4.2 | | | | 4.2 | | | | 54.0 | | | | | 0.00 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | | 2008 |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| ЧАЙ С ЛИМОНОМ | | | | | 200/5 | | | | | 0.1 | | | | | 0.0 | | | | 9.9 | | | | 40.0 | | | | | 0.00 | | | | 0.80 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 2.20 | | | | | 0.00 | | | | | 0.00 | | | | | 0.10 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 377 | | | | | 2011 |
| **Итого за прием пищи:** | | | | | **505** | | | | | **20.9** | | | | | **25.8** | | | | **47.8** | | | | **511.2** | | | | | 0.29 | | | | 1.06 | | | | | | 0.34 | | | | | 2.50 | | | | | | 2.69 | | | | | | 0.63 | | | 138.62 | | | | | 18.51 | | | | | 241.44 | | | | | 4.03 | | | | | 238.81 | | | | | | 28.08 | | | | | | 0.06 | | | | | 0.03 | | | | |  | | | | |  |
| **Всего за день:** | | | | | | | | | | **20.9** | | | | | **25.8** | | | | **47.8** | | | | **511.2** | | | | | 0.29 | | | | 1.06 | | | | | | 0.34 | | | | | 2.50 | | | | | | 2.69 | | | | | | 0.63 | | | 138.62 | | | | | 18.51 | | | | | 241.44 | | | | | 4.03 | | | | | 238.81 | | | | | | 28.08 | | | | | | 0.06 | | | | | 0.03 | | | | |  | | | | |  |
| **5 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША "ДРУЖБА" | | | | | 200 | | | | | 6.0 | | | | | 9.8 | | | | 26.7 | | | | 220.5 | | | | | 0.08 | | | | 0.78 | | | | | | 0.05 | | | | | 0.44 | | | | | | 0.09 | | | | | | 0.17 | | | 158.53 | | | | | 28.87 | | | | | 143.72 | | | | | 0.50 | | | | | 251.23 | | | | | | 14.09 | | | | | | 0.01 | | | | | 0.00 | | | | | 190 | | | | | 2008 |
| СЫР (ПОРЦИЯМИ) | | | | | 20 | | | | | 5.3 | | | | | 5.3 | | | | 0.0 | | | | 69.9 | | | | | 0.00 | | | | 0.13 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.07 | | | 199.67 | | | | | 0.00 | | | | | 0.00 | | | | | 0.13 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 15 | | | | | 2011 |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | | | | | 200 | | | | | 3.1 | | | | | 3.2 | | | | 14.4 | | | | 96.0 | | | | | 0.00 | | | | 0.50 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.10 | | | 115.70 | | | | | 0.00 | | | | | 0.00 | | | | | 0.10 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 32\10 | | | | |  |
| АПЕЛЬСИН | | | | | 100 | | | | | 0.9 | | | | | 0.2 | | | | 8.1 | | | | 43.0 | | | | | 0.04 | | | | 60.00 | | | | | | 0.01 | | | | | 0.22 | | | | | | 0.00 | | | | | | 0.03 | | | 34.00 | | | | | 13.00 | | | | | 23.00 | | | | | 0.30 | | | | | 197.00 | | | | | | 2.00 | | | | | | 0.02 | | | | | 0.00 | | | | |  | | | | | 2008 |
| **Итого за прием пищи:** | | | | | **580** | | | | | **20.1** | | | | | **20.3** | | | | **79.8** | | | | **591.4** | | | | | 0.34 | | | | 61.41 | | | | | | 0.06 | | | | | 0.66 | | | | | | 0.09 | | | | | | 0.50 | | | 531.30 | | | | | 41.87 | | | | | 166.72 | | | | | 2.23 | | | | | 448.23 | | | | | | 16.09 | | | | | | 0.03 | | | | | 0.00 | | | | |  | | | | |  |
| **Всего за день:** | | | | | | | | | | **20.1** | | | | | **20.3** | | | | **79.8** | | | | **591.4** | | | | | 0.34 | | | | 61.41 | | | | | | 0.06 | | | | | 0.66 | | | | | | 0.09 | | | | | | 0.50 | | | 531.30 | | | | | 41.87 | | | | | 166.72 | | | | | 2.23 | | | | | 448.23 | | | | | | 16.09 | | | | | | 0.03 | | | | | 0.00 | | | | |  | | | | |  |
|  | | | | |  | | | | |  |  | | | |  | | | |  | | | |  |  | | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  |  | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | |  | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |
| **6 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | **Масса** **порции** | | | | | **Пищевые вещества** | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** | |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | | **С, мг** | | | | | | **А, мг** | | | | | **E, мг** | | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША РИСОВАЯ НА СГУЩЕННОМ МОЛОКЕ | | | | 200 | | | | | 4.4 | | | | | 6.9 | | | | 42.4 | | | | 249.2 | | | | 0.04 | | | | | 0.08 | | | | | | 0.04 | | | | | 0.38 | | | | | | 0.10 | | | | | | 0.08 | | | 84.10 | | | | | 28.78 | | | | | 103.05 | | | | | 0.57 | | | | | 118.94 | | | | | | 2.02 | | | | | | 0.03 | | | | | 0.01 | | | | |  | | | | |  | |
| МАСЛО (ПОРЦИЯМИ) | | | | 10 | | | | | 0.1 | | | | | 8.3 | | | | 0.1 | | | | 74.8 | | | | 0.00 | | | | | 0.00 | | | | | | 0.07 | | | | | 0.22 | | | | | | 0.15 | | | | | | 0.01 | | | 1.20 | | | | | 0.00 | | | | | 1.90 | | | | | 0.02 | | | | | 1.50 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | 14 | | | | | 2011 | |
| ПОВИДЛО ПОРЦИОННО | | | | 30 | | | | | 0.1 | | | | | 0.0 | | | | 19.2 | | | | 77.3 | | | | 0.00 | | | | | 0.06 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.01 | | | 3.78 | | | | | 1.89 | | | | | 2.43 | | | | | 0.27 | | | | | 38.70 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | 60 | | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | 0.22 | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | |
| КИСЕЛЬ ВИТАМИНИЗИРОВАННЫЙ | | | | 200 | | | | | 0.0 | | | | | 0.0 | | | | 24.0 | | | | 396.0 | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | |
| ЯБЛОКО СВЕЖЕЕ | | | | 100 | | | | | 0.4 | | | | | 0.4 | | | | 9.8 | | | | 49.0 | | | | 0.00 | | | | | 10.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | 16.00 | | | | | 0.00 | | | | | 0.00 | | | | | 2.20 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | | 2008 | |
| **Итого за прием пищи:** | | | | **600** | | | | | **9.8** | | | | | **17.4** | | | | **126.1** | | | | **1 008.3** | | | | 0.26 | | | | | 10.14 | | | | | | 0.11 | | | | | 0.60 | | | | | | 0.25 | | | | | | 0.23 | | | 128.48 | | | | | 30.67 | | | | | 107.38 | | | | | 4.26 | | | | | 159.14 | | | | | | 2.02 | | | | | | 0.03 | | | | | 0.01 | | | | |  | | | | |  | |
| **Всего за день:** | | | | | | | | | **9.8** | | | | | **17.4** | | | | **126.1** | | | | **1 008.3** | | | | 0.26 | | | | | 10.14 | | | | | | 0.11 | | | | | 0.60 | | | | | | 0.25 | | | | | | 0.23 | | | 128.48 | | | | | 30.67 | | | | | 107.38 | | | | | 4.26 | | | | | 159.14 | | | | | | 2.02 | | | | | | 0.03 | | | | | 0.01 | | | | |  | | | | |  | |
|  |  | | | |  | |  | | | |  | | | |  | | | |  |  | | | | | |  | | | | | |  | | |  | | | | |  | | | |  |  | | | | | |  | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | |
| **7 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** | | | | |
| **Белки, г** | | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | **А, мг** | | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | **I, мкг** | | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| ТВОРОЖНЫЙ ДЕССЕРТ (МЕКСИКАНСКИЙ ФЛАН) | | 160 | | | | 26.1 | | | | | | 16.0 | | | | 12.5 | | | | 301.0 | | | | 0.00 | | | | 0.32 | | | | | 0.17 | | | | | 0.61 | | | | | 0.00 | | | | | | 0.49 | | | 233.89 | | | | | | | 30.42 | | | | | 290.48 | | | | | 1.28 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 227 | | | | | 2008 | | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | 60 | | | | 4.8 | | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | 0.22 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| НАПИТОК ИЗ ЦИКОРИЯ С МОЛОКОМ | | 200 | | | | 3.0 | | | | | | 3.1 | | | | 0.0 | | | | 94.0 | | | | 0.00 | | | | 0.50 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.10 | | | 116.60 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.10 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 432 | | | | | 2008 | | | | |
| БАНАН | | 100 | | | | 0.4 | | | | | | 0.4 | | | | 11.6 | | | | 48.7 | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | | 2008 | | | | |
| **Итого за прием пищи:** | | **520** | | | | **34.3** | | | | | | **21.3** | | | | **54.7** | | | | **605.7** | | | | 0.22 | | | | 0.82 | | | | | 0.17 | | | | | 0.61 | | | | | 0.00 | | | | | | 0.72 | | | 373.89 | | | | | | | 30.42 | | | | | 290.48 | | | | | 2.58 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **Всего за день:** | | | | | | **34.3** | | | | | | **21.3** | | | | **54.7** | | | | **605.7** | | | | 0.22 | | | | 0.82 | | | | | 0.17 | | | | | 0.61 | | | | | 0.00 | | | | | | 0.72 | | | 373.89 | | | | | | | 30.42 | | | | | 290.48 | | | | | 2.58 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **8 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** | | | | |
| **Белки, г** | | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | **А, мг** | | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | **I, мкг** | | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| ОМЛЕТ С СЫРОМ | | 160 | | | | 15.9 | | | | | | 20.2 | | | | 2.5 | | | | 256.8 | | | | 0.06 | | | | 0.34 | | | | | 0.30 | | | | | 2.12 | | | | | 2.24 | | | | | | 0.44 | | | 191.17 | | | | | | | 19.96 | | | | | 254.37 | | | | | 2.34 | | | | | 207.75 | | | | | 23.20 | | | | | | | 0.05 | | | | | 0.03 | | | | | 4\6 | | | | |  | | | | |
| СВЕЖИЙ ОГУРЕЦ | | 80 | | | | 0.6 | | | | | | 0.1 | | | | 1.9 | | | | 10.9 | | | | 0.02 | | | | 3.20 | | | | | 0.01 | | | | | 0.08 | | | | | 0.00 | | | | | | 0.03 | | | 16.56 | | | | | | | 10.08 | | | | | 30.24 | | | | | 0.72 | | | | | 112.80 | | | | | 2.40 | | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | 60 | | | | 4.8 | | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | 0.22 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| ЧАЙ С САХАРОМ И ЛИМОНОМ | | 200 | | | | 0.3 | | | | | | 0.0 | | | | 16.4 | | | | 67.9 | | | | 0.00 | | | | 1.26 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.01 | | | 16.20 | | | | | | | 7.02 | | | | | 9.66 | | | | | 0.88 | | | | | 40.77 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 431 | | | | | 2008 | | | | |
| **Итого за прием пищи:** | | **500** | | | | **21.6** | | | | | | **22.1** | | | | **51.4** | | | | **497.6** | | | | 0.30 | | | | 4.80 | | | | | 0.31 | | | | | 2.20 | | | | | 2.24 | | | | | | 0.61 | | | 247.33 | | | | | | | 37.06 | | | | | 294.27 | | | | | 5.14 | | | | | 361.32 | | | | | 25.60 | | | | | | | 0.06 | | | | | 0.03 | | | | |  | | | | |  | | | | |
| **Всего за день:** | | | | | | **21.6** | | | | | | **22.1** | | | | **51.4** | | | | **497.6** | | | | 0.30 | | | | 4.80 | | | | | 0.31 | | | | | 2.20 | | | | | 2.24 | | | | | | 0.61 | | | 247.33 | | | | | | | 37.06 | | | | | 294.27 | | | | | 5.14 | | | | | 361.32 | | | | | 25.60 | | | | | | | 0.06 | | | | | 0.03 | | | | |  | | | | |  | | | | |
| **9 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** | | | | |
| **Белки, г** | | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | **А, мг** | | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | **I, мкг** | | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША ЯЧНЕВАЯ МОЛОЧНАЯ С МАСЛОМ СЛИВОЧНЫМ | | 200 | | | | 7.0 | | | | | | 8.1 | | | | 34.7 | | | | 242.5 | | | | 0.12 | | | | 1.29 | | | | | 0.05 | | | | | 0.77 | | | | | 0.00 | | | | | | 0.00 | | | 152.22 | | | | | | | 34.83 | | | | | 230.91 | | | | | 1.29 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 41\3 | | | | |  | | | | |
| МАСЛО (ПОРЦИЯМИ) | | 10 | | | | 0.1 | | | | | | 8.3 | | | | 0.1 | | | | 74.8 | | | | 0.00 | | | | 0.00 | | | | | 0.07 | | | | | 0.22 | | | | | 0.15 | | | | | | 0.01 | | | 1.20 | | | | | | | 0.00 | | | | | 1.90 | | | | | 0.02 | | | | | 1.50 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 14 | | | | | 2011 | | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | 60 | | | | 4.8 | | | | | | 1.8 | | | | 30.6 | | | | 162.0 | | | | 0.22 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | 23.40 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | | 200 | | | | 3.1 | | | | | | 3.2 | | | | 14.4 | | | | 96.0 | | | | 0.00 | | | | 0.50 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.10 | | | 115.70 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.10 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 32\10 | | | | |  | | | | |
| ГРУША | | 100 | | | | 0.4 | | | | | | 0.3 | | | | 10.3 | | | | 47.0 | | | | 0.02 | | | | 5.00 | | | | | 0.00 | | | | | 0.36 | | | | | 0.00 | | | | | | 0.03 | | | 19.00 | | | | | | | 12.00 | | | | | 16.00 | | | | | 2.00 | | | | | 155.00 | | | | | 1.00 | | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | | 2008 | | | | |
| **Итого за прием пищи:** | | **570** | | | | **15.4** | | | | | | **21.7** | | | | **90.1** | | | | **622.3** | | | | 0.36 | | | | 6.79 | | | | | 0.12 | | | | | 1.35 | | | | | 0.15 | | | | | | 0.27 | | | 311.52 | | | | | | | 46.83 | | | | | 248.81 | | | | | 4.61 | | | | | 156.50 | | | | | 1.00 | | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **Всего за день:** | | | | | | **15.4** | | | | | | **21.7** | | | | **90.1** | | | | **622.3** | | | | 0.36 | | | | 6.79 | | | | | 0.12 | | | | | 1.35 | | | | | 0.15 | | | | | | 0.27 | | | 311.52 | | | | | | | 46.83 | | | | | 248.81 | | | | | 4.61 | | | | | 156.50 | | | | | 1.00 | | | | | | | 0.01 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **10 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | **Сборник** **рецептур** | | | | |
| **Белки, г** | | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | | **В1, мг** | | | | **С, мг** | | | | | **А, мг** | | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | **Са, мг** | | | | | | | **Mg, мг** | | | | | **Р, мг** | | | | | **Fе, мг** | | | | | **К, мг** | | | | | **I, мкг** | | | | | | | **F, мг** | | | | | **Se, мг** | | | | |
| КАША ГРЕЧНЕВАЯ ВЯЗКАЯ | | 200 | | | | 8.5 | | | | | | 9.7 | | | | 47.9 | | | | 312.3 | | | | 0.17 | | | | 0.14 | | | | | 0.05 | | | | | 3.48 | | | | | 0.12 | | | | | | 0.20 | | | 112.04 | | | | | | | 99.67 | | | | | 202.07 | | | | | 3.19 | | | | | 315.26 | | | | | 4.07 | | | | | | | 0.02 | | | | | 0.00 | | | | | 184 | | | | | 2008 | | | | |
| МАСЛО (ПОРЦИЯМИ) | | 10 | | | | 0.1 | | | | | | 8.3 | | | | 0.1 | | | | 74.8 | | | | 0.00 | | | | 0.00 | | | | | 0.07 | | | | | 0.22 | | | | | 0.15 | | | | | | 0.01 | | | 1.20 | | | | | | | 0.00 | | | | | 1.90 | | | | | 0.02 | | | | | 1.50 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 14 | | | | | 2011 | | | | |
| СЫР (ПОРЦИЯМИ) | | 30 | | | | 7.9 | | | | | | 8.0 | | | | 0.0 | | | | 105.0 | | | | 0.00 | | | | 0.20 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.10 | | | 300.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.20 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 15 | | | | | 2011 | | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | 80 | | | | 6.4 | | | | | | 2.4 | | | | 40.8 | | | | 216.0 | | | | 0.30 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.18 | | | 31.20 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.60 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| ЧАЙ С САХАРОМ | | 200 | | | | 0.2 | | | | | | 0.0 | | | | 16.1 | | | | 65.3 | | | | 0.00 | | | | 0.04 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.01 | | | 13.47 | | | | | | | 6.19 | | | | | 8.16 | | | | | 0.81 | | | | | 28.38 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 430 | | | | | 2008 | | | | |
| Батончик "ЛУНТИК" мюсли прессованные | | 14 | | | | 0.0 | | | | | | 0.0 | | | | 0.0 | | | | 0.0 | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **Итого за прием пищи:** | | **534** | | | | **23.1** | | | | | | **28.4** | | | | **104.9** | | | | **773.4** | | | | 0.47 | | | | 0.38 | | | | | 0.12 | | | | | 3.70 | | | | | 0.27 | | | | | | 0.50 | | | 457.91 | | | | | | | 105.86 | | | | | 212.13 | | | | | 5.82 | | | | | 345.14 | | | | | 4.07 | | | | | | | 0.02 | | | | | 0.00 | | | | |  | | | | |  | | | | |
| **Всего за день:** | | | | | | **23.1** | | | | | | **28.4** | | | | **104.9** | | | | **773.4** | | | | 0.47 | | | | 0.38 | | | | | 0.12 | | | | | 3.70 | | | | | 0.27 | | | | | | 0.50 | | | 457.91 | | | | | | | 105.86 | | | | | 212.13 | | | | | 5.82 | | | | | 345.14 | | | | | 4.07 | | | | | | | 0.02 | | | | | 0.00 | | | | |  | | | | |  | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **11 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | |  | | | | **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | |  | | | | | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | | | **Са, мг** | | | | | | **Mg, мг** | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | **I, мкг** | | | | **F, мг** | | **Se, мг** | | | | |  | | | | | | |  | |
| КАША "ЯНТАРНАЯ" | | | | | 200 | | | | 6.8 | | | | | 11.0 | | | | 38.5 | | | 285.2 | | | | | | | 0.15 | | | | 1.62 | | | | | | 0.06 | | | | 1.41 | | | | | 0.12 | | | | | | 0.11 | | | | | 97.29 | | | | | | 41.34 | | | 143.85 | | | | | 1.78 | | | | 285.98 | | | | | 9.62 | | | | 0.01 | | 0.00 | | | | | 187 | | | | | | | 2008 | |
| МАСЛО (ПОРЦИЯМИ) | | | | | 10 | | | | 0.1 | | | | | 8.3 | | | | 0.1 | | | 74.8 | | | | | | | 0.00 | | | | 0.00 | | | | | | 0.07 | | | | 0.22 | | | | | 0.15 | | | | | | 0.01 | | | | | 1.20 | | | | | | 0.00 | | | 1.90 | | | | | 0.02 | | | | 1.50 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 14 | | | | | | | 2011 | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | 162.0 | | | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | | | 23.40 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | |
| КИСЕЛЬ ВИТАМИНИЗИРОВАННЫЙ | | | | | 200 | | | | 0.0 | | | | | 0.0 | | | | 24.0 | | | 396.0 | | | | | | | 0.00 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | |
| АПЕЛЬСИН | | | | | 100 | | | | 0.9 | | | | | 0.2 | | | | 8.1 | | | 43.0 | | | | | | | 0.04 | | | | 60.00 | | | | | | 0.01 | | | | 0.22 | | | | | 0.00 | | | | | | 0.03 | | | | | 34.00 | | | | | | 13.00 | | | 23.00 | | | | | 0.30 | | | | 197.00 | | | | | 2.00 | | | | 0.02 | | 0.00 | | | | |  | | | | | | | 2008 | |
| **Итого за прием пищи:** | | | | | **570** | | | | **12.6** | | | | | **21.3** | | | | **101.3** | | | **961.0** | | | | | | | 0.41 | | | | 61.62 | | | | | | 0.14 | | | | 1.85 | | | | | 0.27 | | | | | | 0.28 | | | | | 155.89 | | | | | | 54.34 | | | 168.75 | | | | | 3.30 | | | | 484.48 | | | | | 11.62 | | | | 0.03 | | 0.00 | | | | |  | | | | | | |  | | | | | |
| **Всего за день:** | | | | | | | | | **12.6** | | | | | **21.3** | | | | **101.3** | | | **961.0** | | | | | | | 0.41 | | | | 61.62 | | | | | | 0.14 | | | | 1.85 | | | | | 0.27 | | | | | | 0.28 | | | | | 155.89 | | | | | | 54.34 | | | 168.75 | | | | | 3.30 | | | | 484.48 | | | | | 11.62 | | | | 0.03 | | 0.00 | | | | |  | | | | | | |  | | | | | |
| **12 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | | | **Сборник** **рецептур** | |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | | | **Са, мг** | | | | | | **Mg, мг** | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | **I, мкг** | | | | **F, мг** | | **Se, мг** | | | | |
| ЗАПЕКАНКА ИЗ ТВОРОГА С ДЖЕМОМ | | | | | 150/15 | | | | 24.8 | | | | | 16.7 | | | | 39.5 | | | 413.0 | | | | | | | 0.05 | | | | 3.71 | | | | | | 0.07 | | | | 1.70 | | | | | 0.07 | | | | | | 0.28 | | | | | 207.13 | | | | | | 33.72 | | | 273.27 | | | | | 1.06 | | | | 211.90 | | | | | 1.18 | | | | 0.04 | | 0.03 | | | | | 224 | | | | | | | 2008 | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | 162.0 | | | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | | | 23.40 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | |
| ЧАЙ С САХАРОМ И ЛИМОНОМ | | | | | 200 | | | | 0.3 | | | | | 0.0 | | | | 16.4 | | | 67.9 | | | | | | | 0.00 | | | | 1.26 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.01 | | | | | 16.20 | | | | | | 7.02 | | | 9.66 | | | | | 0.88 | | | | 40.77 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 431 | | | | | | | 2008 | |
| ЯБЛОКО СВЕЖЕЕ | | | | | 100 | | | | 0.4 | | | | | 0.4 | | | | 9.8 | | | 47.0 | | | | | | | 0.03 | | | | 10.00 | | | | | | 0.01 | | | | 0.63 | | | | | 0.00 | | | | | | 0.02 | | | | | 16.00 | | | | | | 8.00 | | | 11.00 | | | | | 2.20 | | | | 278.00 | | | | | 2.00 | | | | 0.01 | | 0.00 | | | | |  | | | | | | | 2008 | |
| **Итого за прием пищи:** | | | | | **525** | | | | **30.3** | | | | | **18.9** | | | | **96.3** | | | **689.9** | | | | | | | 0.30 | | | | 14.97 | | | | | | 0.08 | | | | 2.33 | | | | | 0.07 | | | | | | 0.44 | | | | | 262.73 | | | | | | 48.74 | | | 293.93 | | | | | 5.34 | | | | 530.67 | | | | | 3.18 | | | | 0.05 | | 0.03 | | | | |  | | | | | | |  | |
| **Всего за день:** | | | | | | | | | **30.3** | | | | | **18.9** | | | | **96.3** | | | **689.9** | | | | | | | 0.30 | | | | 14.97 | | | | | | 0.08 | | | | 2.33 | | | | | 0.07 | | | | | | 0.44 | | | | | 262.73 | | | | | | 48.74 | | | 293.93 | | | | | 5.34 | | | | 530.67 | | | | | 3.18 | | | | 0.05 | | 0.03 | | | | |  | | | | | | |  | |
| **13 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | | | **Сборник** **рецептур** | | | |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | | | **Са, мг** | | | | | | **Mg, мг** | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | **I, мкг** | | | | **F, мг** | | **Se, мг** | | | | |
| КАША ГЕРКУЛЕСОВАЯ МОЛОЧНАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | | 200 | | | | 6.4 | | | | | 7.4 | | | | 27.2 | | | 206.0 | | | | | | | 0.10 | | | | 0.40 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.10 | | | | | 103.70 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 8/4 | | | | | | | 2019 | | | |
| МАСЛО (ПОРЦИЯМИ) | | | | | 10 | | | | 0.1 | | | | | 8.3 | | | | 0.1 | | | 74.8 | | | | | | | 0.00 | | | | 0.00 | | | | | | 0.07 | | | | 0.22 | | | | | 0.15 | | | | | | 0.01 | | | | | 1.20 | | | | | | 0.00 | | | 1.90 | | | | | 0.02 | | | | 1.50 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 14 | | | | | | | 2011 | | | |
| ПОВИДЛО ПОРЦИОННО | | | | | 30 | | | | 0.1 | | | | | 0.0 | | | | 19.2 | | | 77.3 | | | | | | | 0.00 | | | | 0.06 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.01 | | | | | 3.78 | | | | | | 1.89 | | | 2.43 | | | | | 0.27 | | | | 38.70 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | 162.0 | | | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | | | 23.40 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | | | |
| КАКАО С МОЛОКОМ | | | | | 200 | | | | 3.8 | | | | | 3.7 | | | | 24.3 | | | 146.8 | | | | | | | 0.03 | | | | 0.52 | | | | | | 0.02 | | | | 0.00 | | | | | 0.00 | | | | | | 0.11 | | | | | 111.42 | | | | | | 27.49 | | | 95.58 | | | | | 0.87 | | | | 207.29 | | | | | 9.00 | | | | 0.00 | | 0.00 | | | | | 642 | | | | | | | 2008 | | | |
| БАНАН | | | | | 100 | | | | 0.4 | | | | | 0.4 | | | | 11.6 | | | 48.7 | | | | | | | 0.00 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | 0.00 | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | | 2008 | | | |
| **Итого за прием пищи:** | | | | | **600** | | | | **15.6** | | | | | **21.6** | | | | **113.0** | | | **715.6** | | | | | | | 0.35 | | | | 0.98 | | | | | | 0.09 | | | | 0.22 | | | | | 0.15 | | | | | | 0.36 | | | | | 243.50 | | | | | | 29.38 | | | 99.91 | | | | | 3.56 | | | | 247.49 | | | | | 9.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | | | |
| **Всего за день:** | | | | | | | | | | **15.6** | | | | | **21.6** | | | | **113.0** | | | **715.6** | | | | | | | 0.35 | | | | | 0.98 | | | | | 0.09 | | | | 0.22 | | | | | 0.15 | | | | | | 0.36 | | | | | 243.50 | | | | | | 29.38 | | | 99.91 | | | | 3.56 | | | | 247.49 | | | | | 9.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | |
| **14 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | | | **Сборник** **рецептур** | | | |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | | | **Са, мг** | | | | | | **Mg, мг** | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | **I, мкг** | | | | **F, мг** | | **Se, мг** | | | | |
| ОМЛЕТ ПАРОВОЙ НАТУРАЛЬНЫЙ | | | | | 180 | | | | 16.0 | | | | | 19.8 | | | | 3.1 | | | 255.2 | | | | | | | 0.07 | | | | 0.26 | | | | | | 0.34 | | | | 2.50 | | | | | 2.69 | | | | | | 0.50 | | | | | 113.02 | | | | | | 18.51 | | | 241.44 | | | | | 2.73 | | | | 238.81 | | | | | 28.08 | | | | 0.06 | | 0.03 | | | | | 2\6 | | | | | | |  | | | |
| СВЕЖИЙ ОГУРЕЦ | | | | | 60 | | | | 0.5 | | | | | 0.1 | | | | 1.5 | | | 8.1 | | | | | | | 0.01 | | | | 2.40 | | | | | | 0.01 | | | | 0.06 | | | | | 0.00 | | | | | | 0.02 | | | | | 12.42 | | | | | | 7.56 | | | 22.68 | | | | | 0.54 | | | | 84.60 | | | | | 1.80 | | | | 0.01 | | 0.00 | | | | |  | | | | | | |  | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | 162.0 | | | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | | | 23.40 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | | | |
| ЧАЙ С САХАРОМ | | | | | 200 | | | | 0.2 | | | | | 0.0 | | | | 16.1 | | | 65.3 | | | | | | | 0.00 | | | | 0.04 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.01 | | | | | 13.47 | | | | | | 6.19 | | | 8.16 | | | | | 0.81 | | | | 28.38 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 430 | | | | | | | 2008 | | | |
| **Итого за прием пищи:** | | | | | **500** | | | | **21.5** | | | | | **21.7** | | | | **51.3** | | | **490.6** | | | | | | | 0.30 | | | | 2.70 | | | | | | 0.35 | | | | 2.56 | | | | | 2.69 | | | | | | 0.66 | | | | | 162.31 | | | | | | 32.26 | | | 272.28 | | | | | 5.28 | | | | 351.79 | | | | | 29.88 | | | | 0.07 | | 0.03 | | | | |  | | | | | | |  | | | |
| **Всего за день:** | | | | | | | | | | **21.5** | | | | | **21.7** | | | | **51.3** | | | **490.6** | | | | | | | 0.30 | | | | | 2.70 | | | | | 0.35 | | | | 2.56 | | | | | 2.69 | | | | | | 0.66 | | | | | 162.31 | | | | | | 32.26 | | | 272.28 | | | | 5.28 | | | | 351.79 | | | | | 29.88 | | | | 0.07 | | 0.03 | | | | |  | | | | | | |  | |
| **15 день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | | | | | **Масса** **порции** | | | | **Пищевые вещества** | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **№** **рецеп-** **туры** | | | | | | | **Сборник** **рецептур** | | | |
| **Белки, г** | | | | | **Жиры, г** | | | | **Углевод** **ы, г** | | | **В1, мг** | | | | **С, мг** | | | | | | **А, мг** | | | | **E, мг** | | | | | **Д, мкг** | | | | | | **В2, мг** | | | | | **Са, мг** | | | | | | **Mg, мг** | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | **I, мкг** | | | | **F, мг** | | **Se, мг** | | | | |
| КАША РИСОВАЯ НА СГУЩЕННОМ МОЛОКЕ | | | | | 200 | | | | 6.0 | | | | | 8.8 | | | | 54.8 | | | 322.3 | | | | | | | 0.05 | | | | 0.17 | | | | | | 0.05 | | | | 0.43 | | | | | 0.11 | | | | | | 0.16 | | | | | 147.65 | | | | | | 35.82 | | | 148.39 | | | | | 0.61 | | | | 202.89 | | | | | 3.63 | | | | 0.03 | | 0.01 | | | | |  | | | | | | |  | | | |
| СЫР (ПОРЦИЯМИ) | | | | | 20 | | | | 5.3 | | | | | 5.3 | | | | 0.0 | | | 69.9 | | | | | | | 0.00 | | | | 0.13 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.07 | | | | | 199.67 | | | | | | 0.00 | | | 0.00 | | | | | 0.13 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 15 | | | | | | | 2011 | | | |
| БАТОН ВИТАМИНИЗИРОВАННЫЙ | | | | | 60 | | | | 4.8 | | | | | 1.8 | | | | 30.6 | | | 162.0 | | | | | | | 0.22 | | | | 0.00 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.13 | | | | | 23.40 | | | | | | 0.00 | | | 0.00 | | | | | 1.20 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | |  | | | | | | |  | | | |
| НАПИТОК ИЗ ЦИКОРИЯ С МОЛОКОМ | | | | | 200 | | | | 3.0 | | | | | 3.1 | | | | 0.0 | | | 94.0 | | | | | | | 0.00 | | | | 0.50 | | | | | | 0.00 | | | | 0.00 | | | | | 0.00 | | | | | | 0.10 | | | | | 116.60 | | | | | | 0.00 | | | 0.00 | | | | | 0.10 | | | | 0.00 | | | | | 0.00 | | | | 0.00 | | 0.00 | | | | | 432 | | | | | | | 2008 | | | |
| ГРУША | | | | | 100 | | | | 0.4 | | | | | 0.3 | | | | 10.3 | | | 47.0 | | | | | | | 0.02 | | | | 5.00 | | | | | | 0.00 | | | | 0.36 | | | | | 0.00 | | | | | | 0.03 | | | | | 19.00 | | | | | | 12.00 | | | 16.00 | | | | | 2.00 | | | | 155.00 | | | | | 1.00 | | | | 0.01 | | 0.00 | | | | |  | | | | | | | 2008 | | | |
| **Итого за прием пищи:** | | | | | **580** | | | | **19.5** | | | | | **19.3** | | | | **95.7** | | | **695.2** | | | | | | | 0.29 | | | | 5.80 | | | | | | 0.05 | | | | 0.79 | | | | | 0.11 | | | | | | 0.49 | | | | | 506.32 | | | | | | 47.82 | | | 164.39 | | | | | 4.04 | | | | 357.89 | | | | | 4.63 | | | | 0.04 | | 0.01 | | | | |  | | | | | | |  | | | |
| **Всего за день:** | | | | | | | | | | **19.5** | | | | | **19.3** | | | | **95.7** | | | **695.2** | | | | | | | 0.29 | | | | | 5.80 | | | | | 0.05 | | | | 0.79 | | | | | 0.11 | | | | | | 0.49 | | | | | 506.32 | | | | | | 47.82 | | | 164.39 | | | | 4.04 | | | | 357.89 | | | | | 4.63 | | | | 0.04 | | 0.01 | | | | |  | | | | | | |  | |
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| *МАОУ "Верхнедубровская СОШ"* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |
| **ИТОГО ПО ПРИМЕРНОМУ МЕНЮ** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Итого** | | | | | | **Пищевые вещества** | | | | | | | | | | | | | | | | | **Энергети-** **ческая** **ценность,** **ккал** | | | | | | **Витамины** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | **Белки, г** | | | | | | | | **Жиры, г** | | | | **Углеводы,** **г** | | | | | |  | | | | | **В1, мг** | | | | | **С, мг** | | | | | **А, мг** | | | | | **E, мг** | | | | | **Д, мкг** | | | | | **В2, мг** | | | | | | | **Са, мг** | | | | | | | **Mg, мг** | | | | **Р, мг** | | | | | **Fе, мг** | | | | **К, мг** | | | | | | **I, мкг** | | | | | | **F, мг** | | | **Se, мг** | | | |
| Итого за весь период | | | | | | | 311,7 | | | | | | | | 327,3 | | | | 1301,3 | | | | | | 10524,7 | | | | | 4.88 | | | | | 184.66 | | | | | 2.21 | | | | | 20.92 | | | | | 9.46 | | | | | 6.89 | | | | | | | 4 491.26 | | | | | | | 606.03 | | | | 2 988.47 | | | | | 61.54 | | | | 4 509.45 | | | | | | 148.73 | | | | | | 0.46 | | | 0.17 | | | |
| Среднее значение за период | | | | | | | 19.5 | | | | | | | | 20.5 | | | | 81.3 | | | | | | 657.8 | | | | | 0.31 | | | | | 11.54 | | | | | 0.14 | | | | | 1.31 | | | | | 0.59 | | | | | 0.43 | | | | | | | 280.70 | | | | | | | 37.88 | | | | 186.78 | | | | | 3.85 | | | | 281.84 | | | | | | 9.30 | | | | | | 0.03 | | | 0.01 | | | |
| Содержание белков, жиров, углеводов в меню за период в % от калорийности | | | | | | | 11.8 | | | | | | | | 28.0 | | | | 60.2 | | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | | | | |  | | | |  | | | | |  | | | |  | | | | | |  | | | | | |  | | |  | | | | | |
| **СУММАРНЫЕ ОБЪЕМЫ БЛЮД ПО ПРИЕМАМ ПИЩИ (В ГРАММАХ)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возраст детей** | | | **Завтрак** | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ЗАВТРАК 7-18 ЛЬГОТА | | | 547 | | | | | | | | |  | | |  | | | |  | | | | | |  |  | | | | | | | |  | | | | |  | | | | |  | | | |  | | | | | |  | | | | | | |  | | | | | | |  | | | |  | | | | |  | | | |  | | | | | |  | | | | | |  | | |  | | |  | | | | | | |