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***Меню питания школьников******на 10 дней, для детей с 7 до11 лет***

***Понедельник (первая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепту ры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из отварной моркови* | *78/04г* | *80* | *2,2* | *7,6* | *11,4* | *128,0* | *0,07* | *1,04* | *0,148* | *1,51* | *23,29* | *72,7* | *15,0* | *0,893* |
| *Суп гороховый* | *Ттк от**18.10.08* | *200* | *2,8* | *5,29* | *27,5* | *132,9* | *0,04* | *0,05* | *0,087* | *0,53* | *97,8* | *185,9* | *24,4* | *0,07* |
| *Колбаса духовая* | *243/04г* | *80* | *14,12* | *9,2* | *5,4* | *189,0* | *0,138* | *3,177* | *0,077* | *0,92* | *134,8* | *108,9* | *24,2* | *1,29* |
| *Отварные макароны* | *510/04г.* | *150* | *3,6* | *7,5* | *20,05* | *167* | *0,053* | *-* | *0,078* | *0,2* | *56,8* | *123,7* | *24,4* | *0,423* |
| *Сок виноградный* | *389/15* | *200* | *0,6* | *0,4* | *32,6* | *136,4* | *-* | *4,0* | *-* | *-* | *40* | *-* | *14* | *0,8* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,87* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукты свежие* | *-* | *100* | *0,9* | *-* | *16,2* | *86,0* | *0,113* | *16,29* | *0,015* | *0,02* | *0,13* | *8,0* | *11,0* | *0,57* |
| ***Итого:*** |  |  | ***28,94*** | ***30,14*** | ***140,79*** | ***964,2*** | ***0,544*** | ***25,557*** | ***0,405*** | ***3,18*** | ***375,52*** | ***557,2*** | ***116,4*** | ***5,246*** |
| ***Всего:*** |  |  | ***28,94*** | ***30,14*** | ***140,79*** | ***964,2*** | ***0,544*** | ***25,557*** | ***0,405*** | ***3,18*** | ***375,52*** | ***557,2*** | ***116,4*** | ***5,246*** |

***Вторник (первая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Свекла отварная с яблоком* | *71/04г* | *100* | *3,4* | *10,2* | *6,8* | *124,0* | *0,03* | *5,062* | *0,095* | *2,56* | *13,974* | *67,0* | *13,8* | *0,578* |
| *Рассольник Ленинградский**со сметаной* | *132/04г* | *200/10* | *6,25* | *5,9* | *16,74* | *185,0* | *0,08* | *5,681* | *0,076* | *0,54* | *23,486* | *155,8* | *22,4* | *0,69* |
| *Плов* | *403/94г* | *150* | *8,46* | *8,9* | *26,05* | *257,5* | *0,125* | *-* | *0,069* | *0,2* | *324,84* | *254,7* | *34,2* | *0,832* |
| *Напиток шиповника* | *700/04г* | *200* | *0,4* | *-* | *24,9* | *97,0* | *0,012* | *8,237* | *-* | *-* | *-* | *34,0* | *2,5* | *0,007* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукты* |  | *100* | *1,2* | *0,3* | *11,25* | *57* | *0,09* | *15,0* | *0,015* | *0,02* | *0,13* | *8,0* | *11,0* | *0* |
| ***Итого:*** |  |  | ***24,43*** | ***25,85*** | ***113,38*** | ***845,4*** | ***0,467*** | ***33,98*** | ***0,255*** | ***3,32*** | ***385,13*** | ***577,5*** | ***87,3*** | ***3,3*** |
| ***Всего:*** |  |  | ***24,43*** | ***25,85*** | ***113,38*** | ***845,4*** | ***0,467*** | ***33,98*** | ***0,255*** | ***3,32*** | ***385,13*** | ***577,5*** | ***87,3*** | ***3,3*** |

***Среда (первая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Икра кобачковая* | *55/04г* | *80* | *1,136* | *4,8* | *5,02* | *68* | *0,016* | *4,76* | *0,03* | *2,192* | *24,56* | *0,184* | *14,89* | *0,848* |
| *Щи из свежей капусты с**картофелем со сметаной* | *124/04г* | *200/10* | *2,0* | *4,3* | *15,0* | *88* | *0,0443* | *5,631* | *0,07* | *2,82* | *65,305* | *140,8* | *2,4* | *0,09* |
| *Гуляш из мяса птицы* | *390/04г* | *100* | *10,65* | *6,15* | *1,35* | *121,5* | *0,0385* | *0,28* | *0,07* | *0,05* | *157,9* | *99,7* | *20,0* | *0,501* |
| *Картофельное пюре* | *520/04г* | *100* | *4,064* | *6,8* | *19,95* | *156,0* | *0,0908* | *2,819* | *0,064* | *0,3* | *63,645* | *159,6* | *27,6* | *0,784* |
| *Кисель* | *638/04г* | *200* | *-* | *-* | *29,62* | *136,6* | *0,01* | *4,39* | *-* | *-* | *-* | *23,6* | *2,3* | *0,137* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржаной пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Свежий фрукт* |  | *100* | *1,2* | *0,3* | *11,25* | *57* | *0,09* | *15,0* | *0,015* | *0,02* | *0,13* | *8,0* | *11,0* | *0,1* |
| ***Итого:*** |  |  | ***23,77*** | ***22,9*** | ***109,83*** | ***752*** | ***0,4196*** | ***32,88*** | ***0,249*** | ***5,382*** | ***334,24*** | ***489,884*** | ***81,59*** | ***3,56*** |
| ***Всего:*** |  |  | ***23,77*** | ***22,9*** | ***109,83*** | ***752*** | ***0,4196*** | ***32,88*** | ***0,249*** | ***5,382*** | ***334,24*** | ***489,884*** | ***81,59*** | ***3,56*** |

***Четверг (первая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из свежей моркови* | *60/03г* | *80* | *0,976* | *6,272* | *7,168* | *89,12* | *0,04* | *4,82* | *0,01* | *1,84* | *14,8* | *33,68* | *12,76* | *0,54* |
| *Борщ со сметаной* | *112/04г* | *200/7* | *8,3* | *7,0* | *16,3* | *170* | *0,05* | *5,595* | *0,087* | *1,53* | *97,8* | *198,0* | *24,6* | *0,571* |
| *Перловка отварная* | *430/94г* | *150* | *12,5* | *12,25* | *28,85* | *298,0* | *0,139* | *7,015* | *0,153* | *0,019* | *118,65* | *253,82* | *44,14* | *1,986* |
| *Котлета духовая* |  | *80* | *9,87* | *17,33* | *8,80* | *230,67* | *0,08* | *0,03* | *4,67* | *-* | *134,53* | *140,0* | *26,67* | *1,87* |
| *Компот из с/ф* | *638/04г* | *200* | *1,0* | *-* | *39,6* | *158,0* | *0,012* | *1,65* | *-* | ***-*** | ***-*** | *34,0* | *2,6* | *0,003* |
| *Фрукт свежий* |  | *100* | *1,2* | *0,3* | *11,25* | *57* | *0,09* | *15,0* | *0,015* | *0,02* | *0,13* | *8,0* | *11,0* | *0,1* |
| *Хлеб пшеничный, в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *1,7* |
| ***Итого:*** |  |  | ***38,566*** | ***43,702*** | ***139,608*** | ***1127,69*** | ***0,541*** | ***34,11*** | ***4,935*** | ***3,409*** | ***388,61*** | ***725,5*** | ***125,17*** | ***7,27*** |
| ***Всего:*** |  |  | ***38,566*** | ***43,702*** | ***139,608*** | ***1127,69*** | ***0,541*** | ***34,11*** | ***4,935*** | ***3,409*** | ***388,61*** | ***725,5*** | ***125,17*** | ***7,27*** |

***Пятница (первая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат Винегрет с**маслом растительным* | *72/04г* | *100* | *5,1* | *9,7* | *5,2* | *129,0* | *0,067* | *6,431* | *0,158* | *2,51* | *23,29* | *72,7* | *15,0* | *0,89* |
| *Суп вермишеливый* | *139/04* | *250* | *6,2* | *5,6* | *22,3* | *167* | *0,049* | *1,45* | *0,04* | *0,052* | *79,153* | *103,5* | *16,1* | *1,131* |
| *Гречка отварная* | *541/11* | *100* | *2,45* | *9,15* | *16,05* | *145,5* | *0,0908* | *4,819* | *0,034* | *1,3* | *142,61* | *195,0* | *27,6* | *0,784* |
| *Сосиска детская отварная* | *413/04* | *50* | *14,12* | *9,2* | *5,4* | *189,0* | *0,138* | *3,177* | *0,077* | *0,92* | *134,8* | *108,9* | *24,2* | *1,29* |
| *Чай с лимоном* | *705/04* | *200* | *0,4* | *-* | *23,6* | *94* | *0,012* | *9,70* | *0,005* | *-* | *-* | *34,0* | *2,6* | *1,007* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукты свежие* |  | *100* | *1,6* | *0,4* | *15,0* | *60,0* | *0,06* | *9,4* | *0,01* | *0,004* | *0,087* | *5,3* | *7,3* | *0,07* |
| ***Итого:*** |  |  | ***34,59*** | ***34,6*** | ***115,19*** | ***909,4*** | ***0,5468*** | ***34,977*** | ***0,324*** | ***4,786*** | ***403,017*** | ***580,4*** | ***96,2*** | ***6,372*** |
| ***Всего:*** |  |  | ***34,59*** | ***34,6*** | ***115,19*** | ***909,4*** | ***0,5468*** | ***34,977*** | ***0,324*** | ***4,786*** | ***403,017*** | ***580,4*** | ***96,2*** | ***6,372*** |

***Понедельник (вторая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепту ры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из свежих помидоров с луком* | *14/10* | *60* | *0,68* | *3,71* | *2,83* | *47,46* | *0,04* | *12,25* | *-* | *-* | *10,55* | *19,73* | *10,67* | *0,50* |
| *Суп с рыбной консервой* | *133/04г* | *200* | *7,42* | *7,02* | *20,5* | *200,5* | *0,05* | *4,59* | *0,007* | *0,53* | *47,8* | *88,0* | *14,6* | *0,571* |
| *Овощное рагу* | *321/05* | *150* | *2,29* | *11,0* | *14,44* | *166,00* | *0,07* | *8,,67* | *31,0* | *-* | *23,9* | *61,8* | *27,8* | *0,98* |
| *Чай с сахаром* | *699/05* | *200* | *0,1* | *-* | *25,2* | *96,0* | *0,012* | *8,99* | *0,002* | *-* | *-* | *34,0* | *2,6* | *0,07* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукт свежий* |  | *100* | *1,6* | *0,4* | *20,6* | *94,0* | *0,09* | *10,45* | *0,015* | *0,006* | *0,13* | *7,95* | *10,95* | *0,1* |
| ***Итого:*** |  |  | ***16,81*** | ***22,68*** | ***111,21*** | ***728,86*** | ***0,392*** | ***44,95*** | ***31,024*** |  ***0,536*** | ***105,08*** | ***269,48*** | ***70,02*** | ***3,421*** |
| ***Всего:*** |  |  | ***16,81*** | ***22,68*** | ***111,21*** | ***728,86*** | ***0,392*** | ***44,95*** | ***31,024*** |  ***0,536*** | ***105,08*** | ***269,48*** | ***70,02*** | ***3,421*** |

***Вторник (вторая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из свежей капусты с яблоком* | *46/07* | *100* | *1,54* | *0,11* | *10,91* | *48,12* | *0,03* | *29,45* | *1,83* | *0,20* | *47,54* | *35,38* | *19,09* | *0,73* |
| *Суп картофельный с**гренками.* | *85/11г* | *250* | *3,0* | *4,8* | *10,1* | *190,0* | *0,049* | *1,45* | *0,04* | *0,052* | *79,153* | *103,5* | *16,1* | *1,131* |
| *Пшенная каша* | *394/94* | *150* | *4,064* | *6,8* | *19,95* | *156,0* | *0,0908* | *2,819* | *0,064* | *0,3* | *63,645* | *159,6* | *27,6* | *0,784* |
| *Гуляш из мяса птицы ,сметанный соус* | *390/12* | *100* | *10,65* | *6,15* | *1,35* | *121,5* | *0,0385* | *0,28* | *0,07* | *0,05* | *157,9* | *99,7* | *20,0* | *0,501* |
| *Сок морковный* | *389/15* | *200* | *2,2* | *0,2* | *25,2* | *111,4* | *-* | *6* | *-* | *-* |  *38* | *-* | *14* | *1,2* |
| *Хлеб пшеничный* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,8* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукт свежий* |  | *100* | *1,6* | *0,4* | *20,6* | *94,0* | *0,09* | *10,45* | *0,015* | *0,006* | *0,13* | *7,95* | *10,95* | *0,1* |
| ***Итого:*** |  |  | ***27,744*** | ***19,01*** | ***115,75*** | ***846,02*** |  ***0,4283*** |  ***50,449*** | ***2,019*** | ***0,608*** |  ***409,068*** | ***464,13*** | ***111,14*** | ***5,646*** |
| ***Всего :*** |  |  | ***27,744*** | ***19,01*** | ***115,75*** | ***846,02*** |  ***0,4283*** |  ***50,449*** | ***2,019*** | ***0,608*** |  ***409,068*** | ***464,13*** | ***111,14*** | ***5,646*** |

***Среда (вторая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепту ры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из свежих огурцов* | *13/10.* | *60* | *0,46* | *3,65* | *1,43* | *40,38* | *0,02* | *5,70* | *0,00* | *-* |  *13,11* | *24,01* | *7,98* | *0,34* |
| *Суп «Крестьянский» с крупой* | *201/05* | *200* | *4,79* | *6,03* | *12,42* | *118,62* | *0,06* | *0,03* | *1,02* | *-* | *32,07* | *34,98* | *5,42* | *0,30* |
| *Капуста тушеная* | *336/10* | *150* | *2,78* | *6,48* | *34,52* | *213,53* | *0,23* | *31,50* | *31,5* | *-* | *21,96* | *119,59* | *43,99* | *1,73* |
| *Гуляш из мяса птицы* | *390/12* | *100* | *10,65* | *6,15* | *1,35* | *121,5* | *0,0385* |  *0,28* | *0,07* | *0,05* | *157,9* | *99,7* | *20,0* | *0,501* |
| *Компот из св.фруктов* | *631/05г* | *200* | *0,20* | *-* | *35,8* | *143,0* | *0,012* | *8,99* | *0,002* | *-* | *-* | *34,0* | *2,6* | *0,007* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-**пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукт свежий* |  | *100* | *1,6* | *0,4* | *20,6* | *94,0* | *0,09* | *10,45* | *0,015* | *0,006* | *0,13* | *7,95* | *10,95* | *0,1* |
| ***Итого:*** |  |  | ***25,2*** | ***664,78*** | ***133,76*** | ***855,93*** |  ***0,5805*** |  ***56,95*** |  ***32,607*** |  ***0,056*** | ***247,87*** | ***378,23*** | ***94,34*** | ***4,178*** |
| ***Всего :*** |  |  | ***25,2*** | ***664,78*** | ***133,76*** | ***855,93*** |  ***0,5805*** |  ***56,95*** |  ***32,607*** |  ***0,056*** | ***247,87*** | ***378,23*** | ***94,34*** | ***4,178*** |

***Четверг (вторая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепту ры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Отварная свекла* | *33/10* | *60* | *0,86* | *3,65* | *5,02* | *56,34* | *0,01* | *5,70* | *0,00* | *-* | *21,09* | *24,58* | *12,54* | *0,80* |
| *Суп вермишелевый* | *131/04г* | *250* | *2,2* | *4,5* | *12,7* | *181,77* | *0,108* | *1,95* | *0,017* | *0,003* | *98,45* | *112,0* | *22,8* | *0,971* |
| *Каша гороховая* | *319/12г.* | *150* | *14,9* | *11,4* | *17,0* | *279,02* | *0,1107* | *1,86* | *0,1* | *1,055* | *263,66* | *315,3* | *55,55* | *1,081* |
| *Тефтели мясные* | *286/10* | *60* | *8,87* | *9,83* | *11,71* | *171,00* | *0,06* | *0,85* | *39,00* | *-* | *43,90* | *106,7* | *21,60* | *0,96* |
| *Соус сметанный* | *354/11* | *30* | *1,27* | *7,05* | *5,52* | *89,31* | *0,01* | *0,18* | *0,09* | *0,32* | *21,02* | *19,72* | *2,74* | *0,15* |
| *Сок яблочный* | *389/15* | *200* | *1,0* | *-* | *20,2* | *84,8* | *-* | *4,0* | *-* | *-* | *14* | *-* | *10,0* | *2,8* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб/ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукты свежие* |  | *100* | *0,4* | *0,3* | *9,8* | *47,0* | *0,043* | *16,98* | *0,01* | *-* | *6,0* | *23,8* | *8,5* | *1,364* |
| ***Итого:*** |  |  | ***34,22*** | ***37,28*** | ***109,59*** | ***1034,14*** |  ***0,4717*** |  ***31,52*** |  ***39,217*** | ***1,378*** | ***490,82*** | ***66,01*** |  ***137,13*** |  ***9,326*** |
| ***Всего:*** |  |  | ***34,22*** | ***37,28*** | ***109,59*** | ***1034,14*** |  ***0,4717*** |  ***31,52*** |  ***39,217*** | ***1,378*** | ***490,82*** | ***66,01*** |  ***137,13*** |  ***9,326*** |

***Пятница (вторая неделя)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Приемы пищи******наименование блюда*** | ***№******рецепт уры*** | ***Возраст детей от 7- 11 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* |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Салат из свеж капусты* | *72* | *80* | *5,1* | *9,7* | *5,2* | *129,0* | *0,067* | *6,43* | *0,15* | *2,51* | *23,29* | *72,7* | *15,0* | *0,89* |
| *Суп картоф с фрикадельками.* | *137/04г* | *200/20* | *3,56* | *2,83* | *15,08* | *183,3* | *0,108* | *0,39* | *-* | *0,535* | *98,45* | *112,0* | *22,8* | *0,971* |
| *Рыба с овощами* | *374/04г**.* | *100/30* | *9,9* | *5,1* | *6,35* | *121,5* | *0,0485* | *0,28* | *0,02* | *1,115* | *133,35* | *178,7* | *29,0* | *0,581* |
| *Рис отварной* | *520/04г* | *150* | *3,15* | *6,75* | *25,9* | *173* | *0,0642* | *2,77* | *0,037* | *-* | *130,4* | *147,0* | *26,85* | *0,278* |
| *Кисель* | *638/04г* | *200* | *0,4* | *-* | *27,4* | *106,0* | *0,01* | *8,75* | *-* | *-* | *-* | *23,6* | *2,3* | *0,137* |
| *Хлеб пшеничный в/с* |  | *20* | *1,52* | *0,15* | *9,84* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,5* |
| *Хлеб ржано-пшеничный* |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| *Фрукт свежий* |  | *100* | *0,9* | *-* | *16,2* | *86,0* | *0,149* | *17,29* | *0,015* | *0,02* | *0,13* | *8,0* | *11,0* | *0,57* |
| ***Итого:*** |  |  | ***27,73*** | ***24,93*** | ***123,77*** | ***923,7*** | ***1,1545*** | ***35,91*** | ***0,222*** |  ***4,17*** | ***408,32*** | ***600*** | ***110,35*** |  ***4,627*** |
| ***Всего :*** |  |  | ***27,73*** | ***24,93*** | ***123,77*** | ***923,7*** | ***1,1545*** | ***35,91*** | ***0,222*** |  ***4,17*** | ***408,32*** | ***600*** | ***110,35*** |  ***4,627*** |