***Понедельник (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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп с рыб. консервами*** | *87/10г* | *200* | *6,89* | *6,72* | *11,47* | *133,8* | *0,08* | *7,29* | *12,0* | *-* | *36,24* | *141,22* | *37,88* | *1,01* |
| ***Перловка отварная*** | *430/04г* | *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*** | *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 лимоном*** | *686/04г* | *200* | *0,2* | *0,04* | *10,2* | *41,0* | *-* | *2,80* | *-* | *-* | *3,10* | *-* | *0,84* | *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*** |  | *150* | *1,5* | *0,5* | *21,00* | *96,00* | *-* | *10,00* | *-* | *-* | *8,00* | *-* | *42,00* | *0,60* |
| ***Итого:*** |  | ***860*** | ***41,36*** | ***31,61*** | ***114,86*** | ***922,45*** | ***0,409*** | ***27,255*** | ***40,903*** | ***0,019*** | ***232,44*** | ***619,42*** | ***160,39*** | ***6,366*** |

***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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Огурец свежий (долька)*** |  | *60* | *0,48* | *0,06* | *1,50* | *8,37* | *0,02* | *5,98* | *0,01* | *-* | *13,75* | *26,12* | *8,37* | *0,60* |
| ***Рассольник со сметаной*** |  | *200/10* | *1,38* | *4,09* | *13,27* | *96,60* | *0,08* | *6,03* | *-* | *-* | *21,16* | *57,56* | *20,72* | *0,78* |
| ***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* |
| ***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*** |  | *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* |
| ***Итого:*** |  | ***680*** | ***16,04*** | ***13,60*** | ***88,66*** | ***572,20*** | ***0,375*** | ***30,65*** | ***0,079*** | ***0,40*** | ***396,45*** | ***410,58*** | ***74,69*** | ***6,212*** |

***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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Борщ со сметаной*** | *170/04г* | *200/7* | *1,45* | *3,93* | *100,2* | *82,0* | *0,04* | *8,23* | *-* | *-* | *35,50* | *42,58* | *21,00* | *0,95* |
| ***Печень тушеная в соусе*** | *261/11г* | *120* | *15,07* | *35,14* | *33,63* | *354,91* | *0,18* | *11,27* | *5,34* | *3,61* | *23,42* | *225,20* | *14,38* | *4,87* |
| ***Гречка рассыпчатая*** | *679/05г* | *150* | *7,46* | *5,61* | *35,84* | *230,45* | *0,18* | *-* | *0,02* | *-* | *12,98* | *208,5* | *67,50* | *3,95* |
| ***Кисломолочный продукт*** | *386/05г* | *200* | *3,62* | *5,79* | *24,00* | *162,00* | *-* | *1,58* | *-* | *-* | *255,00* | *-* | *11,00* | *0,20* |
| ***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* |
| ***Фрукт свежий яблоко*** |  | *150* | *0,40* | *0,40* | *9,8* | *47,0* | *-* | *10,00* | *-* | *-* | *16,00* | *-* | *9,0* | *2,2* |
| ***Итого:*** |  | ***887*** | ***32,72*** | ***51,32*** | ***231,61*** | ***1001,26*** | ***0,53*** | ***31,08*** | ***5,36*** | ***3,61*** | ***365,60*** | ***534,28*** | ***126,28*** | ***13,37*** |

***Четверг (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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Винегрет овощной*** | *45/0г* | *60* | *0,82* | *3,71* | *5,06* | *56,88* | *0,04* | *6,15* | *-* | *-* | *13,92* | *26,98* | *12,45* | *0,51* |
| ***Суп «Крестьянский» с крупой*** | *201/05г* | *200* | *4,79* | *6,03* | *12,42* | *118,62* | *0,06* | *0,03* | *1,02* | *-* | *32,07* | *34,98* | *5,42* | *0,30* |
| ***Каша гороховая*** | *319/12г.* | *150* | *14,9* | *11,4* | *17,0* | *279,02* | *0,110* | *1,86* | *0,1* | *1,055* | *263,66* | *315,3* | *55,55* | *1,081* |
| ***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/ф*** | *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*** |  | *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* |
| ***Итого:*** |  | ***770*** | ***40,95*** | ***37,88*** | ***108,24*** | ***968,17*** | ***0,42*** | ***9,49*** | ***52,12*** | ***1,055*** | ***418,84*** | ***576,66*** | ***123,49*** | ***5,581*** |

***Пятница (первая неделя)\****

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей от 7- 11 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*** |
| ***Обед – 35%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп с макар.изделиями*** | *101/08г* | *250/10* | *4,4* | *3,2* | *19,0* | *126,0* | *0,10* | *5,0* | *0,20* | *0,50* | *30,0* | *150,0* | *21,0* | *1,20* |
| ***Рагу из птицы*** | *289/05г* | *150* | *2,0* | *3,6* | *13,8* | *95,4* | *0,10* | *6,7* | *0,3* | *1,6* | *19,4* | *52,1* | *22,7* | *0,9* |
| ***Какао с молоком*** | *693/04г* | *200* | *3,0* | *2,5* | *13,7* | *80,0* | *0,03* | *0,52* | *-* | *-* | *108,57* | *-* | *51,10* | *0,60* |
| ***Хлеб пшеничный в/с*** |  | *20* | *1,52* | *0,15* | *9,87* | *46,2* | *0,05* | *-* | *-* | *-* | *8,7* | *23,2* | *1,9* | *0,50* |
| ***Хлеб ржано-пшеничный*** |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,70* |
| ***Сдоба*** |  | *80* | *5,90* | *7,60* | *58,00* | *323,00* | *0,11* | *0,15* | *-* | *-* | *49,26* | *-* | *14,04* | *0,99* |
| ***Фрукт свежий яблоко*** |  | *150* | *0,40* | *0,40* | *9,8* | *47,0* | *-* | *10,00* | *-* | *-* | *16,00* | *-* | *9,00* | *2,20* |
| ***Итого:*** |  | ***900*** | ***20,42*** | ***17,85*** | ***141,97*** | ***796,63*** | ***0,47*** | ***22,84*** | ***0,50*** | ***2,10*** | ***245,93*** | ***260,10*** | ***121,24*** | ***7,09*** |

***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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Борщ с фасолью, сметаной*** | *84/15г* | *250/10* | *8,16* | *10,23* | *14,79* | *195,04* | *-* | *12,08* | *-* | *-* | *65,92* | *-* | *35,35* | *2,18* |
| ***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* |
| ***Каша ячневая*** | *378/05г* | *150* | *3,19* | *2,84* | *20,55* | *124,68* | *0,06* | *-* | *-* | *-* | *26,09* | *-* | *-* | *0,55* |
| ***Сок*** | *389/05г* | *200* | *1,0* | *-* | *20,0* | *84,8* | *0,02* | *4,0* | *-* | *0,20* | *14,0* | *14,0* | *8,0* | *2,8* |
| ***Сыр*** | *42/05г* | *15* | *3,48* | *4,43* | *-* | *54,60* | *0,01* | *0,11* | *39,0* | *-* | *132,0* | *75,0* | *5,25* | *0,15* |
| ***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 яблоко*** |  | *150* | *0,40* | *0,4* | *9,8* | *47,00* | *-* | *10,00* | *-* | *-* | *16,00* | *-* | *9,00* | *2,20* |
| ***Итого:*** |  | ***935*** | ***35,27*** | ***34,19*** | ***101,6*** | ***862,77*** | ***0,29*** | ***27,32*** | ***90,0*** | ***0,20*** | ***334,51*** | ***288,40*** | ***89,40*** | ***10,35*** |

***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 отвар моркови*** |  | *60* | *1,9* | *7,1* | *8,2* | *104,2* | *0,06* | *12,4* | *-* | *3,72* | *41,46* | *71,59* | *43,39* | *1,28* |
| ***Щи из св.капусты*** | *187/05г* | *200* | *1,4* | *3,91* | *6,79* | *67,80* | *0,05* | *14,77* | *-* | *-* | *34,66* | *38,1* | *17,8* | *0,64* |
| ***Макароны отварные*** | *203/05г* | *150* | *5,6* | *3,7* | *35,9* | *199,7* | *0,1* | *-* | *-* | *1,2* | *9,4* | *41,7* | *7,6* | *1,0* |
| ***Гуляш из мяса птицы*** | *591/05г* | *100* | *23,80* | *19,52* | *5,74* | *203,00* | *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*** |  | *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* |
| ***Итого:*** |  | ***770*** | ***37,82*** | ***35,05*** | ***101,47*** | ***772,40*** | ***0,55*** | ***52,71*** | ***-*** | ***4,92*** | ***150,82*** | ***447,04*** | ***105,71*** | ***7,45*** |

***Среда (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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп с гренками*** | *200/05г* | *200* | *1,87* | *2,26* | *13,31* | *81,00* | *0,11* | *9,6* | *-* | *-* | *20,68* | *61,44* | *24,90* | *0,94* |
| ***Рыба с овощами*** | *486/05г*  *.* | *120* | *18,03* | *10,21* | *8,49* | *195,00* | *0,13* | *4,36* | *0,01* | *-* | *67,74* | *310,0* | *77,70* | *1,25* |
| ***Рис отварной*** | *304/04г* | *150* | *3,15* | *6,75* | *25,9* | *173* | *0,0642* | *2,77* | *0,037* | *-* | *130,4* | *147,0* | *26,85* | *0,278* |
| ***Коф.напиток на молоке*** | *692/04г* | *200* | *2,9* | *2,8* | *14,9* | *94,0* | *0,03* | *0,52* | *-* | *-* | *105,86* | *-* | *12,18* | *0,11* |
| ***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*** |  | *150* | *1,5* | *0,50* | *21,00* | *96,00* | *-* | *10,00* | *-* | *-* | *8,00* | *-* | *42,00* | *0,60* |
| ***Итого:*** |  | ***880*** | ***39,956*** | ***55,695*** | ***79,085*** | ***870,389*** | ***0,56*** | ***8,225*** | ***0,047*** | ***-*** | ***381,74*** | ***472,70*** | ***164,124*** | ***8,029*** |

***Четверг (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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Томат свежий (долька)*** |  | *60* | *0,66* | *0,12* | *2,29* | *14,47* | *0,04* | *15,08* | *0,10* | *-* | *8,44* | *15,68* | *12,06* | *0,60* |
| ***Суп гороховый*** | *206/05* | *200* | *4,39* | *4,22* | *13,06* | *107,8* | *0,18* | *4,65* | *-* | *-* | *30,46* | *69,74* | *28,24* | *1,62* |
| ***Пюре картофельное*** | *312/07г* | *150* | *3,51* | *25,065* | *5,685* | *261,03* | *-* | *1,515* | *-* |  | *170,39* | *109,98* | *16,65* | *0,375* |
| ***Гуляш из мяса птицы*** | *591/05г* | *100* | *23,80* | *19,52* | *5,74* | *203,00* | *0,21* | *1,54* | *-* | *-* | *29,40* | *234,98* | *31,39* | *2,80* |
| ***Сок*** | *389/05г* | *200* | *1,0* | *-* | *20,0* | *84,8* | *0,02* | *4,0* | *-* | *0,2* | *14,0* | *14,0* | *8,0* | *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* | *1,7* |
| ***Итого:*** |  | ***770*** | ***38,08*** | ***49,475*** | ***74,415*** | ***796,0*** | ***0,61*** | ***26,785*** | ***0,10*** | ***0,2*** | ***275,39*** | ***502,38*** | ***99,74*** | ***10,395*** |

***Пятница (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%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Суп с макар.изделиями*** | *20805г* | *200* | *2,15* | *2,27* | *13,71* | *83,80* | *0,09* | *6,60* | *-* | *-* | *19,68* | *53,32* | *21,60* | *0,87* |
| ***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*** | *591/05г* | *100* | *23,80* | *19,52* | *5,74* | *203,00* | *0,21* | *1,54* | *-* | *-* | *29,40* | *234,98* | *31,39* | *2,80* |
| ***Компот из св.плодов*** | *631/04г* | *200* | *0,2* | *0,1* | *17,2* | *68,0* | *0,01* | *1,60* | *-* | *-* | *6,03* | *-* | *3,13* | *0,80* |
| ***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-пшеничн.*** |  | *40* | *3,2* | *0,4* | *17,8* | *78,7* | *0,08* | *-* | *-* | *-* | *14,0* | *34,8* | *1,5* | *0,7* |
| ***Сдоба*** |  | *80* | *5,90* | *7,60* | *58,00* | *323,00* | *0,11* | *0,15* | *-* | *-* | *49,26* | *-* | *14,04* | *0,99* |
| ***Фрукт свежий*** |  | *150* | *0,40* | *0,30* | *10,3* | *47,00* | *-* | *5,00* | *-* | *-* | *19,00* | *-* | *12,00* | *2,3* |
| ***Итого:*** |  | ***940*** | ***39,95*** | ***36,60*** | ***167,11*** | ***1042,93*** | ***0,78*** | ***45,96*** | ***31,50*** | ***-*** | ***170,04*** | ***465,89*** | ***129,55*** | ***10,69*** |

*Утверждено :*

*Директор МКОУ «Целинная СОШ им. Н.Д. Томина»*

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

*Примерное меню питания школьников*

*на 10 дней (обед)*

*с 7 до 11 лет*

с.Целинное

2023-2024гг.