Согласовано

МОУ \_Столбищенская СШ

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

директор\_\_\_\_\_\_\_\_\_\_\_\_Лукачев А.А.

« 02 » октября 2024год

Примерное десятидневное меню школьных завтраков и

обедов в ГП.Д. для организации питания в школах Пильнинского

муниципального района на 2024-2025гг учебный год.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Наименование блюда и продуктов** | **Выход блюда (гр)** | | **Химический состав** | | | | | | **Калории** | **Выход блюда (гр)** | | **Химический состав** | | | | | |
| **№рецептуры** | **белки** | **жиры** | | **углеводы** | | | **белки** | **жиры** | | **углеводы** | | |
|  | **7-10 лет 11-17 лет** | | | | | | | | | | |
|  | **Завтрак 1 день** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **81** | **Салат из квашенной капусты** | **100** | **1.58** | | | **4.99** | | **7.66** | **83.20** | | | **100** | **1.58** | | **4.99** | | **7.66** | **83.2** |
|  | Капуста квашенная | 115.7/81 |  | | |  | |  |  | | | 115.7/81 |  | |  | |  |  |
|  | Сахар | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
| **202** | **Макаронные изд.отвар** | **150** | **5.46** | | | **5.79** | | **30.45** | **195.7** | | | **200** | **7.28** | | **7.71** | | **40.61** | **260.95** |
|  | Макаронные изделия | 50/50 |  | | |  | |  |  | | | 66.6/66.6 |  | |  | |  |  |
|  | Масло сливочное | 7.1/7.1 |  | | |  | |  |  | | | 9.5/9.5 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **637** | **Курица отварная** | **100** | **21.10** | | | **13.6** | | **0** | **206.25** | | | **100** | **21.10** | | **13.6** | | **0** | **206.25** |
|  | Курица | 174.7/125.3 |  | | |  | |  |  | | | 174.7/125.3 |  | |  | |  |  |
|  | Лук | 3.3/2.7 |  | | |  | |  |  | | | 3.3/2.7 |  | |  | |  |  |
|  | Соль | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  | **Всего завтрак** | **32,69** | **26.6** | | | **84.59** | | **687.15** |  | | | **35.8** | **28.09** | | **102.38** | | **798.2** |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **102** | **Суп картофел. С горохом** | **250** | **9.83** | | | **8.88** | | **16.8** | **169.34** | | | **250** | **9.83** | | **8.88** | | **16.8** | **169.34** |
|  | Картофель | 66.7/50 |  | | |  | |  |  | | | 66.7/50 |  | |  | |  |  |
|  | Горох | 20.2/20 |  | | |  | |  |  | | | 20.2/20 |  | |  | |  |  |
|  | Лук | 12/10 |  | | |  | |  |  | | | 12/10 |  | |  | |  |  |
|  | Морковь | 15.7/12.5 |  | | |  | |  |  | | | 15.7/12.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Бульон | 175/175 |  | | |  | |  |  | | | 175/175 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **229** | **Рыба тушенная с овощами** | **100** | **9.75** | | | **4.95** | | **3.8** | **105** | | | **120** | **11.7** | | **5.94** | | **4.56** | **126** |
|  | Минтай | 123/62 |  | | |  | |  |  | | | 147.6/74.4 |  | |  | |  |  |
|  | Вода | 19/19 |  | | |  | |  |  | | | 22.8/22.8 |  | |  | |  |  |
|  | Морковь | 23/18 |  | | |  | |  |  | | | 27.6/21.6 |  | |  | |  |  |
|  | Лук | 16/12 |  | | |  | |  |  | | | 12/9.6 |  | |  | |  |  |
|  | Томат пюре | 10/10 |  | | |  | |  |  | | | 12/12 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  | Сахар | 2/2 |  | | |  | |  |  | | | 2.4/2.4 |  | |  | |  |  |
|  | Лавровый лист | 0.01/0.01 |  | | |  | |  |  | | | 0.01/0.01 |  | |  | |  |  |
|  | Масса туш.рыбы | 50 |  | | |  | |  |  | | | 60 |  | |  | |  |  |
|  | Масса готов.рыбы с овощами | 100 |  | | |  | |  |  | | | 120 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | | | **12.82** | | **25.18** | **241** | | | **200** | **4.34** | | **12.82** | | **25.18** | **241** |
|  | Картофель | 234/176 |  | | |  | |  |  | | | 234/176 |  | |  | |  |  |
|  | Молоко | 32/30 |  | | |  | |  |  | | | 32/30 |  | |  | |  |  |
|  | Масло сливочное | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | Лимон | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **28.47** | | | **28.87** | | **92.26** | **717.34** | | |  | **31.71** | | **29.43** | | **100.65** | **784.14** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак 2 день** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **39** | **Салат картофельный с кукурузой и морковью** | **60** | **1.81** | | | **3.82** | | **14.23** | **98.52** | | | **100** | **3.02** | | **6.36** | | **23.72** | **164.2** |
|  | Картофель | 20,88/15 |  | | |  | |  |  | | | 34.8/25 |  | |  | |  |  |
|  | Кукуруза консер | 24,96/15 |  | | |  | |  |  | | | 41.6/25 |  | |  | |  |  |
|  | Морковь | 18.84/15 |  | | |  | |  |  | | | 31.4/25 |  | |  | |  |  |
|  | Огурцы солен | 15/12 |  | | |  | |  |  | | | 25/20 |  | |  | |  |  |
|  | Масло растит | 3.6/3.6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **260** | **Гуляш** | **100** | **14.55** | | | **16.79** | | **2.89** | **221** | | | **100** | **14.55** | | **16.79** | | **2.89** | **221** |
|  | Говядина | 107/79 |  | | |  | |  |  | | | 107/79 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Лук | 12/10 |  | | |  | |  |  | | | 12/10 |  | |  | |  |  |
|  | Томат пюре | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | Мука | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
|  | Масса тушен.мяса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
|  | Масса соуса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | | | **5.37** | | **36.68** | **209.7** | | | **200** | **4.87** | | **7.17** | | **48.8** | **279.6** |
|  | Крупа рисовая | 54/54 |  | | |  | |  |  | | | 72/72 |  | |  | |  |  |
|  | Масло сливочное | 6.75/6.75 |  | | |  | |  |  | | | 9/9 |  | |  | |  |  |
| **349** | **Компот из сухофруктов** | **200** | **0.66** | | | **0.09** | | **32.01** | **132.8** | | | **200** | **0.66** | | **0.09** | | **32.01** | **132.8** |
|  | Сухофрукты | 20/25 |  | | |  | |  |  | | | 20/25 |  | |  | |  |  |
|  | Сахар | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  | Лимон.кислота | 0.2/0.2 |  | | |  | |  |  | | | 0.2/0.2 |  | |  | |  |  |
|  | Вода | 200/200 |  | | |  | |  |  | | | 200/200 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **25.09** | | | **28.27** | | **117.09** | **802.02** | | |  | **28.81** | | **32.18** | | **146.33** | **983.4** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **88** | **Щи из св.капусты** | **250/10** | **6.37** | | | **10.06** | | **8.26** | **157.04** | | | **250/10** | **6.37** | | **10.06** | | **8.26** | **157.04** |
|  | Капуста свежая | 62.5/50 |  | | |  | |  |  | | | 62,5/50 |  | |  | |  |  |
|  | Картофель | 40/30 |  | | |  | |  |  | | | 40/30 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 15.2/12.5 |  | | |  | |  |  | | | 15.2/12.5 |  | |  | |  |  |
|  | Томат пюре | 2.5/2.5 |  | | |  | |  |  | | | 2.5/2.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сметана | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **206** | **Макароны запеченные с яйцом** | **140** | **6,76** | | | **11,43** | | **21,61** | **216,0** | | | **140** | **6,76** | | **11,43** | | **21,61** | **216,0** |
|  | Макарон.издел | 35/35 |  | | |  | |  |  | | | 35/35 |  | |  | |  |  |
|  | яйцо | 1/2шт/20 |  | | |  | |  |  | | | 1/2шт/20 |  | |  | |  |  |
|  | молоко | 25/25 |  | | |  | |  |  | | | 25/25 |  | |  | |  |  |
|  | Масло слив | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сах | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **17.68** | | | **23.71** | | **76.35** | **575.04** | | |  | **18.97** | | **23.28** | | **83.98** | **620.84** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак 3 день** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **50** | **Салат из св.свеклы с чесноком и сыром** | **100** | **4.67** | | | **9.38** | | **7.19** | **131** | | | **100** | **4.67** | | **9.38** | | **7.19** | **131** |
|  | Свекла | 103.3/81 |  | | |  | |  |  | | | 103.3/81 |  | |  | |  |  |
|  | Чеснок | 0.64/0.5 |  | | |  | |  |  | | | 0.64/0.5 |  | |  | |  |  |
|  | Соль | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сыр | 16.5/15 |  | | |  | |  |  | | | 16.5/15 |  | |  | |  |  |
| **679** | **Греча отварная** | **150** | **7.46** | | | **5.61** | | **35.84** | **230.45** | | | **200** | **9.94** | | **7.48** | | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  | | |  | |  |  | | | 80.8/80.8 |  | |  | |  |  |
|  | Масло сливочное | 5.3/5.3 |  | | |  | |  |  | | | 7/7 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **229** | **Рыба тушенная с овощами** | **100** | **9.75** | | | **4.95** | | **3.8** | **105** | | | **100** | **9.75** | | **4.95** | | **3.8** | **105** |
|  | Минтай | 123/62 |  | | |  | |  |  | | | 123/62 |  | |  | |  |  |
|  | Вода | 19/19 |  | | |  | |  |  | | | 19/19 |  | |  | |  |  |
|  | Морковь | 23/18 |  | | |  | |  |  | | | 23/18 |  | |  | |  |  |
|  | Лук | 16/12 |  | | |  | |  |  | | | 16/12 |  | |  | |  |  |
|  | Томат пюре | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
| **377** | **Чай с лимоном** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | Сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | Лимон | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.40** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **26.43** | | | **22.16** | | **93.31** | **668.45** | | |  | **30.2** | | **23.6** | | **112.88** | **791.06** |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **82** | **Борщ с капус.картоф. и смет** | **250/10** | **6.4** | | | **10.03** | | **11.55** | **172.04** | | | **250/10** | **6.4** | | **10.03** | | **11.55** | **171.04** |
|  | Свекла | 50/40 |  | | |  | |  |  | | | 50/40 |  | |  | |  |  |
|  | Капуста свежая | 25/20 |  | | |  | |  |  | | | 25/20 |  | |  | |  |  |
|  | Картофель | 26.7/20 |  | | |  | |  |  | | | 26.7/20 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 15.2/12.5 |  | | |  | |  |  | | | 15.2/12.5 |  | |  | |  |  |
|  | Томат пюре | 7.5/7.5 |  | | |  | |  |  | | | 7.5/7.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сахар | 2.5/2.5 |  | | |  | |  |  | | | 2.5/2.5 |  | |  | |  |  |
|  | Бульон или вода | 200/200 |  | | |  | |  |  | | | 200/200 |  | |  | |  |  |
|  | Сметана | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **637** | **Курица отварная** | **100** | **21.10** | | | **13.6** | | **0** | **206.25** | | | **100** | **21.10** | | **13.6** | | **0** | **206.25** |
|  | Курица | 174.7/125.3 |  | | |  | |  |  | | | 174.7/125.3 |  | |  | |  |  |
|  | Лук | 3.3/2.7 |  | | |  | |  |  | | | 3.3/2.7 |  | |  | |  |  |
|  | Соль | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | | | **5.37** | | **36.68** | **209.7** | | | **200** | **4.87** | | **7.17** | | **48.8** | **279.6** |
|  | Крупа рисовая | 54/54 |  | | |  | |  |  | | | 72/72 |  | |  | |  |  |
|  | Масло сливочное | 6.75/6.75 |  | | |  | |  |  | | | 9/9 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **35.7** | | | **31.22** | | **94.71** | **617.95** | | |  | **38.21** | | **32.59** | | **114.46** | **904.69** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 4** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **43** | **Салат из белок.капусты** | **100** | **1.41** | | | **5.08** | | **9.02** | **87.4** | | | **100** | **1.41** | | **5.08** | | **9.02** | **87.40** |
|  | Капуста | 99/79 |  | | |  | |  |  | | | 99/79 |  | |  | |  |  |
|  | Морковь | 13/10 |  | | |  | |  |  | | | 13/10 |  | |  | |  |  |
|  | Лим.кислота | 0.3/0.3 |  | | |  | |  |  | | | 0.3/0.3 |  | |  | |  |  |
|  | Сахар | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Соль | 1.5/1.5 |  | | |  | |  |  | | | 1.5/1.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | | | **12.82** | | **25.18** | **241** | | | **200** | **4.34** | | **12.82** | | **25.18** | **241** |
|  | Картофель | 234/176 |  | | |  | |  |  | | | 234/176 |  | |  | |  |  |
|  | Молоко | 32/30 |  | | |  | |  |  | | | 32/30 |  | |  | |  |  |
|  | Масло сливочное | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
| **№268** | **Котлета куриная** | **85** | **12,5** | | | **14,1** | | **8,4** | **220,5** | | | **85** | **12,5** | | **14,1** | | **8,4** | **220,5** |
|  | куры | 139,1/57 |  | | |  | |  |  | | | 139,1/57 |  | |  | |  |  |
|  | Хлеб пшеничный | 12,4/12,4 |  | | |  | |  |  | | | 12,4/12,4 |  | |  | |  |  |
|  | молоко | 18,6/18,6 |  | | |  | |  |  | | | 18,6/18,6 |  | |  | |  |  |
|  | сухари | 7,7/7,7 |  | | |  | |  |  | | | 7,7/7,7 |  | |  | |  |  |
|  | Масло сливочное | 5,7/5,7 |  | | |  | |  |  | | | 5,7/5,7 |  | |  | |  |  |
|  | соль | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1** | | **0** | | **25.4** | **105.6** |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.40** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **23.67** | | | **34.92** | | **99.28** | **794.5** | | |  | **24.96** | | **33.77** | | **106.91** | **840.3** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **96** | **Рассольник** | **250** | **6.36** | | | **8.9** | | **11.81** | **158.34** | | | **250** | **6.36** | | **8.9** | | **11.81** | **158.34** |
|  | Картофель | 100/75 |  | | |  | |  |  | | | 100/75 |  | |  | |  |  |
|  | Крупа рис или перлов. | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 6/5 |  | | |  | |  |  | | | 6/5 |  | |  | |  |  |
|  | Огурцы соленые | 16.75/15 |  | | |  | |  |  | | | 16.75/15 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Бульон или вода | 187.5/187.5 |  | | |  | |  |  | | | 187.5/187.5 |  | |  | |  |  |
| **679** | **Греча отварная** | **150** | **7.46** | | | **5.61** | | **35.84** | **230.45** | | | **200** | **9.94** | | **7.48** | | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  | | |  | |  |  | | | 80.8/80.8 |  | |  | |  |  |
|  | Масло сливочное | 5.3/5.3 |  | | |  | |  |  | | | 7/7 |  | |  | |  |  |
| **255** | **Печень по строгановски** | **40** | **10.6** | | | **8.98** | | **2.81** | **148** | | | **40** | **10.6** | | **8.98** | | **2.81** | **148** |
|  | Печень говяжья | 71,2/59,2 |  | | |  | |  |  | | | 71,2/59,2 |  | |  | |  |  |
|  | Масло растительное | 4.8/4.8 |  | | |  | |  |  | | | 4.8/4.8 |  | |  | |  |  |
|  | Масса готовой печени | -/40 |  | | |  | |  |  | | | -/40 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед всего** |  | **27.97** | | | **25.71** | | **96.94** | **738.79** | | |  | **32.74** | | **27.15** | | **116.51** | **861.4** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 5** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Каша манная** | **200/10** | **6.11** | | | **10.72** | | **32.38** | **251** | | | **200/10** | **6.11** | | **10.72** | | **32.38** | **251** |
| 181 | Крупа манная | 31 |  | | |  | |  |  | | | 31 |  | |  | |  |  |
|  | молоко | 100 |  | | |  | |  |  | | | 100 |  | |  | |  |  |
|  | Масло слив | 10 |  | | |  | |  |  | | | 10 |  | |  | |  |  |
|  | сахар | 6 |  | | |  | |  |  | | | 6 |  | |  | |  |  |
|  | **Мучные кон.изд** | **50** | **5** | | | **8** | | **31** | **358** | | | **50** | **5** | | **8** | | **31** | **358** |
| **382** | **Какао с молоком** | **200** | **4.08** | | | **3.54** | | **17.58** | **118.6** | | | **200** | **4.08** | | **3.54** | | **17.59** | **118.6** |
|  | Какао | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  | Молоко | 100/100 |  | | |  | |  |  | | | 100/100 |  | |  | |  |  |
|  | Вода | 110/110 |  | | |  | |  |  | | | 110/110 |  | |  | |  |  |
|  | Сахар | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **18.31** | | | **24.34** | | **104.24** | **828** | | |  | **19.04** | | **23.46** | | **107.67** | **854.6** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **208** | **Суп с макаронными изделиями** | **250** | **2.69** | | | **2.84** | | **17.14** | **104.75** | | | **250** | **2.69** | | **2.84** | | **17.14** | **104.75** |
|  | Картофель | 100/75 |  | | |  | |  |  | | | 100/75 |  | |  | |  |  |
|  | Макаронные изделия | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 12/10 |  | | |  | |  |  | | | 12/10 |  | |  | |  |  |
|  | Масло растительное | 2.5/2.5 |  | | |  | |  |  | | | 2.5/2.5 |  | |  | |  |  |
|  | Вода или бульон | 188/188 |  | | |  | |  |  | | | 188/188 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **304** | **Плов из птицы** | **210** | **20.30** | | | **17** | | **35.69** | **377** | | | **260** | **25.38** | | **21.25** | | **44.61** | **471.25** |
|  | Мясо кур | 139,7/100,3 |  | | |  | |  |  | | | 174,7/125,3 |  | |  | |  |  |
|  | Масло сливочное | 8/8 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | морковь | 16/13 |  | | |  | |  |  | | | 20/16,3 |  | |  | |  |  |
|  | Лук репчатый | 11/9 |  | | |  | |  |  | | | 13,8/11,3 |  | |  | |  |  |
|  | Томат пюре | 7/7 |  | | |  | |  |  | | | 8,8/8,8 |  | |  | |  |  |
|  | рис | 46/46 |  | | |  | |  |  | | | 57,5/57,5 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **27.54** | | | **22.14** | | **99.31** | **683.75** | | |  | **33.91** | | **25.88** | | **115.86** | **823.8** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 6** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **67** | **Винегрет** | **100** | **1.4** | | | **10.1** | | **6.8** | **124** | | | **100** | **1.4** | | **10.1** | | **6.8** | **124** |
|  | Картофель | 29/21 |  | | |  | |  |  | | | 29/21 |  | |  | |  |  |
|  | Свекла | 19/15 |  | | |  | |  |  | | | 19/15 |  | |  | |  |  |
|  | Морковь | 13/10 |  | | |  | |  |  | | | 13/10 |  | |  | |  |  |
|  | Огурцы соленые | 19/15 |  | | |  | |  |  | | | 19/15 |  | |  | |  |  |
|  | Капуста квашенная | 21/15 |  | | |  | |  |  | | | 21/15 |  | |  | |  |  |
|  | Лук | 18/15 |  | | |  | |  |  | | | 18/15 |  | |  | |  |  |
|  | Масло растительное | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Соль | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
| **202** | **Макароны отварные** | **150** | **5.46** | | | **5.79** | | **30.45** | **195.7** | | | **200** |  | |  | |  |  |
|  | Макар изделия | 50/50 |  | | |  | |  |  | | | 66,6/66,6 |  | |  | |  |  |
|  | Масло слив | 7,1/7,1 |  | | |  | |  |  | | | 9,5/9,5 |  | |  | |  |  |
| **260** | **Гуляш из кур** | **80** | **19.59** | | | **17.89** | | **4.76** | **168.1** | | | **80** | **19.59** | | **17.89** | | **4.76** | **168.1** |
|  | Мясо кур | 139/139 |  | | |  | |  |  | | | 139/139 |  | |  | |  |  |
|  | Масло растительное | 6/6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  | лук | 11/9 |  | | |  | |  |  | | | 11/9 |  | |  | |  |  |
|  | Морковь | 18/15 |  | | |  | |  |  | | | 18/15 |  | |  | |  |  |
|  | Томатная паста | 12/12 |  | | |  | |  |  | | | 12/12 |  | |  | |  |  |
| **379** | **Кофейный напиток** | **200** | **3.17** | | | **2.68** | | **15.9** | **100.6** | | | **200** | **3.17** | | **2.68** | | **15.9** | **100.6** |
|  | Кофейный напиток | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Вода | 120/120 |  | | |  | |  |  | | | 120/120 |  | |  | |  |  |
|  | Сахар | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  | Молоко | 100/100 |  | | |  | |  |  | | | 100/100 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **28.58** | | | **32.87** | | **58.74** | **532.7** | | |  | **29.87** | | **32.44** | | **66.37** | **578.5** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **87** | **Суп картофельный с рыбн.консервами** | **250** | **8.6** | | | **8.41** | | **14.33** | **172.25** | | | **250** | **8.6** | | **8.41** | | **14.33** | **172.25** |
|  | Консервы рыбн. | 40/40 |  | | |  | |  |  | | | 40/40 |  | |  | |  |  |
|  | Картофель | 93.25/70 |  | | |  | |  |  | | | 93.25/70 |  | |  | |  |  |
|  | Морковь | 20/16 |  | | |  | |  |  | | | 20/16 |  | |  | |  |  |
|  | Лук | 11.3/9.75 |  | | |  | |  |  | | | 11.3/9.75 |  | |  | |  |  |
|  | Крупа рисовая | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло сливочное | 3.75/3.75 |  | | |  | |  |  | | | 3.75/3.75 |  | |  | |  |  |
| **202** | **Макароны отварные** | **150** | **5.46** | | | **5.79** | | **30.45** | **195.7** | | | **200** | **7.28** | | **7.71** | | **40.61** | **260.95** |
|  | Макаронные изделия | 50/50 |  | | |  | |  |  | | | 66.6/66.6 |  | |  | |  |  |
|  | Масло сливочное | 7.1/7.1 |  | | |  | |  |  | | | 9.5/9.5 |  | |  | |  |  |
| **№268** | **Котлета куриная** | **85** | **12,5** | | | **14,1** | | **8,4** | **220,5** | | | **85** | **12,5** | | **14,1** | | **8,4** | **220,5** |
|  | куры | 139,1/57 |  | | |  | |  |  | | | 139,1/57 |  | |  | |  |  |
|  | Хлеб пшеничный | 12,4/12,4 |  | | |  | |  |  | | | 12,4/12,4 |  | |  | |  |  |
|  | молоко | 18,6/18,6 |  | | |  | |  |  | | | 18,6/18,6 |  | |  | |  |  |
|  | сухари | 7,7/7,7 |  | | |  | |  |  | | | 7,7/7,7 |  | |  | |  |  |
|  | Масло сливочное | 5,7/5,7 |  | | |  | |  |  | | | 5,7/5,7 |  | |  | |  |  |
|  | соль | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **31.11** | | | **30.52** | | **9966** | **790.45** | | |  | **34.22** | | **32.01** | | **117.45** | **901.5** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 7** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | | | **5.37** | | **36.68** | **209.7** | | | **200** | **4.87** | | **7.17** | | **48.8** | **279.6** |
|  | Крупа рисовая | 54/54 |  | | |  | |  |  | | | 72/72 |  | |  | |  |  |
|  | Масло сливочное | 6.75/6.75 |  | | |  | |  |  | | | 9/9 |  | |  | |  |  |
| **№268** | **Котлета из говядины** | **100** | **16.5** | | | **24.2** | | **14.32** | **344** | | | **100** | **16.5** | | **24.2** | | **14.32** | **344** |
|  | говядина | 100/74 |  | | |  | |  |  | | | 100/74 |  | |  | |  |  |
|  | хлеб | 18/13,5 |  | | |  | |  |  | | | 18/13,5 |  | |  | |  |  |
|  | молоко | 24/24 |  | | |  | |  |  | | | 24/24 |  | |  | |  |  |
|  | лук | 10/8 |  | | |  | |  |  | | | 10/8 |  | |  | |  |  |
|  | сухари | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Масло раст | 6/6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
| **377** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | Сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **йогурт** | **110** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **110** | **5.13** | | **1.88** | | **7.38** | **66.88** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **29.83** | | | **34.39** | | **104.86** | **822.58** | | |  | **32.34** | | **35.04** | | **124.61** | **938.06** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **104** | **Суп с фрикадельками** | **250/35** | **8.89** | | | **6.59** | | **13.5** | **159.8** | | | **250/35** | **8.89** | | **6.56** | | **13.5** | **159.8** |
|  | Картофель | 114.6/86 |  | | |  | |  |  | | | 114,6/86 |  | |  | |  |  |
|  | Морковь | 10.75/8.6 |  | | |  | |  |  | | | 10.75/8.6 |  | |  | |  |  |
|  | Лук | 10.32/8.6 |  | | |  | |  |  | | | 10.32/8.6 |  | |  | |  |  |
|  | Томат пюре | 2.15/2.15 |  | | |  | |  |  | | | 2.15/2.15 |  | |  | |  |  |
|  | Масло растительное | 2.15/2.15 |  | | |  | |  |  | | | 2.15/2.15 |  | |  | |  |  |
|  | Бульон | 150.5/150.5 |  | | |  | |  |  | | | 150.5/150.5 |  | |  | |  |  |
|  | Фрикадельки: | 35 |  | | |  | |  |  | | | 35 |  | |  | |  |  |
|  | Говядина | 54.22/39.9 |  | | |  | |  |  | | | 54.22/39.9 |  | |  | |  |  |
|  | Лук | 4.17/3.5 |  | | |  | |  |  | | | 4.17/3.5 |  | |  | |  |  |
|  | Вода | 3.5/3.5 |  | | |  | |  |  | | | 3.5/3.5 |  | |  | |  |  |
|  | яйцо | 1/100шт/2.8 |  | | |  | |  |  | | | 1/100шт/2.8 |  | |  | |  |  |
|  | **Греча рассыпчатая** | **150** | **7.46** | | | **5.61** | | **35.84** | **230.45** | | | **200** | **9.94** | | **7.48** | | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  | | |  | |  |  | | | 80.8/80.8 |  | |  | |  |  |
|  | Масло сливочное | 5.3/5.3 |  | | |  | |  |  | | | 7/7 |  | |  | |  |  |
| **260** | **Гуляш** | **100** | **14.55** | | | **16.79** | | **2.89** | **221** | | | **100** | **14.55** | | **16.79** | | **2.89** | **221** |
|  | Говядина | 107/79 |  | | |  | |  |  | | | 107/79 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Лук | 12/10 |  | | |  | |  |  | | | 12/10 |  | |  | |  |  |
|  | Томат пюре | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | Мука | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
|  | Масса тушен.мяса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
|  | Масса соуса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **35.45** | | | **31.21** | | **98.71** | **813.25** | | |  | **35.28** | | **32.62** | | **118.28** | **935.86** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 8** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Ватрушка с творогом** | **100** | **12.5** | | | **6.7** | | **44.5** | **286.4** | | | **100** | **12.5** | | **6.7** | | **44.5** | **286.4** |
|  | Мука | 49/49 |  | | |  | |  |  | | | 49 |  | |  | |  |  |
|  | Сахар | 2.6/2.6 |  | | |  | |  |  | | | 2.6 |  | |  | |  |  |
|  | Масло сливочное | 2.2/2.2 |  | | |  | |  |  | | | 2.2 |  | |  | |  |  |
|  | Яйцо | 0.07/0.07 |  | | |  | |  |  | | | 0.07 |  | |  | |  |  |
|  | Дрожжи | 1.4/1.4 |  | | |  | |  |  | | | 1.4 |  | |  | |  |  |
|  | Молоко | 19.8/19.8 |  | | |  | |  |  | | | 19.8 |  | |  | |  |  |
|  | Фарш: |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | Творог | 33.3 |  | | |  | |  |  | | | 33.3 |  | |  | |  |  |
|  | Сахар | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  | Мука | 2.3/2.3 |  | | |  | |  |  | | | 2.3/2.3 |  | |  | |  |  |
|  | Яйцо | 0.09 |  | | |  | |  |  | | | 0.09 |  | |  | |  |  |
| **289** | **Рагу из птицы** | **150** | **2** | | | **3.6** | | **13.8** | **95.4** | | | **150** | **2** | | **3.6** | | **13.8** | **95.4** |
|  | Мясо птицы | 66.63/58.3 |  | | |  | |  |  | | | 66.63/58.3 |  | |  | |  |  |
|  | Картофель | 105.54/68.6 |  | | |  | |  |  | | | 105.54/68.6 |  | |  | |  |  |
|  | Морковь | 19.47/14.6 |  | | |  | |  |  | | | 19.47/14.6 |  | |  | |  |  |
|  | Томат пюре | 5.1/5.1 |  | | |  | |  |  | | | 5.1/5.1 |  | |  | |  |  |
|  | Лук | 10.2/8.6 |  | | |  | |  |  | | | 10.2/8.6 |  | |  | |  |  |
|  | Масло растительное | 3.4/3.4 |  | | |  | |  |  | | | 3.4/3.4 |  | |  | |  |  |
|  | Мука | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
| **377** | **Чай с лимоном** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | Сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | Лимон | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **19.05** | | | **12.52** | | **104.78** | **583.8** | | |  | **20.34** | | **12.09** | | **112.41** | **629.6** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **94** | **Суп молочный с крупой** | **250** | **6.2** | | | **7.9** | | **23.2** | **188** | | | **250** | **6.2** | | **7.9** | | **23.2** | **188** |
|  | Молоко | 125/125 |  | | |  | |  |  | | | 125/125 |  | |  | |  |  |
|  | Вода | 138/138 |  | | |  | |  |  | | | 138/138 |  | |  | |  |  |
|  | Крупа рис | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | Масло сливочное | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
|  | Сахар | 3/3 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Соль | 3/3 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
| **438** | **Омлет** | **150** | **14.27** | | | **22.16** | | **2.65** | **114.2** | | | **150** | **14.27** | | **22.16** | | **2.65** | **114.2** |
|  | яйцо | 3шт/120 |  | | |  | |  |  | | | 3шт/120 |  | |  | |  |  |
|  | молоко | 45/45 |  | | |  | |  |  | | | 45/45 |  | |  | |  |  |
|  | Масло слив | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | соль | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **25.02** | | | **32.28** | | **72.33** | **504.2** | | |  | **26.31** | | **31.85** | | **79.91** | **550** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 9** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **321** | **Капуста туш с мясом** | **100** | **10,1** | | | **12,7** | | **7,3** | **184** | | | **100** | **10,1** | | **12,7** | | **7,3** | **184** |
|  | говядина | 40/29 |  | | |  | |  |  | | | 40/29 |  | |  | |  |  |
|  | Масло растительное | 3/3 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Капуста свеж | 106/85 |  | | |  | |  |  | | | 106/85 |  | |  | |  |  |
|  | лук | 6/5 |  | | |  | |  |  | | | 6/5 |  | |  | |  |  |
|  | Томат пюре | 1,8/1,8 |  | | |  | |  |  | | | 1,8/1,8 |  | |  | |  |  |
|  | морковь | 10/8 |  | | |  | |  |  | | | 10/8 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Греча рассыпчатая** | **150** | **7.46** | | | **5.61** | | **35.84** | **230.45** | | | **200** | **9.94** | | **7.48** | | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  | | |  | |  |  | | | 80.8/80.8 |  | |  | |  |  |
|  | Масло сливочное | 5.3/5.3 |  | | |  | |  |  | | | 7/7 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **22.10** | | | **20.53** | | **89.62** | **616.45** | | |  | **25.88** | | **21.97** | | **109.19** | **739.06** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **88** | **Щи из св.капусты** | **250/10** | **6.37** | | | **10.06** | | **8.26** | **157.04** | | | **250/10** | **6.37** | | **10.06** | | **8.26** | **157.04** |
|  | Капуста свежая | 62.5/50 |  | | |  | |  |  | | | 62.5/50 |  | |  | |  |  |
|  | Картофель | 40/30 |  | | |  | |  |  | | | 40/30 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 15.2/12.5 |  | | |  | |  |  | | | 15.2/12.5 |  | |  | |  |  |
|  | Томат пюре | 2.5/2.5 |  | | |  | |  |  | | | 2.5/2.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сметана | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
| **732** | **Оладьи со сгущ.молок** | **100/40** | **7.4** | | | **9.2** | | **38.9** | **272** | | | **100/40** | **7.4** | | **9.2** | | **38.9** | **272** |
|  | Мука | 48.1/48.1 |  | | |  | |  |  | | | 48.1/48.1 |  | |  | |  |  |
|  | Сахар | 1.7/1.7 |  | | |  | |  |  | | | 1.7/1.7 |  | |  | |  |  |
|  | Молоко | 48.1/48.1 |  | | |  | |  |  | | | 48.1/48.1 |  | |  | |  |  |
|  | Дрожжи | 1.4/1.4 |  | | |  | |  |  | | | 1.4/1.4 |  | |  | |  |  |
|  | Масло растительное | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  | Соль | 3/3 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Молоко сгущеное | 40 |  | | |  | |  |  | | | 40 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **18.32** | | | **21.48** | | **93.64** | **631.04** | | |  | **19.61** | | **21.05** | | **101.27** | **676.84** |
|  | **Завтрак день 10** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Каша пшенная молочная** | **210** | **7.51** | | | **11.72** | | **37.05** | **285** | | | **210** | **7.51** | | **11.72** | | **37.05** | **285** |
|  | Крупа пшенная | 40/40 |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | Вода | 70/70 |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | Молоко | 100/100 |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | Сахар | 6/6 |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | Масло сливочное | 10/10 |  | | |  | |  |  | | |  |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
| **338** | **Фрукт** | **100** | **0.40** | | | **0.40** | | **9.8** | **47** | | | **100** | **0.40** | | **0.40** | | **9.8** | **47** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **сыр** | **20** | **5,2** | | | **5,32** | | **0** | **66,88** | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **37.5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **16.33** | | | **19.54** | | **85.33** | **561.28** | | |  | **11.89** | | **13.34** | | **88.75** | **521** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
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| **82** | **Борщ с капустой и смет** | **250/10** | **6.4** | | | **10.03** | | **11.55** | **171.04** | | | **250/10** | **6.4** | | **10.03** | | **11.55** | **171.04** |
|  | Свекла | 50/40 |  | | |  | |  |  | | | 50/40 |  | |  | |  |  |
|  | Капуста свежая | 25/20 |  | | |  | |  |  | | | 25/20 |  | |  | |  |  |
|  | Картофель | 26.7/20 |  | | |  | |  |  | | | 26.6/20 |  | |  | |  |  |
|  | Морковь | 12.5/10 |  | | |  | |  |  | | | 12.5/10 |  | |  | |  |  |
|  | Лук | 15.2/12.5 |  | | |  | |  |  | | | 15.2/12.5 |  | |  | |  |  |
|  | Томат пюре | 7.5/7.5 |  | | |  | |  |  | | | 7.5/7.5 |  | |  | |  |  |
|  | Масло растительное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сахар | 2.5/2.5 |  | | |  | |  |  | | | 2.5/2.5 |  | |  | |  |  |
|  | Бульон или вода | 200/200 |  | | |  | |  |  | | | 200/200 |  | |  | |  |  |
|  | Сметана | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
| **202** | **Макаронные изд.отвар** | **150** | **5.46** | | | **5.79** | | **30.45** | **195.7** | | | **200** | **7.28** | | **7.71** | | **40.61** | **260.95** |
|  | Макаронные изделия | 50/50 |  | | |  | |  |  | | | 66.6/66.6 |  | |  | |  |  |
|  | Масло сливочное | 7.1/7.1 |  | | |  | |  |  | | | 9.5/9.5 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **637** | **Курица отварная** | **100** | **21.10** | | | **13.6** | | **0** | **206.25** | | | **100** | **21.10** | | **13.6** | | **0** | **206.25** |
|  | Курица | 174.7/125.3 |  | | |  | |  |  | | | 174.7/125.3 |  | |  | |  |  |
|  | Лук | 3.3/2.7 |  | | |  | |  |  | | | 3.3/2.7 |  | |  | |  |  |
|  | Соль | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
| **943** | **Чай с сахаром** | **200** | **0.13** | | | **0.02** | | **15.2** | **62** | | | **200** | **0.13** | | **0.02** | | **15.2** | **62** |
|  | Чай заварка | 1/1 |  | | |  | |  |  | | | 1/1 |  | |  | |  |  |
|  | сахар | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
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|  | **Хлеб пшеничный** | **37,5** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.2** | | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **37.51** | | | **31.64** | | **88.48** | **774.99** | | |  | **40.62** | | **33.13** | | **106.27** | **886.04** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего за 10 дней** |  | **526,86** | | | **534.92** | | **2389.15** | **13743.73** | | |  | **570.71** | | **544.97** | | **2132.14** | **15618.9** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего за 10 дней на 1 человека** |  | **52.69** | | | **53.49** | | **238.9** | **1374.37** | | |  | **57.07** | | **54.5** | | **213.21** | **1561.89** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
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**Для ОВЗ: Дополняем фруктами ,соками и Йогуртами до нужной суммы**