|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ЭНЕРГЕТИЧЕСКАЯ ЦЕННОСТЬ ОБЕД ДЛЯ ДЕТЕЙ 7-11 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** | | |
| САЛАТ "РЫЖИК" | | | | 80 | | | | | | | | 4.5 | | | | | | | | | 16.3 | | | | | | | 3.3 | | | | | | 178.2 | | | | | | | 0.04 | | | | | | | 2.66 | | | | | | 1.08 | | | | | | 5.65 | | | | | | 0.35 | | | | | 0.12 | | | | | | 108.37 | | | | | | | 21.79 | | | | | | | 99.05 | | | | | 0.86 | | | | | 118.60 | | 5.36 | | | 0.03 | | | 0.01 | | | 5 | | | 2003 | | | |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ СО СМЕТАНОЙ | | | | 200 | | | | | | | | 1.4 | | | | | | | | | 3.3 | | | | | | | 10.7 | | | | | | 76.7 | | | | | | | 0.08 | | | | | | | 4.88 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.08 | | | | | | 18.08 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.64 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 91 | | | 2008 | | | |
| БИТОЧКИ ПАРОВЫЕ | | | | 90 | | | | | | | | 12.5 | | | | | | | | | 13.6 | | | | | | | 9.5 | | | | | | 210.6 | | | | | | | 0.03 | | | | | | | 0.10 | | | | | | 0.02 | | | | | | 0.45 | | | | | | 0.05 | | | | | 0.09 | | | | | | 33.05 | | | | | | | 14.18 | | | | | | | 122.85 | | | | | 1.49 | | | | | 246.81 | | 6.51 | | | 0.03 | | | 0.00 | | | 289 | | | 2011 | | | |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | | | | 180 | | | | | | | | 8.5 | | | | | | | | | 4.8 | | | | | | | 51.8 | | | | | | 294.0 | | | | | | | 0.12 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 16.80 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 1.20 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 209 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.3 | | | | | | | 8.4 | | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ВИТАМИНИЗИРОВАННЫЙ | | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | | 21.8 | | | | | | 87.8 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 8.10 | | | | | | | 1.80 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.54 | | 0.00 | | | 0.00 | | | 0.00 | | |  | | |  | | | |
| **Итого за прием пищи:** | | | | **820** | | | | | | | | **31.5** | | | | | | | | | **38.6** | | | | | | | **128.9** | | | | | | **997.9** | | | | | | | 0.27 | | | | | | | 7.64 | | | | | | 1.10 | | | | | | 6.10 | | | | | | 0.40 | | | | | 0.29 | | | | | | 184.40 | | | | | | | 37.77 | | | | | | | 221.90 | | | | | 4.19 | | | | | 365.95 | | 11.87 | | | 0.06 | | | 0.01 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | **31.5** | | | | | | | | | **38.6** | | | | | | | **128.9** | | | | | | **997.9** | | | | | | | 0.27 | | | | | | | 7.64 | | | | | | 1.10 | | | | | | 6.10 | | | | | | 0.40 | | | | | 0.29 | | | | | | 184.40 | | | | | | | 37.77 | | | | | | | 221.90 | | | | | 4.19 | | | | | 365.95 | | 11.87 | | | 0.06 | | | 0.01 | | |  | | |  | | | |
| **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** | | |
| ПОМИДОР СВЕЖИЙ | | | | 80 | | | | | | | | 0.9 | | | | | | | | | 0.2 | | | | | | | 3.1 | | | | | | 19.3 | | | | | | | 0.05 | | | | | | | 20.10 | | | | | | 0.13 | | | | | | 0.31 | | | | | | 0.00 | | | | | 0.03 | | | | | | 11.26 | | | | | | | 16.08 | | | | | | | 20.90 | | | | | 0.80 | | | | | 233.16 | | 1.61 | | | 0.00 | | | 0.00 | | |  | | | 2008 | | | |
| СУП КРЕСТЬЯНСКИЙ С КРУПОЙ И СМЕТАНОЙ | | | | 200 | | | | | | | | 1.8 | | | | | | | | | 4.7 | | | | | | | 12.3 | | | | | | 96.5 | | | | | | | 0.08 | | | | | | | 6.40 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 25.36 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.56 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 38\2 | | |  | | | |
| КОТЛЕТА "ЗДОРОВЬЕ" | | | | 90 | | | | | | | | 14.6 | | | | | | | | | 20.3 | | | | | | | 7.1 | | | | | | 269.7 | | | | | | | 0.06 | | | | | | | 0.50 | | | | | | 0.24 | | | | | | 4.38 | | | | | | 0.16 | | | | | 0.13 | | | | | | 34.89 | | | | | | | 26.74 | | | | | | | 159.54 | | | | | 2.43 | | | | | 306.56 | | 8.09 | | | 0.04 | | | 0.00 | | | 38 | | | 2012 | | | |
| ПЮРЕ КАРТОФЕЛЬНОЕ | | | | 150 | | | | | | | | 4.1 | | | | | | | | | 4.9 | | | | | | | 27.2 | | | | | | 177.0 | | | | | | | 0.20 | | | | | | | 7.30 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.10 | | | | | | 45.30 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 1.50 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 335 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 20 | | | | | | | | 8.0 | | | | | | | | | 10.0 | | | | | | | 46.5 | | | | | | 230.0 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ИЗ ШИПОВНИКА | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.1 | | | | | | | 22.6 | | | | | | 93.3 | | | | | | | 0.01 | | | | | | | 39.00 | | | | | | 0.06 | | | | | | 0.26 | | | | | | 0.00 | | | | | 0.02 | | | | | | 13.46 | | | | | | | 3.15 | | | | | | | 1.08 | | | | | 0.18 | | | | | 4.74 | | 0.00 | | | 0.00 | | | 0.00 | | | 388 | | | 2011 | | | |
| **Итого за прием пищи:** | | | | **790** | | | | | | | | **32.9** | | | | | | | | | **40.5** | | | | | | | **142.2** | | | | | | **997.7** | | | | | | | 0.40 | | | | | | | 73.30 | | | | | | 0.43 | | | | | | 4.95 | | | | | | 0.16 | | | | | 0.28 | | | | | | 130.27 | | | | | | | 45.97 | | | | | | | 181.52 | | | | | 5.47 | | | | | 544.46 | | 9.70 | | | 0.04 | | | 0.00 | | |  | | |  | | | |
| **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** | | |
| САЛАТ ИЗ БЕЛОКОЧАННОЙ КАПУСТЫ С ЯБЛОКАМИ И ЗЕЛЕНЫМ ГОРОШКОМ | | | | 80 | | | | | | | | 1.2 | | | | | | | | | 4.8 | | | | | | | 8.2 | | | | | | 77.5 | | | | | | | 0.00 | | | | | | | 23.84 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 28.55 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.72 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | |  | | |  | | | |
| СУП - ПЮРЕ КАРТОФЕЛЬНЫЙ С ГРЕНКАМИ | | | | 200/25 | | | | | | | | 4.3 | | | | | | | | | 9.3 | | | | | | | 28.6 | | | | | | 218.3 | | | | | | | 0.16 | | | | | | | 4.80 | | | | | | 0.21 | | | | | | 0.34 | | | | | | 0.15 | | | | | 0.12 | | | | | | 34.87 | | | | | | | 16.87 | | | | | | | 38.11 | | | | | 1.34 | | | | | 338.88 | | 3.34 | | | 0.02 | | | 0.00 | | | 222 | | | 2008 | | | |
| МЯСО КУР ОТВАРНОЕ В СОУСЕ | | | | 90 | | | | | | | | 18.2 | | | | | | | | | 19.6 | | | | | | | 3.7 | | | | | | 263.8 | | | | | | | 0.05 | | | | | | | 0.75 | | | | | | 0.08 | | | | | | 0.25 | | | | | | 0.04 | | | | | 0.12 | | | | | | 16.44 | | | | | | | 15.98 | | | | | | | 143.66 | | | | | 1.41 | | | | | 189.64 | | 5.75 | | | 0.00 | | | 0.00 | | | 2\9 | | |  | | | |
| КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | 150 | | | | | | | | 8.4 | | | | | | | | | 8.1 | | | | | | | 37.8 | | | | | | 257.4 | | | | | | | 0.22 | | | | | | | 0.00 | | | | | | 0.03 | | | | | | 4.70 | | | | | | 0.11 | | | | | 0.12 | | | | | | 22.14 | | | | | | | 123.98 | | | | | | | 185.05 | | | | | 4.35 | | | | | 260.71 | | 2.25 | | | 0.01 | | | 0.00 | | | 181 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК "ЗДОРОВЬЕ" | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.4 | | | | | | | 35.7 | | | | | | 147.0 | | | | | | | 0.00 | | | | | | | 0.51 | | | | | | 0.00 | | | | | | 0.08 | | | | | | 0.00 | | | | | 0.00 | | | | | | 10.88 | | | | | | | 2.78 | | | | | | | 1.25 | | | | | 0.25 | | | | | 36.90 | | 0.25 | | | 0.00 | | | 0.00 | | | 65 | | | 2003 | | | |
| **Итого за прием пищи:** | | | | **815** | | | | | | | | **36.9** | | | | | | | | | **42.7** | | | | | | | **145.7** | | | | | | **1 114.6** | | | | | | | 0.43 | | | | | | | 29.90 | | | | | | 0.32 | | | | | | 5.37 | | | | | | 0.30 | | | | | 0.36 | | | | | | 112.88 | | | | | | | 159.61 | | | | | | | 368.07 | | | | | 8.07 | | | | | 826.13 | | 11.59 | | | 0.03 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | **36.9** | | | | | | | | | **42.7** | | | | | | | **145.7** | | | | | | **1 114.6** | | | | | | | 0.43 | | | | | | | 29.90 | | | | | | 0.32 | | | | | | 5.37 | | | | | | 0.30 | | | | | 0.36 | | | | | | 112.88 | | | | | | | 159.61 | | | | | | | 368.07 | | | | | 8.07 | | | | | 826.13 | | 11.59 | | | 0.03 | | | 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** | | |
| САЛАТ ИЗ ОТВАРНОГО КАРТОФЕЛЯ,МОРКОВИ,СВЕКЛЫ С РЕПЧАТЫМ ЛУКОМ,СОЛЕНЫМ ОГУРЦОМ И РАСТИТЕЛЬНЫМ МАСЛОМ. | | | | | 80 | | | | | | | | 1.6 | | | | | | | | | 7.0 | | | | | | | 12.0 | | | | | 114.3 | | | | | | | 0.00 | | | | | | | 3.12 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 16.80 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.64 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 67 | | | 2011 | | | |
| СЕЛЬДЬ (ПОРЦИЯМИ) | | | | | 30 | | | | | | | | 5.0 | | | | | | | | | 2.5 | | | | | | | 0.0 | | | | | 42.5 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 18.84 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.24 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | |  | | | 2011 | | | |
| СУП-ЛАПША С КУРИЦЕЙ | | | | | 200 | | | | | | | | 1.9 | | | | | | | | | 3.0 | | | | | | | 11.7 | | | | | 0.0 | | | | | | | 0.00 | | | | | | | 0.40 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 9.36 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.40 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 22\2 | | |  | | | |
| КОТЛЕТА РЫБНАЯ "ЛАДА" | | | | | 90 | | | | | | | | 1.9 | | | | | | | | | 12.1 | | | | | | | 13.3 | | | | | 169.6 | | | | | | | 0.03 | | | | | | | 0.38 | | | | | | 0.05 | | | | | | 2.19 | | | | | | 0.23 | | | | | 0.04 | | | | | | 27.11 | | | | | | | 11.08 | | | | | | | 51.93 | | | | | 0.95 | | | | | 56.39 | | 1.15 | | | 0.01 | | | 0.00 | | | 239 | | | 2003 | | | |
| РИС, ПРИПУЩЕННЫЙ С ТОМАТОМ | | | | | 150 | | | | | | | | 3.8 | | | | | | | | | 5.4 | | | | | | | 38.9 | | | | | 220.0 | | | | | | | 0.03 | | | | | | | 1.00 | | | | | | 0.05 | | | | | | 0.30 | | | | | | 0.00 | | | | | 0.00 | | | | | | 9.00 | | | | | | | 28.00 | | | | | | | 82.00 | | | | | 0.60 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 327 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК АПЕЛЬСИНОВЫЙ | | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.0 | | | | | | | 25.7 | | | | | 105.0 | | | | | | | 0.01 | | | | | | | 13.00 | | | | | | 0.00 | | | | | | 0.10 | | | | | | 0.00 | | | | | 0.00 | | | | | | 8.00 | | | | | | | 3.00 | | | | | | | 5.00 | | | | | 0.00 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 436 | | | 2008 | | | |
| **Итого за прием пищи:** | | | | | **820** | | | | | | | | **19.0** | | | | | | | | | **30.5** | | | | | | | **133.3** | | | | | **802.0** | | | | | | | 0.07 | | | | | | | 17.90 | | | | | | 0.10 | | | | | | 2.59 | | | | | | 0.23 | | | | | 0.04 | | | | | | 89.11 | | | | | | | 42.08 | | | | | | | 138.93 | | | | | 2.83 | | | | | 56.39 | | 1.15 | | | 0.01 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | **19.0** | | | | | | | | | **30.5** | | | | | | | **133.3** | | | | | **802.0** | | | | | | | 0.07 | | | | | | | 17.90 | | | | | | 0.10 | | | | | | 2.59 | | | | | | 0.23 | | | | | 0.04 | | | | | | 89.11 | | | | | | | 42.08 | | | | | | | 138.93 | | | | | 2.83 | | | | | 56.39 | | 1.15 | | | 0.01 | | | 0.00 | | |  | | |  | | | |
| **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** | | |
| БОРЩ С КАРТОФЕЛЕМ СО СМЕТАНОЙ | | | | 200 | | | | | | | | 2.2 | | | | | | | | | 5.5 | | | | | | | 14.7 | | | | | | 121.0 | | | | | | | 0.10 | | | | | | | 6.80 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.10 | | | | | | 37.30 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | 1.30 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 76 | | | 2008 | | | |
| РАГУ ИЗ МЯСА КУР | | | | 200 | | | | | | | | 25.4 | | | | | | | | | 34.2 | | | | | | | 21.3 | | | | | | 494.7 | | | | | | | 0.18 | | | | | | | 10.38 | | | | | | 0.43 | | | | | | 5.20 | | | | | | 0.00 | | | | | 0.24 | | | | | | 41.67 | | | | | | | 50.99 | | | | | | | 264.33 | | | | | 3.12 | | | | | 919.43 | | 14.34 | | | 0.04 | | | 0.00 | | | 3\9 | | |  | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ИЗ ИЗЮМА | | | | 200 | | | | | | | | 0.7 | | | | | | | | | 0.3 | | | | | | | 24.4 | | | | | | 103.0 | | | | | | | 0.01 | | | | | | | 200.00 | | | | | | 0.16 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 13.00 | | | | | | | 3.00 | | | | | | | 3.00 | | | | | 1.00 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 441 | | | 2008 | | | |
| **Итого за прием пищи:** | | | | **720** | | | | | | | | **33.3** | | | | | | | | | **40.5** | | | | | | | **93.3** | | | | | | **876.1** | | | | | | | 0.30 | | | | | | | 219.18 | | | | | | 0.59 | | | | | | 5.25 | | | | | | 0.00 | | | | | 0.36 | | | | | | 102.32 | | | | | | | 60.29 | | | | | | | 286.23 | | | | | 5.87 | | | | | 989.93 | | 15.84 | | | 0.05 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | **33.3** | | | | | | | | | **40.5** | | | | | | | **93.3** | | | | | | **876.1** | | | | | | | 0.30 | | | | | | | 219.18 | | | | | | 0.59 | | | | | | 5.25 | | | | | | 0.00 | | | | | 0.36 | | | | | | 102.32 | | | | | | | 60.29 | | | | | | | 286.23 | | | | | 5.87 | | | | | 989.93 | | 15.84 | | | 0.05 | | | 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** | | |
| САЛАТ ИЗ МОРСКОЙ КАПУСТЫ С СОЛЕНЫМ ОГУРЦОМ, МОРКОВЬЮ,РЕПЧАТЫМ ЛУКОМ И МАСЛОМ | | | | | | 80 | | | | | | | | 1.0 | | | | | | | | | 10.8 | | | | | | | 5.4 | | | | | 124.0 | | | | | | | 0.00 | | | | | | | 3.40 | | | | | | 0.00 | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | | 32.50 | | | | | | | 0.00 | | | | | 0.00 | | | | | 8.10 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 0003 | | | 2021 | | | |
| СУП С РЫБНЫМИ КОНСЕРВАМИ | | | | | | 200 | | | | | | | | 5.2 | | | | | | | | | 2.7 | | | | | | | 13.2 | | | | | 98.3 | | | | | | | 0.07 | | | | | | | 5.83 | | | | | | 0.28 | | | | | | 0.26 | | | | | | | 0.05 | | | | | 0.08 | | | | | | 22.86 | | | | | | | 21.09 | | | | | 45.96 | | | | | 0.74 | | | | | 371.01 | | 3.69 | | | 0.03 | | | 0.00 | | | 87 | | | 2011 | | | |
| ПЕЧЕНЬ В МОЛОЧНОМ СОУСЕ | | | | | | 100 | | | | | | | | 14.0 | | | | | | | | | 7.6 | | | | | | | 5.0 | | | | | 144.1 | | | | | | | 0.17 | | | | | | | 8.08 | | | | | | 0.00 | | | | | | 0.00 | | | | | | | 0.00 | | | | | 1.25 | | | | | | 60.24 | | | | | | | 0.00 | | | | | 0.00 | | | | | 4.75 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 11\8 | | |  | | | |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | | | | | | 150 | | | | | | | | 7.1 | | | | | | | | | 4.0 | | | | | | | 43.2 | | | | | 245.0 | | | | | | | 0.10 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | | 14.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.00 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 209 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ВИТАМИНИЗИРОВАННЫЙ | | | | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | | 21.8 | | | | | 87.8 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | | 8.10 | | | | | | | 1.80 | | | | | 0.00 | | | | | 0.00 | | | | | 0.54 | | 0.00 | | | 0.00 | | | 0.00 | | |  | | |  | | | |
| **Итого за прием пищи:** | | | | | | **800** | | | | | | | | **31.9** | | | | | | | | | **25.6** | | | | | | | **120.3** | | | | | **849.8** | | | | | | | 0.34 | | | | | | | 17.31 | | | | | | 0.28 | | | | | | 0.26 | | | | | | | 0.05 | | | | | 1.33 | | | | | | 137.70 | | | | | | | 22.89 | | | | | 45.96 | | | | | 14.59 | | | | | 371.55 | | 3.69 | | | 0.03 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | **31.9** | | | | | | | | | **25.6** | | | | | | | **120.3** | | | | | **849.8** | | | | | | | 0.34 | | | | | | | 17.31 | | | | | | 0.28 | | | | | | 0.26 | | | | | | | 0.05 | | | | | 1.33 | | | | | | 137.70 | | | | | | | 22.89 | | | | | 45.96 | | | | | 14.59 | | | | | 371.55 | | 3.69 | | | 0.03 | | | 0.00 | | |  | | |  | | | |
| **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** | | |
| САЛАТ "БУРЯЧОК" | | | | | | 80 | | | | | | | | 0.9 | | | | | | | | | 12.1 | | | | | | | 4.3 | | | | | 129.6 | | | | | | | 0.01 | | | | | | | 3.02 | | | | | | 0.00 | | | | | | 5.10 | | | | | | | 0.00 | | | | | 0.02 | | | | | | 20.70 | | | | | | | 12.39 | | | | | 23.65 | | | | | 0.72 | | | | | 165.17 | | 3.19 | | | 0.01 | | | 0.00 | | | 16 | | | 2003 | | | |
| СУП-ПЮРЕ ИЗ РАЗНЫХ ОВОЩЕЙ | | | | | | 200 | | | | | | | | 2.6 | | | | | | | | | 4.0 | | | | | | | 11.5 | | | | | 88.8 | | | | | | | 0.08 | | | | | | | 5.52 | | | | | | 0.25 | | | | | | 0.16 | | | | | | | 0.00 | | | | | 0.08 | | | | | | 55.04 | | | | | | | 20.00 | | | | | 62.41 | | | | | 0.56 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 31\2 | | |  | | | |
| ФРИКАДЕЛЬКИ ИЗ ГОВЯДИНЫ ТУШЕННЫЕ В СОУСЕ | | | | | | 90 | | | | | | | | 14.8 | | | | | | | | | 16.6 | | | | | | | 6.6 | | | | | 241.3 | | | | | | | 0.06 | | | | | | | 0.10 | | | | | | 0.03 | | | | | | 0.49 | | | | | | | 0.05 | | | | | 0.12 | | | | | | 39.01 | | | | | | | 15.93 | | | | | 129.36 | | | | | 1.82 | | | | | 277.08 | | 7.88 | | | 0.04 | | | 0.00 | | | 40\8 | | |  | | | |
| КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | | | 150 | | | | | | | | 8.4 | | | | | | | | | 8.1 | | | | | | | 37.8 | | | | | 257.4 | | | | | | | 0.22 | | | | | | | 0.00 | | | | | | 0.03 | | | | | | 4.70 | | | | | | | 0.11 | | | | | 0.12 | | | | | | 22.14 | | | | | | | 123.98 | | | | | 185.05 | | | | | 4.35 | | | | | 260.71 | | 2.25 | | | 0.01 | | | 0.00 | | | 181 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК "ЗДОРОВЬЕ" | | | | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | | 35.1 | | | | | 141.2 | | | | | | | 0.00 | | | | | | | 0.51 | | | | | | 0.00 | | | | | | 0.08 | | | | | | | 0.00 | | | | | 0.00 | | | | | | 10.88 | | | | | | | 2.78 | | | | | 1.25 | | | | | 0.25 | | | | | 36.90 | | 0.25 | | | 0.00 | | | 0.00 | | | 65 | | | 2003 | | | |
| **Итого за прием пищи:** | | | | | | **790** | | | | | | | | **31.3** | | | | | | | | | **41.3** | | | | | | | **127.0** | | | | | **1 008.9** | | | | | | | 0.37 | | | | | | | 9.15 | | | | | | 0.31 | | | | | | 10.53 | | | | | | | 0.16 | | | | | 0.34 | | | | | | 147.77 | | | | | | | 175.08 | | | | | 401.72 | | | | | 7.70 | | | | | 739.86 | | 13.57 | | | 0.06 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | **31.3** | | | | | | | | | **41.3** | | | | | | | **127.0** | | | | | **1 008.9** | | | | | | | 0.37 | | | | | | | 9.15 | | | | | | 0.31 | | | | | | 10.53 | | | | | | | 0.16 | | | | | 0.34 | | | | | | 147.77 | | | | | | | 175.08 | | | | | 401.72 | | | | | 7.70 | | | | | 739.86 | | 13.57 | | | 0.06 | | | 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** | | |
| САЛАТ ИЗ СВЕЖИХ ОГУРЦОВ И ТОМАТОВ | | | | | | | 80 | | | | | | | | 0.7 | | | | | | | | | 4.8 | | | | | | | 3.2 | | | | | 57.7 | | | | | | | 0.00 | | | | | | | 12.91 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 15.08 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.56 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 21\1 | | |  | | | |
| БОРЩ С КАРТОФЕЛЕМ СО СМЕТАНОЙ | | | | | | | 200 | | | | | | | | 2.2 | | | | | | | | | 5.5 | | | | | | | 14.7 | | | | | 121.0 | | | | | | | 0.10 | | | | | | | 6.80 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.10 | | | | | | 37.30 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.30 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 76 | | | 2008 | | | |
| МЯСО КУР ОТВАРНОЕ В СОУСЕ | | | | | | | 90 | | | | | | | | 18.2 | | | | | | | | | 19.6 | | | | | | | 3.7 | | | | | 263.8 | | | | | | | 0.05 | | | | | | | 0.75 | | | | | | 0.08 | | | | | | 0.25 | | | | | | 0.04 | | | | | 0.12 | | | | | | 16.44 | | | | | | | 15.98 | | | | | 143.66 | | | | | 1.41 | | | | | 189.64 | | 5.75 | | | 0.00 | | | 0.00 | | | 2\9 | | |  | | | |
| СЛОЖНЫЙ ОВОЩНОЙ ГАРНИР | | | | | | | 150 | | | | | | | | 3.4 | | | | | | | | | 5.7 | | | | | | | 18.5 | | | | | 140.4 | | | | | | | 0.09 | | | | | | | 20.79 | | | | | | 0.11 | | | | | | 1.54 | | | | | | 0.04 | | | | | 0.09 | | | | | | 59.37 | | | | | | | 30.31 | | | | | 73.40 | | | | | 1.51 | | | | | 575.86 | | 7.29 | | | 0.03 | | | 0.00 | | | 128,139 | | | 2011 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ИЗ КУРАГИ | | | | | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | | 19.4 | | | | | 77.4 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.36 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.00 | | | | | 0.60 | | 0.00 | | | 0.00 | | | 0.00 | | | 293 | | | 2004 | | | |
| **Итого за прием пищи:** | | | | | | | **790** | | | | | | | | **29.1** | | | | | | | | | **36.1** | | | | | | | **91.2** | | | | | **810.9** | | | | | | | 0.24 | | | | | | | 41.25 | | | | | | 0.19 | | | | | | 1.79 | | | | | | 0.08 | | | | | 0.31 | | | | | | 128.55 | | | | | | | 46.29 | | | | | 217.06 | | | | | 4.78 | | | | | 766.10 | | 13.04 | | | 0.03 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | | **29.1** | | | | | | | | | **36.1** | | | | | | | **91.2** | | | | | **810.9** | | | | | | | 0.24 | | | | | | | 41.25 | | | | | | 0.19 | | | | | | 1.79 | | | | | | 0.08 | | | | | 0.31 | | | | | | 128.55 | | | | | | | 46.29 | | | | | 217.06 | | | | | 4.78 | | | | | 766.10 | | 13.04 | | | 0.03 | | | 0.00 | | |  | | |  | | | |
| **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** | | |
| САЛАТ ИЗ БЕЛОКОЧАННОЙ КАПУСТЫ С МОРКОВЬЮ | | | | | | | 80 | | | | | | | | 1.2 | | | | | | | | | 5.0 | | | | | | | 7.4 | | | | | 77.4 | | | | | | | 0.00 | | | | | | | 28.21 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 34.45 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.50 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 6\1 | | |  | | | |
| СУП-ЛАПША С КУРИЦЕЙ | | | | | | | 200 | | | | | | | | 1.9 | | | | | | | | | 3.0 | | | | | | | 11.7 | | | | | 0.0 | | | | | | | 0.00 | | | | | | | 0.40 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 9.36 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.40 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 22\2 | | |  | | | |
| РЫБА, ЗАПЕЧЕННАЯ С СЫРОМ | | | | | | | 90 | | | | | | | | 18.7 | | | | | | | | | 3.7 | | | | | | | 0.0 | | | | | 109.1 | | | | | | | 0.09 | | | | | | | 0.88 | | | | | | 0.02 | | | | | | 0.69 | | | | | | 0.00 | | | | | 0.12 | | | | | | 95.14 | | | | | | | 57.90 | | | | | 271.11 | | | | | 0.85 | | | | | 474.85 | | 167.40 | | | 0.70 | | | 0.02 | | | 7\7 | | |  | | | |
| РИС, ПРИПУЩЕННЫЙ С ТОМАТОМ | | | | | | | 150 | | | | | | | | 3.8 | | | | | | | | | 5.4 | | | | | | | 38.9 | | | | | 220.0 | | | | | | | 0.03 | | | | | | | 1.00 | | | | | | 0.05 | | | | | | 0.30 | | | | | | 0.00 | | | | | 0.00 | | | | | | 9.00 | | | | | | | 28.00 | | | | | 82.00 | | | | | 0.60 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 327 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ИЗ ШИПОВНИКА | | | | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.1 | | | | | | | 22.6 | | | | | 93.3 | | | | | | | 0.01 | | | | | | | 39.00 | | | | | | 0.06 | | | | | | 0.26 | | | | | | 0.00 | | | | | 0.02 | | | | | | 13.46 | | | | | | | 3.15 | | | | | 1.08 | | | | | 0.18 | | | | | 4.74 | | 0.00 | | | 0.00 | | | 0.00 | | | 388 | | | 2011 | | | |
| **Итого за прием пищи:** | | | | | | | **790** | | | | | | | | **30.4** | | | | | | | | | **17.7** | | | | | | | **112.3** | | | | | **650.4** | | | | | | | 0.13 | | | | | | | 69.49 | | | | | | 0.13 | | | | | | 1.25 | | | | | | 0.00 | | | | | 0.14 | | | | | | 161.41 | | | | | | | 89.05 | | | | | 354.19 | | | | | 2.53 | | | | | 479.59 | | 167.40 | | | 0.70 | | | 0.02 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | | **30.4** | | | | | | | | | **17.7** | | | | | | | **112.3** | | | | | **650.4** | | | | | | | 0.13 | | | | | | | 69.49 | | | | | | 0.13 | | | | | | 1.25 | | | | | | 0.00 | | | | | 0.14 | | | | | | 161.41 | | | | | | | 89.05 | | | | | 354.19 | | | | | 2.53 | | | | | 479.59 | | 167.40 | | | 0.70 | | | 0.02 | | |  | | |  | | | |
| **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** | | |
| САЛАТ ИЗ МОРКОВИ С ЧЕСНОКОМ И РАСТИТЕЛЬНЫМ МАСЛОМ | | | | | | 80 | | | | | | | | 1.1 | | | | | | | | | 6.3 | | | | | | | 5.8 | | | | | 84.9 | | | | | | | 0.03 | | | | | | | 1.56 | | | | | | 1.42 | | | | | | 3.14 | | | | | | 0.00 | | | | | 0.04 | | | | | | 39.89 | | | | | | | 25.40 | | | | | 38.81 | | | | | 0.70 | | | | | 151.49 | | | 3.57 | | | 0.04 | | | 0.00 | | | 16\1 | | |  | | | |
| ЩИ ИЗ СВЕЖЕЙ КАПУСТЫ СО СМЕТАНОЙ | | | | | | 200 | | | | | | | | 1.4 | | | | | | | | | 2.4 | | | | | | | 7.4 | | | | | 54.4 | | | | | | | 0.00 | | | | | | | 10.88 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 30.08 | | | | | | | 0.00 | | | | | 0.00 | | | | | 0.48 | | | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | | 6\2 | | |  | | | |
| ЖАРКОЕ ПО-ДОМАШНЕМУ | | | | | | 200 | | | | | | | | 24.0 | | | | | | | | | 23.1 | | | | | | | 20.7 | | | | | 386.7 | | | | | | | 0.16 | | | | | | | 10.87 | | | | | | 0.05 | | | | | | 0.93 | | | | | | 0.08 | | | | | 0.20 | | | | | | 24.68 | | | | | | | 50.33 | | | | | 250.38 | | | | | 3.87 | | | | | 1 138.1 8 | | | 14.70 | | | 0.09 | | | 0.00 | | | 259 | | | 2011 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| 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:** | | | | | | **750** | | | | | | | | **31.4** | | | | | | | | | **32.3** | | | | | | | **82.0** | | | | | **744.5** | | | | | | | 0.19 | | | | | | | 24.57 | | | | | | 1.47 | | | | | | 4.07 | | | | | | 0.08 | | | | | 0.25 | | | | | | 110.85 | | | | | | | 82.75 | | | | | 298.85 | | | | | 5.93 | | | | | 1 330.4 4 | | | 18.27 | | | 0.13 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | **31.4** | | | | | | | | | **32.3** | | | | | | | **82.0** | | | | | **744.5** | | | | | | | 0.19 | | | | | | | 24.57 | | | | | | 1.47 | | | | | | 4.07 | | | | | | 0.08 | | | | | 0.25 | | | | | | 110.85 | | | | | | | 82.75 | | | | | 298.85 | | | | | 5.93 | | | | | 1 330.4 4 | | | 18.27 | | | 0.13 | | | 0.00 | | |  | | |  | | | |
| **11 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** | | |
| САЛАТ ИЗ МОРСКОЙ КАПУСТЫ С СОЛЕНЫМ ОГУРЦОМ, МОРКОВЬЮ,РЕПЧАТЫМ ЛУКОМ И МАСЛОМ | | | | | | | 80 | | | | | | | | 1.0 | | | | | | | | | 10.8 | | | | | | | 5.4 | | | | | 124.0 | | | | | | | 0.00 | | | | | | | 3.40 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 32.50 | | | | | | | 0.00 | | | | | 0.00 | | | | | 8.10 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 0003 | | | 2021 | | | |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ СО СМЕТАНОЙ | | | | | | | 200/5 | | | | | | | | 1.2 | | | | | | | | | 4.0 | | | | | | | 7.3 | | | | | 71.8 | | | | | | | 0.04 | | | | | | | 3.58 | | | | | | 0.27 | | | | | | 0.22 | | | | | | 0.06 | | | | | 0.04 | | | | | | 24.72 | | | | | | | 15.65 | | | | | 34.29 | | | | | 0.59 | | | | | 255.51 | | 2.96 | | | 0.02 | | | 0.00 | | | 91 | | | 2008 | | | |
| ТЕФТЕЛИ ИЗ ГОВЯДИНЫ, СОУС СМЕТАННЫЙ С ТОМАТОМ | | | | | | | 90/30 | | | | | | | | 12.2 | | | | | | | | | 19.3 | | | | | | | 18.5 | | | | | 300.7 | | | | | | | 0.05 | | | | | | | 1.54 | | | | | | 0.02 | | | | | | 4.08 | | | | | | 0.00 | | | | | 0.10 | | | | | | 52.54 | | | | | | | 18.93 | | | | | 136.34 | | | | | 1.61 | | | | | 300.31 | | 8.10 | | | 0.04 | | | 0.00 | | | 283 | | | 2008 | | | |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | | | | | | | 150 | | | | | | | | 7.1 | | | | | | | | | 4.0 | | | | | | | 43.2 | | | | | 245.0 | | | | | | | 0.10 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 14.00 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.00 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 209 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | | 21.8 | | | | | 87.8 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 8.10 | | | | | | | 1.80 | | | | | 0.00 | | | | | 0.00 | | | | | 0.54 | | 0.00 | | | 0.00 | | | 0.00 | | |  | | |  | | | |
| **Итого за прием пищи:** | | | | | | | **825** | | | | | | | | **26.1** | | | | | | | | | **38.6** | | | | | | | **127.9** | | | | | **979.9** | | | | | | | 0.19 | | | | | | | 8.52 | | | | | | 0.29 | | | | | | 4.30 | | | | | | 0.06 | | | | | 0.14 | | | | | | 131.86 | | | | | | | 36.38 | | | | | 170.63 | | | | | 11.30 | | | | | 556.36 | | 11.06 | | | 0.06 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | | **26.1** | | | | | | | | | **38.6** | | | | | | | **127.9** | | | | | **979.9** | | | | | | | 0.19 | | | | | | | 8.52 | | | | | | 0.29 | | | | | | 4.30 | | | | | | 0.06 | | | | | 0.14 | | | | | | 131.86 | | | | | | | 36.38 | | | | | 170.63 | | | | | 11.30 | | | | | 556.36 | | 11.06 | | | 0.06 | | | 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** | | |
| САЛАТ ЗЕЛЕНЫЙ С ОГУРЦАМИ | | | | | | | 80 | | | | | | | | 0.8 | | | | | | | | | 8.1 | | | | | | | 1.6 | | | | | 82.8 | | | | | | | 0.03 | | | | | | | 9.12 | | | | | | 0.14 | | | | | | 3.64 | | | | | | 0.00 | | | | | 0.06 | | | | | | 37.94 | | | | | | | 19.84 | | | | | 28.06 | | | | | 0.74 | | | | | 131.76 | | 4.02 | | | 0.02 | | | 0.00 | | | 17 | | | 2008 | | | |
| СУП ПОЛЕВОЙ С КУРИЦЕЙ | | | | | | | 200 | | | | | | | | 4.4 | | | | | | | | | 2.5 | | | | | | | 17.0 | | | | | 108.2 | | | | | | | 0.09 | | | | | | | 5.20 | | | | | | 0.01 | | | | | | 0.37 | | | | | | 0.00 | | | | | 0.05 | | | | | | 19.62 | | | | | | | 24.24 | | | | | 75.19 | | | | | 1.08 | | | | | 389.36 | | 4.40 | | | 0.02 | | | 0.00 | | | 137 | | | 1996 | | | |
| КОТЛЕТА ОСОБАЯ | | | | | | | 90 | | | | | | | | 14.1 | | | | | | | | | 11.7 | | | | | | | 15.6 | | | | | 223.7 | | | | | | | 0.05 | | | | | | | 0.16 | | | | | | 0.02 | | | | | | 0.33 | | | | | | 0.00 | | | | | 0.09 | | | | | | 18.35 | | | | | | | 20.99 | | | | | 146.38 | | | | | 2.06 | | | | | 236.84 | | 4.91 | | | 0.05 | | | 0.00 | | | 474 | | | 1997 | | | |
| ПЮРЕ КАРТОФЕЛЬНОЕ | | | | | | | 150 | | | | | | | | 4.1 | | | | | | | | | 4.9 | | | | | | | 27.2 | | | | | 177.0 | | | | | | | 0.20 | | | | | | | 7.30 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.10 | | | | | | 45.30 | | | | | | | 0.00 | | | | | 0.00 | | | | | 1.50 | | | | | 0.00 | | 0.00 | | | 0.00 | | | 0.00 | | | 335 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК "ЗДОРОВЬЕ" | | | | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.1 | | | | | | | 36.5 | | | | | 147.0 | | | | | | | 0.00 | | | | | | | 0.51 | | | | | | 0.00 | | | | | | 0.08 | | | | | | 0.00 | | | | | 0.00 | | | | | | 10.88 | | | | | | | 2.78 | | | | | 1.25 | | | | | 0.25 | | | | | 36.90 | | 0.25 | | | 0.00 | | | 0.00 | | | 65 | | | 2003 | | | |
| **Итого за прием пищи:** | | | | | | | **790** | | | | | | | | **28.2** | | | | | | | | | **27.8** | | | | | | | **129.6** | | | | | **889.3** | | | | | | | 0.37 | | | | | | | 22.29 | | | | | | 0.17 | | | | | | 4.42 | | | | | | 0.00 | | | | | 0.30 | | | | | | 132.09 | | | | | | | 67.85 | | | | | 250.88 | | | | | 5.63 | | | | | 794.86 | | 13.58 | | | 0.09 | | | 0.00 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | | **28.2** | | | | | | | | | **27.8** | | | | | | | **129.6** | | | | | **889.3** | | | | | | | 0.37 | | | | | | | 22.29 | | | | | | 0.17 | | | | | | 4.42 | | | | | | 0.00 | | | | | 0.30 | | | | | | 132.09 | | | | | | | 67.85 | | | | | 250.88 | | | | | 5.63 | | | | | 794.86 | | 13.58 | | | 0.09 | | | 0.00 | | |  | | |  | | | |
| **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** | | |
| САЛАТ ИЗ БЕЛОКОЧАННОЙ КАПУСТЫ | | | | | | 80 | | | | | | | | 1.2 | | | | | | | | | 3.9 | | | | | | | 7.0 | | | | | 69.1 | | | | | | | 0.02 | | | | | | | 12.32 | | | | | | 0.03 | | | | | | 1.80 | | | | | | 0.00 | | | | | 0.03 | | | | | | 34.85 | | | | | | | 10.45 | | | | | 19.55 | | | | | 0.64 | | | | | 137.60 | | | 1.89 | | | 0.01 | | | 0.00 | | | 45 | | | 2011 | | | |
| НАШЕ СУП - ПЮРЕ КАРТОФЕЛЬНЫЙ С ГОРОХОМ И ГРЕНКАМИ | | | | | | 200/25 | | | | | | | | 9.8 | | | | | | | | | 6.3 | | | | | | | 37.9 | | | | | 251.1 | | | | | | | 0.28 | | | | | | | 3.94 | | | | | | 0.19 | | | | | | 2.01 | | | | | | 0.06 | | | | | 0.18 | | | | | | 97.35 | | | | | | | 34.76 | | | | | 106.37 | | | | | 2.50 | | | | | 476.74 | | | 8.15 | | | 0.02 | | | 0.00 | | | 099 | | | 2008 | | | |
| СУФЛЕ ИЗ КУР (ПАРОВОЕ) | | | | | | 90 | | | | | | | | 13.4 | | | | | | | | | 17.2 | | | | | | | 4.8 | | | | | 227.3 | | | | | | | 0.04 | | | | | | | 0.48 | | | | | | 0.09 | | | | | | 0.46 | | | | | | 0.28 | | | | | 0.13 | | | | | | 48.13 | | | | | | | 15.95 | | | | | 134.45 | | | | | 1.24 | | | | | 144.60 | | | 5.72 | | | 0.08 | | | 0.02 | | | 321 | | | 2008 | | | |
| КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ С МАСЛОМ СЛИВОЧНЫМ | | | | | | 150 | | | | | | | | 8.4 | | | | | | | | | 8.1 | | | | | | | 37.8 | | | | | 257.4 | | | | | | | 0.22 | | | | | | | 0.00 | | | | | | 0.03 | | | | | | 4.70 | | | | | | 0.11 | | | | | 0.12 | | | | | | 22.14 | | | | | | | 123.98 | | | | | 185.05 | | | | | 4.35 | | | | | 260.71 | | | 2.25 | | | 0.01 | | | 0.00 | | | 181 | | | 2008 | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | | 23.4 | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | | 8.3 | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | |
| НАПИТОК АПЕЛЬСИНОВЫЙ | | | | | | 200 | | | | | | | | 0.2 | | | | | | | | | 0.0 | | | | | | | 25.7 | | | | | 105.0 | | | | | | | 0.01 | | | | | | | 13.00 | | | | | | 0.00 | | | | | | 0.10 | | | | | | 0.00 | | | | | 0.00 | | | | | | 8.00 | | | | | | | 3.00 | | | | | 5.00 | | | | | 0.00 | | | | | 0.00 | | | 0.00 | | | 0.00 | | | 0.00 | | | 436 | | | 2008 | | | |
| **Итого за прием пищи:** | | | | | | **815** | | | | | | | | **37.6** | | | | | | | | | **36.0** | | | | | | | **144.9** | | | | | **1 060.5** | | | | | | | 0.57 | | | | | | | 29.74 | | | | | | 0.34 | | | | | | 9.07 | | | | | | 0.45 | | | | | 0.46 | | | | | | 210.47 | | | | | | | 188.14 | | | | | 450.42 | | | | | 8.73 | | | | | 1 019.6 5 | | | 18.01 | | | 0.12 | | | 0.02 | | |  | | |  | | | |
| **Всего за день:** | | | | | | | | | | | | | | **37.6** | | | | | | | | | **36.0** | | | | | | | **144.9** | | | | | **1 060.5** | | | | | | | 0.57 | | | | | | | 29.74 | | | | | | 0.34 | | | | | | 9.07 | | | | | | 0.45 | | | | | 0.46 | | | | | | 210.47 | | | | | | | 188.14 | | | | | 450.42 | | | | | 8.73 | | | | | 1 019.6 5 | | | 18.01 | | | 0.12 | | | 0.02 | | |  | | |  | | | |
| **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** | | |  | | |  | | | | |
| САЛАТ ВЕСНА | | 80 | | | | | | | | 1.4 | | | | | | | | | 4.5 | | | | | | 1.9 | | | | | | | 53.9 | | | | | | | 0.02 | | | | | | | 5.07 | | | | | | 0.10 | | | | | 2.03 | | | | | | 0.11 | | | | | | 0.06 | | | | | | 38.16 | | | | | | | 13.94 | | | | | | 33.59 | | | | | 0.78 | | | | 153.04 | | | | | 4.42 | | | 0.02 | | 0.00 | | | 28 | | | 2011 | | | | |
| СУП ИЗ ОВОЩЕЙ СО СМЕТАНОЙ | | 200 | | | | | | | | 1.6 | | | | | | | | | 4.0 | | | | | | 8.2 | | | | | | | 77.4 | | | | | | | 0.05 | | | | | | | 8.43 | | | | | | 0.02 | | | | | 0.22 | | | | | | 0.06 | | | | | | 0.03 | | | | | | 16.52 | | | | | | | 12.17 | | | | | | 31.26 | | | | | 0.49 | | | | 311.25 | | | | | 2.61 | | | 0.01 | | 0.00 | | | 95 | | | 2008 | | | | |
| РЫБА ОТВАРНАЯ ПОД МАРИНАДОМ | | 100 | | | | | | | | 0.8 | | | | | | | | | 7.1 | | | | | | 6.1 | | | | | | | 91.9 | | | | | | | 0.03 | | | | | | | 1.60 | | | | | | 0.93 | | | | | 3.35 | | | | | | 0.00 | | | | | | 0.03 | | | | | | 29.17 | | | | | | | 18.45 | | | | | | 32.42 | | | | | 0.59 | | | | 123.01 | | | | | 2.84 | | | 0.03 | | 0.00 | | | 2\7 | | |  | | | | |
| РИС, ПРИПУЩЕННЫЙ С ТОМАТОМ | | 150 | | | | | | | | 3.8 | | | | | | | | | 5.4 | | | | | | 38.9 | | | | | | | 220.0 | | | | | | | 0.03 | | | | | | | 1.00 | | | | | | 0.05 | | | | | 0.30 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 9.00 | | | | | | | 28.00 | | | | | | 82.00 | | | | | 0.60 | | | | 0.00 | | | | | 0.00 | | | 0.00 | | 0.00 | | | 327 | | | 2008 | | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | 23.4 | | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | 8.3 | | | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | | |
| КОМПОТ ИЗ ЯБЛОК И ИЗЮМА | | 200 | | | | | | | | 0.3 | | | | | | | | | 0.2 | | | | | | 26.4 | | | | | | | 109.6 | | | | | | | 0.01 | | | | | | | 1.60 | | | | | | 0.00 | | | | | 0.25 | | | | | | 0.00 | | | | | | 0.01 | | | | | | 18.30 | | | | | | | 6.70 | | | | | | 9.89 | | | | | 0.93 | | | | 154.87 | | | | | 0.80 | | | 0.00 | | 0.00 | | | 4\10 | | |  | | | | |
| **Итого за прием пищи:** | | **800** | | | | | | | | **12.5** | | | | | | | | | **21.7** | | | | | | **113.2** | | | | | | | **703.4** | | | | | | | 0.14 | | | | | | | 17.70 | | | | | | 1.10 | | | | | 6.15 | | | | | | 0.17 | | | | | | 0.13 | | | | | | 111.15 | | | | | | | 79.26 | | | | | | 189.16 | | | | | 3.39 | | | | 742.17 | | | | | 10.67 | | | 0.06 | | 0.00 | | |  | | |  | | | | |
| **Всего за день:** | | | | | | | | | | **12.5** | | | | | | | | | **21.7** | | | | | | **113.2** | | | | | | | **703.4** | | | | | | | 0.14 | | | | | | | 17.70 | | | | | | 1.10 | | | | | 6.15 | | | | | | 0.17 | | | | | | 0.13 | | | | | | 111.15 | | | | | | | 79.26 | | | | | | 189.16 | | | | | 3.39 | | | | 742.17 | | | | | 10.67 | | | 0.06 | | 0.00 | | |  | | |  | | | | |
| **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** | | |
| САЛАТ "ШКОЛЬНЫЕ ГОДЫ" | | | 80 | | | | | | | | 0.9 | | | | | | | | | 8.1 | | | | | | 2.7 | | | | | | | 87.8 | | | | | | | 0.03 | | | | | | | 19.32 | | | | | | 0.04 | | | | | 3.48 | | | | | | 0.00 | | | | | | 0.03 | | | | | | 25.21 | | | | | | | 12.24 | | | | | | 25.81 | | | | | 0.77 | | | | 144.93 | | | | 2.01 | | | 0.01 | | 0.00 | | | 29 | | | 2008 | | | | |
| БОРЩ С КАРТОФЕЛЕМ СО СМЕТАНОЙ | | | 200 | | | | | | | | 2.2 | | | | | | | | | 5.5 | | | | | | 14.7 | | | | | | | 121.0 | | | | | | | 0.10 | | | | | | | 6.80 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.10 | | | | | | 37.31 | | | | | | | 0.00 | | | | | | 0.00 | | | | | 1.30 | | | | 0.00 | | | | 0.00 | | | 0.00 | | 0.00 | | | 76 | | | 2008 | | | | |
| АЗУ | | | 200 | | | | | | | | 17.8 | | | | | | | | | 20.0 | | | | | | 17.7 | | | | | | | 322.0 | | | | | | | 0.12 | | | | | | | 7.00 | | | | | | 0.01 | | | | | 4.10 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 26.00 | | | | | | | 42.00 | | | | | | 205.00 | | | | | 3.00 | | | | 0.00 | | | | 0.00 | | | 0.00 | | 0.00 | | | 260 | | | 2008 | | | | |
| ХЛЕБ КРЕСТЬЯНСКИЙ ВИТАМИНИЗИРОВАННЫЙ | | | 50 | | | | | | | | 3.3 | | | | | | | | | 0.3 | | | | | | 23.4 | | | | | | | 111.9 | | | | | | | 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 | | |  | | |  | | | | |
| ХЛЕБ ЧУСОВСКОЙ ВИТАМИНИЗИРОВАННЫЙ | | | 20 | | | | | | | | 1.3 | | | | | | | | | 0.2 | | | | | | 8.3 | | | | | | | 38.7 | | | | | | | 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 | | |  | | |  | | | | |
| НАПИТОК ИЗ КУРАГИ | | | 200 | | | | | | | | 0.0 | | | | | | | | | 0.0 | | | | | | 19.4 | | | | | | | 77.4 | | | | | | | 0.00 | | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.00 | | | | | | 0.36 | | | | | | | 0.00 | | | | | | 0.00 | | | | | 0.00 | | | | 0.60 | | | | 0.00 | | | 0.00 | | 0.00 | | | 293 | | | 2004 | | | | |
| **Итого за прием пищи:** | | | **750** | | | | | | | | **25.5** | | | | | | | | | **34.1** | | | | | | **86.2** | | | | | | | **758.8** | | | | | | | 0.25 | | | | | | | 33.12 | | | | | | 0.05 | | | | | 7.58 | | | | | | 0.00 | | | | | | 0.13 | | | | | | 88.88 | | | | | | | 54.24 | | | | | | 230.81 | | | | | 5.07 | | | | 145.53 | | | | 2.01 | | | 0.01 | | 0.00 | | |  | | |  | | | | |
| **Всего за день:** | | | | | | | | | | | **25.5** | | | | | | | | | **34.1** | | | | | | **86.2** | | | | | | | **758.8** | | | | | | | 0.25 | | | | | | | 33.12 | | | | | | 0.05 | | | | | 7.58 | | | | | | 0.00 | | | | | | 0.13 | | | | | | 88.88 | | | | | | | 54.24 | | | | | | 230.81 | | | | | 5.07 | | | | 145.53 | | | | 2.01 | | | 0.01 | | 0.00 | | |  | | |  | | | | |
| *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 | | | | | | | | | 437,6 | | | | | | | | | 504,0 | | | | | | | | | 1778,0 | | | | | | | | | | | 13244,7 | | | | | | | 4.26 | | | | | | 621.06 | | | | | | | | 6.87 | | | | | | 73.68 | | | | | | | | | 2.14 | | | | | | | 4.86 | | | | | | 1 979.71 | | | | | 1 187.65 | | | | | | | 3 806.33 | | | | | 96.08 | | | | 9 728.97 | | | 321.45 | | | 1.48 | | 0.05 | | |
| Среднее значение за период | | | | | | | | | 29.2 | | | | | | | | | 33.6 | | | | | | | | | 118.5 | | | | | | | | | | | 883.0 | | | | | | | 0.28 | | | | | | 41.40 | | | | | | | | 0.46 | | | | | | 4.91 | | | | | | | | | 0.14 | | | | | | | 0.32 | | | | | | 131.98 | | | | | 79.18 | | | | | | | 253.76 | | | | | 6.41 | | | | 648.60 | | | 21.43 | | | 0.10 | | 0.00 | | |
| Содержание белков, жиров, углеводов в меню за период в % от калорийности | | | | | | | | | 13.2 | | | | | | | | | 34.2 | | | | | | | | | 52.6 | | | | | | | | | | |  | | | | | | |  | | | | | |  | | | | | | | |  | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | |  | | | | |  | | | | | | |  | | | | |  | | | |  | | |  | | |  | |  | | |
| **СУММАРНЫЕ ОБЪЕМЫ БЛЮД ПО ПРИЕМАМ ПИЩИ (В ГРАММАХ)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Возраст детей** | **Обед** | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ОБЕД 7-11 ЛЕТ ЛЬГОТА | 791 | | | | | | | | | | | | | | | |  |  | | | | | | | | |  | | | | | | | | | | |  | | | | | | |  | | | | | |  | | | | | | | |  | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | |  | | | | |  | | | | | | |  | | | | |  | | | |  | | |  | | |  | |  |  | |

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