***Понедельник (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Перловка отварная*** | *508/04г* | *200* | *2,9* | *6,1* | *20,7* | *153,00* | *-* | *-* | *0,77* | *1,71* | *91,11* | *14,77* | *0,95* | *0,80* |
| ***Котлета духовая*** | *608/05г* | *100* | *15,55* | *11,55* | *15,70* | *228,75* | *0,10* | *0,15* | *28,75* | *-* | *43,75* | *166,38* | *32,13* | *1,50* |
| ***Чай с сахаром*** | *943/05г* | *200* | *0,20* | *-* | *14,00* | *28,00* | *-* | *-* | *-* | *-* | *6,0* | *-* | *-* | *0,40* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***600*** | ***25,01*** | ***19,17*** | ***68,45*** | ***773,65*** | ***0,33*** | ***0,15*** | ***29,52*** | ***2,55*** | ***161,87*** | ***291,35*** | ***58,28*** | ***4,34*** |

***Вторник (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Плов*** | *304/10г* | *210* | *20,30* | *17,00* | *35,69* | *377,00* | *0,06* | *1,01* | *48,00* | *-* | *45,10* | *199,30* | *47,50* | *2,19* |
| ***Сок*** | *389/05г* | *200* | *1,0* | *-* | *20,2* | *84,8* | *0,02* | *4,0* | *-* | *0,2* | *14,0* | *14,0* | *8,0* | *2,8* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***510*** | ***27,66*** | ***46,18*** | ***73,97*** | ***656,10*** | ***0,31*** | ***5,01*** | ***48,00*** | ***1,04*** | ***80,11*** | ***323,50*** | ***80,7*** | ***6,63*** |

***Среда (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса порци й*** | ***Пищевые вещества*** | | | ***ЭЦ Ккал Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Борщ из св.капусты со сметаной*** | *170/05г* | *250/7* | *1,81* | *4,91* | *125,25* | *102,50* | *0,05* | *10,29* | *-* | *-* | *44,38* | *53,23* | *26,25* | *1,19* |
| ***Чай с лимоном*** | *686/04г* | *200* | *0,2* | *0,04* | *10,2* | *41,0* | *-* | *2,80* | *-* | *-* | *3,10* | *-* | *0,84* | *0,07* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано- пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***557*** | ***8,37*** | ***6,47*** | ***153,53*** | ***337,8*** | ***0,28*** | ***13,09*** | ***-*** | ***0,84*** | ***68,49*** | ***163,43*** | ***52,29*** | ***2,9*** |

***Четверг (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша гороховая*** | *04г* | *200* | *23,2* | *5,43* | *50,8* | *314,0* | *0,81* | *6,45* | *0,07* | *5,0* | *115,0* | *329,0* | *107,0* | *4,0* |
| ***Тефтели мясные*** | *286/10г* | *100* | *14,72* | *16,14* | *18,62* | *278,75* | *0,07* | *1,13* | *51,00* | *-* | *57,80* | *141,40* | *28,40* | *1,27* |
| ***Компот с/фруктов*** | *639/04г* | *200* | *1,0* | *0,05* | *27,5* | *110,0* | *0,01* | *0,32* | *-* | *-* | *28,69* | *-* | *18,27* | *0,61* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***600*** | ***45,28*** | ***23,14*** | ***115,0*** | ***897,05*** | ***1,12*** | ***7,9*** | ***51,07*** | ***5,84*** | ***222,50*** | ***580,3*** | ***178,87*** | ***7,52*** |

***Пятница (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порций*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша молочная «Дружба»*** | *297/04г* | *200* | *6,20* | *8,60* | *42,7* | *284,30* | *0,10* | *0,19* | *0,05* | *0,7* | *122,98* | *72,3* | *32,49* | *0,10* |
| ***Какао с молоком*** | *693/04г* | *200* | *3,6* | *2,7* | *13,8* | *92,0* | *0,03* | *0,53* | *-* | *-* | *110,36* | *-* | *27,00* | *0,87* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***500*** | ***16,6*** | ***12,82*** | ***74,58*** | ***570,60*** | ***0,36*** | ***0,72*** | ***0,05*** | ***1,54*** | ***254,35*** | ***182,50*** | ***84,69*** | ***2,61*** |

***Понедельник (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша вязкая рисовая*** | *168/11г* | *210* | *3,09* | *4,07* | *36,98* | *197,00* | *0,03* | *-* | *20,00* | *-* | *5,90* | *67,00* | *21,80* | *0,47* |
| ***Кофейный напиток на молоке*** | *692/04г* | *200* | *3,2* | *2,8* | *18,5* | *100,0* | *0,03* | *0,52* | *-* | *-* | *105,86* | *-* | *12,18* | *0,11* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***510*** | ***12,65*** | ***8,39*** | ***73,56*** | ***491,3*** | ***0,29*** | ***0,52*** | ***20,00*** | ***0,84*** | ***132,77*** | ***177,20*** | ***59,18*** | ***2,22*** |

***Вторник (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Макароны отварные*** | *688/05г* | *180* | *6,62* | *5,42* | *31,73* | *202,14* | *0,07* | *-* | *25,20* | *-* | *5,83* | *44,60* | *25,34* | *1,33* |
| ***Гуляш из мяса птицы*** | *591/05г* | *100* | *23,80* | *19,52* | *5,74* | *203,0* | *0,21* | *1,54* | *-* | *-* | *29,40* | *234,98* | *31,39* | *2,80* |
| ***Напиток шиповника*** |  | *200* | *0,4* | *0,27* | *17,2* | *72,8* | *-* | *24,0* | *-* | *-* | *13,2* | *2,67* | *2,13* | *0,53* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***580*** | ***37,18*** | ***26,73*** | ***72,75*** | ***672,24*** | ***0,51*** | ***25,54*** | ***25,20*** | ***0,84*** | ***69,44*** | ***392,45*** | ***84,06*** | ***6,3*** |

***Среда (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп с гренками*** | *200/05* | *250* | *2,34* | *2,83* | *16,64* | *101,25* | *0,14* | *12,0* | *-* | *-* | *25,85* | *76,80* | *31,13* | *1,18* |
| ***Кисель*** | *648/04г* | *200* | *-* | *-* | *20,0* | *76,0* | *-* | *-* | *-* | *-* | *0,48* | *-* | *-* | *0,06* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***550*** | ***8,7*** | ***4,35*** | ***54,72*** | ***371,55*** | ***0,37*** | ***12,0*** | ***-*** | ***0,84*** | ***47,32*** | ***187,0*** | ***56,33*** | ***2,88*** |

***Четверг (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп картоф. с бобовыми*** | *99/08г* | *250* | *5,49* | *5,28* | *16,33* | *134,75* | *0,23* | *5,81* | *-* | *4,58* | *38,08* | *87,18* | *35,30* | *2,03* |
| ***Сок*** | *389/05г* | *200* | *1,00* | *-* | *20,2* | *84,80* | *-* | *4,00* | *-* | *-* | *14,0* | *-* | *8,00* | *2,80* |
| ***Хлеб пшеничный, в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,5* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***550*** | ***12,85*** | ***6,8*** | ***54,61*** | ***413,85*** | ***0,46*** | ***9,81*** | ***-*** | ***5,42*** | ***73,09*** | ***197,38*** | ***68,5*** | ***6,47*** |

***Пятница (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп «Крестьянский» с крупой*** | *201/05* | *250* | *5,99* | *7,54* | *15,53* | *148,28* | *0,08* | *0,04* | *1,28* | *-* | *40,09* | *43,73* | *6,78* | *0,38* |
| ***Компот из св.плодов*** | *631/04г* | *200* | *0,20* | *0,10* | *17,2* | *68,0* | *0,01* | *1,60* | *-* | *-* | *6,03* | *-* | *3,13* | *0,80* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничн.*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***550*** | ***12,55*** | ***9,16*** | ***50,81*** | ***410,58*** | ***0,32*** | ***1,64*** | ***1,28*** | ***0,84*** | ***67,13*** | ***153,93*** | ***35,11*** | ***2,82*** |

*Утверждено :*

*Врио Директора МКОУ «Целинная СОШ им. Н.Д. Томина»*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Балабаева Н.А.*

*Примерное меню питания школьников*

*на 10 дней (обед)*

*с 11 до 18 лет*

с.Целинное

2023-2024гг.