Утверждаю

Директор школы

\_\_\_\_\_\_\_\_\_\_\_\_Т.Н.Еремеева

Приказ №64 от 24.08.2023

Единое примерное меню на 10 дней (2-х разовое) для обучающихся 5- классов

МБОУ «Донская ООШ» Беляевского района с ограниченными возможностями здоровья

в 2023-2024 учебном году

сезон весенне-летний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Наименование блюда | Вес блюда | Пищевые вещества | | | Энергетич  еская  ценность  (ккал) | Витамины (мг)  (А – мкг рет.экв) | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | | | | | | №  Реце  птуры |
| Б | Ж | У |
| B1 | | B2 | | А | | | D | | C | Na | K | | | Ca | | Mg | | P | | Fe | | | I | Se | | | | F |
| ***Неделя 1***  ***День 1*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | | |  |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | | |  |  |
| *Сыр твердых сортов в нарезке* | *15* | *3,5* | *4,4* | *0* | *53,7* | *0,01* | | *0,05* | | *39* | | | *0,15* | | *0,11* | *122* | *13* | | | *132* | | *5,3* | | *75* | | *0,15* | | | *0* | *2,18* | | | | *0* | *54-1з-2020* |
| *Каша вязкая молочная кукурузная* | *250* | *9* | *11,5* | *55* | *359,75* | *0,088* | | *0,18* | | *43,25* | | | *0,088* | | *0,65* | *419* | *214* | | | *146* | | *29* | | *148* | | *1,35* | | | *61* | *9,73* | | | | *25* | *54-2к-2020* |
| *Чай с сахаром* | *200* | *0,2* | *0* | *6,4* | *26,8* | *0* | | *0,01* | | *0,3* | | | *0* | | *0,04* | *0,7* | *20,8* | | | *4,5* | | *3,8* | | *7,2* | | *0,73* | | | *0* | *0* | | | | *0* | *54-2гн-2020* |
| *Хлеб пшеничный* | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | *0,135* | | *0* | | | *0* | | *0,09* | *212,9* | *63,45* | | | *56,25* | | *18,45* | | *58,05* | | *1,62* | | | *0* | *12,96* | | | | *0* | *Пром.* |
| *Хлеб ржаной* | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | *0,028* | | *0* | | | *0* | | *0* | *120* | *72,6* | | | *9,9* | | *17,1* | | *58,2* | | *1,36* | | | *0,96* | *1,66* | | | | *7,2* | *Пром.* |
| ***Итого за Завтрак*** | ***540*** | ***18*** | ***16,6*** | ***93,6*** | ***597,05*** | **0,338** | | **0,403** | | **82,55** | | | **0,238** | | **0,89** | **874,6** | **383,85** | | | **348,65** | | **73,65** | | **346,45** | | **5,21** | | | **61,96** | **26,5** | | | | **32,2** |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | | |  |  |
| Сок фруктовый | 200 | 0,4 | 0 | 20,6 | 84 | 0,02 | | 0,02 | | 0 | | | 0 | | 4 | 12 | 240 | | | 14 | | 8 | | 14 | | 2,8 | | | 2 | 0 | | | | 0 | *Пром.* |
| ***Итого за 1день*** | ***740*** | ***18,4*** | ***16,6*** | ***114,2*** | ***681,05*** | **0,358** | | **0,423** | | **82,55** | | | **0,238** | | **4,89** | **886,6** | **623,85** | | | **362,65** | | **81,65** | | **360,45** | | **8,01** | | | **63,96** | **26,5** | | | | **32,2** |  |
| ***Неделя 1***  ***День 2*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | |  | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | |  | |  |
| Салат из отварной свеклы | 100 | 1,3 | 4,5 | 7,6 | 76,1 | 0,01 | | 0,03 | | 1,14 | | | 0,15 | | 3,8 | 131 | 227 | | | 32 | | 18,2 | | 35,9 | | 1,2 | | | 20 | 0,6 | | | 0 | | 54-13з-2020 |
| *Макароны отварные* | *200* | *7* | *6,5* | *43,7* | *262,4* | 0,08 | | 0,04 | | 24,5 | | | 0,12 | | 0 | 198,7 | 71,7 | | | 16 | | 9,6 | | 54,6 | | 0,97 | | | 28 | 0,08 | | | 16 | | 54-1г-2020 |
| *Котлеты из курицы* | *100* | *19* | *4,3* | *13,3* | *168,7* | 0,07 | | 0,08 | | 6,29 | | | 0 | | 0,63 | 210,67 | 229,3 | | | 29,3 | | 64 | | 144 | | 1,37 | | | 17,3 | 18,4 | | | 102,7 | | *54-5м-2020* |
| *Соус красный основной* | *35* | *1,1* | *0,9* | *3,1* | *24,7* | 0,007 | | 0 | | 44,8 | | | 0,014 | | 0,94 | 4,2 | 49,7 | | | 0,81 | | 4,2 | | 8,4 | | 0,18 | | | 0,63 | 0,15 | | | 3,15 | | *54-3соус-2020* |
| *Чай с лимоном и сахаром* | *200* | *0,2* | *0,1* | *6,6* | *27,9* | 0 | | 0,01 | | 0,38 | | | 0 | | 1,16 | 1,3 | 30,2 | | | 6,9 | | 4,6 | | 8,5 | | 0,77 | | | 0 | 0,02 | | | 0,7 | | *54-3гн-2020* |
| *Хлеб пшеничный* | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | *0,135* | | *0* | | | *0* | | *0,09* | *212,9* | *63,45* | | | *56,25* | | *18,45* | | *58,05* | | *1,62* | | | *0* | *12,96* | | | *0* | | *Пром.* |
| *Хлеб ржаной* | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | *0,028* | | *0* | | | *0* | | *0* | *120* | *72,6* | | | *9,9* | | *17,1* | | *58,2* | | *1,36* | | | *0,96* | *1,66* | | | *7,2* | | *Пром.* |
| ***Итого за Завтрак*** | ***760*** | ***32.1*** | ***19.3*** | ***95.8*** | ***686.5*** | **0,517** | | **0,433** | | **91,14** | | | **0,164** | | **19,82** | **819,07** | **1486,92** | | | **168,16** | | **155,02** | | **417,15** | | **7,02** | | | **65,56** | **34,49** | | | **185,42** | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  | |  | |  | | |  |  | | |  | |  |
| Банан | 200 | 3 | 0 | 44,8 | 191,2 | 0,08 | | 0,1 | | 40 | | | 0 | | 20 | 62 | 696 | | | 16 | | 84 | | 56 | | 1,2 | | | 0,1 | 2 | | | 440 | | *Пром.* |
| ***Итого за 2 день*** | ***960*** | ***35.1*** | ***19.3*** | ***140.6*** | ***877.7*** | **0,597** | | **0,533** | | **131,14** | | | **0,164** | | **39,82** | **881,07** | **2182,92** | | | **184,16** | | **239,02** | | **473,15** | | **8,22** | | | **65,66** | **36,49** | | | **625,42** | |  |
| ***Неделя 1***  ***День 3*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  |  | | |  | | |  |  | | |  | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | |  | |  | | |  | |  |  |  | | |  | |  |  | | |  | | |  |  | | |  | |  |
| *Сыр твердых сортов в нарезке* | *15* | *3,5* | *4,4* | *0* | *53,7* | *0,01* | | *0,05* | | *39* | | | *0,15* | | *0,11* | *122* | *13* | | | *132* | | *5,3* | *75* | | | *0,15* | | | *0* | *2,18* | | | *0* | | *54-1з-2020* |
| Каша вязкая молочная овсяная с изюмом | 250 | 8,4 | 10,8 | 38,4 | 283,9 | 0,26 | | 0,21 | | 48,25 | 0,15 | | | | 0,63 | 424 | 409 | | | 174 | | 79 | 291 | | | 2,5 | | | 61,25 | 17,38 | | | 102,5 | | 54-10к-2020 |
| Чай с молоком и сахаром | 200 | 1,6 | 1,1 | 8,6 | 50,9 | 0,01 | | 0,07 | | 6,9 | 0 | | | | 0,3 | 20 | 81,3 | | | 57 | | 9,9 | 46 | | | 0,77 | | | 4,5 | 0,88 | | | 10 | | 54-4гн-2020 |
| Хлеб пшеничный | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | *0,135* | | *0* | *0* | | | | *0,09* | *212,9* | *63,45* | | | *56,25* | | *18,45* | *58,05* | | | *1,62* | | | *0* | *12,96* | | | *0* | | Пром. |
| Хлеб ржаной | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | | *0,028* | *0* | | | | *0* | *0* | *120* | | | *72,6* | *9,9* | | *17,1* | | *58,2* | | *1,36* | *0,96* | | | *1,66* | *7,2* | | | | Пром. |
| **Итого за Завтрак** | **540** | **18,8** | **17** | **79,2** | **545,3** | **0,52** | | | **0,493** | **94,15** | | | | **0,3** | **1,13** | **898,9** | | | **639,35** | **429,15** | | **129,75** | | **528,25** | | **6,4** | **66,71** | | | **35,06** | **119,7** | | | | Пром. |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| Яблоко | 200 | 0,8 | 0,8 | 19,6 | 88,8 | 0,06 | | | 0,04 | 10 | | | | 0 | 20 | 52 | | | 556 | 32 | | 18 | | 22 | | 4,4 | 40 | | | 6 | 160 | | | | Пром. |
| **Итого за 3 день** | **740** | **19,6** | **17,8** | **98,8** | **634,1** | **0,58** | | | **0,533** | **104,15** | | | | **0,3** | **21,13** | **950,9** | | | **1195,35** | **461,15** | | **147,75** | | **550,25** | | **10,8** | **106,71** | | | **41,06** | **279,7** | | | |  |
| ***Неделя 1***  ***День 4*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| *Макароны отварные* | *200* | *7* | *6,5* | *43,7* | *262,4* | 0,08 | | | 0,04 | 24,5 | | | | 0,12 | 0 | 198,7 | | | 71,7 | 16 | | 9,6 | | 54,6 | | 0,97 | 28 | | | 0,08 | 16 | | | | 54-1г-2020 |
| Рыба тушенная в томате с овощами (минтай) | 100 | 13,7 | 7,4 | 6,3 | 147,1 | 0,09 | | | 0,12 | 56,3 | | | | 0,28 | 0,27 | 162 | | | 344 | 110 | | 46 | | 226 | | 0,78 | 141 | | | 12,7 | 587 | | | | 54-11р-2020 |
| *Какао с молоком* | *200* | *4,7* | *3,5* | *12,5* | *100,4* | 0 | | | 0,01 | 0,38 | | | | 0 | 1,16 | 1,3 | | | 30,2 | 6,9 | | 4,6 | | 8,5 | | 0,77 | 0 | | | 0,02 | 0,7 | | | | *54-3гн-2020* |
| *Хлеб пшеничный* | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | | *0,135* | *0* | | | | *0* | *0,09* | *212,9* | | | *63,45* | *56,25* | | *18,45* | | *58,05* | | *1,62* | *0* | | | *12,96* | *0* | | | | Пром. |
| *Хлеб ржаной* | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | | *0,028* | *0* | | | | *0* | *0* | *120* | | | *72,6* | *9,9* | | *17,1* | | *58,2* | | *1,36* | *0,96* | | | *1,66* | *7,2* | | | | Пром. |
| ***Итого за Завтрак*** | ***575*** | ***30,7*** | ***18,1*** | ***94,7*** | ***666,7*** | **0,54** | | | **0,503** | **112,46** | | | | **0,44** | **25,19** | **760,7** | | | **1571,25** | **285,85** | | **148,95** | | **560,95** | | **6,7** | **217,26** | | | **31,86** | **805,65** | | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| Йогурт питьевой 2,5% | 200 | 6,8 | 5,1 | 11,1 | 116,3 | 0.06 | | | 0.26 | 46 | | | | 0.06 | 3,2 | 90 | | | 246 | 218 | | 26 | | 170 | | 0.2 | 18 | | | 4 | 40 | | | | Пром. |
| ***Итого за 4 день*** | ***875*** | ***37,5*** | ***23,2*** | ***105,8*** | ***783*** | **0,6** | | | **0,763** | **158,46** | | | | **0,5** | **28,39** | **850,7** | | | **1817,25** | **503,85** | | **174,95** | | **730,95** | | **6,9** | **235,26** | | | **35,86** | **845,65** | | | |  |
| ***Неделя 1***  ***День 5*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| *Картофельное пюре* | *200* | *4,1* | *7,1* | *26,4* | *185,87* | 0,16 | | | 0,15 | 31,7 | | | | 0,09 | 13,6 | 216 | | | 833,3 | 52 | | 37,3 | | 112 | | 1,37 | 37,3 | | | 1,04 | 57,3 | | | | 54-11г-2020 |
| *Котлеты из говядины* | *100* | *18,27* | *17,3* | *16,4* | *295,2* | 0,06 | | | 0,15 | 20,75 | | | | 0,09 | 0,12 | 248 | | | 294,7 | 26,7 | | 26,7 | | 184 | | 2,59 | 20 | | | 3,9 | 61,3 | | | | 54-4м-2020 |
| *Соус молочный натуральный* | *30* | *1,1* | *2,2* | *2,9* | *35,7* | 0,012 | | | 0,039 | 10,44 | | | | 0,03 | 0,156 | 38,1 | | | 39,3 | 33 | | 3,9 | | 26,1 | | 0,057 | 6,3 | | | 0,675 | 6,6 | | | | 54-5соус-2020 |
| Чай с сахаром | 200 | 0,2 | 0 | 6,4 | 26,8 | 0 | | | 0,01 | 0,3 | | | | 0 | 0,04 | 0,7 | | | 20,8 | 4,5 | | 3,8 | | 7,2 | | 0,73 | 0 | | | 0 | 0 | | | | 54-2гн-2020 |
| Хлеб пшеничный | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | | *0,135* | *0* | | | | *0* | *0,09* | *212,9* | | | *63,45* | *56,25* | | *18,45* | | *58,05* | | *1,62* | *0* | | | *12,96* | *0* | | | | Пром. |
| Хлеб ржаной | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | | *0,028* | *0* | | | | *0* | *0* | *120* | | | *72,6* | *9,9* | | *17,1* | | *58,2* | | *1,36* | *0,96* | | | *1,66* | *7,2* | | | | Пром. |
| **Итого за Завтрак** | ***705*** | ***29*** | ***27,3*** | ***84,3*** | ***673,6*** | **0,652** | | | **0,552** | **190,09** | | | | **0,24** | **25,406** | **821,4** | | | **1072,85** | **164,35** | | **249,95** | | **601,55** | | **12,647** | **58,56** | | | **24,285** | **116,4** | | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| Сок яблочный | 200 | 1 | 0,2 | 20,2 | 86,6 | 0,02 | | | 0,02 | 0 | | | | 0 | 4 | 12 | | | 240 | 14 | | 8 | | 14 | | 2,8 | 2 | | | 0 | 0 | | | | Пром. |
| **Итого за 5 день** | ***905*** | ***30*** | ***27,5*** | ***104,5*** | ***760,2*** | **0,672** | | | **0,572** | **190,09** | | | | **0,24** | **29,406** | **833,4** | | | **1312,85** | **178,35** | | **257,95** | | **615,55** | | **15,447** | **60,56** | | | **24,285** | **116,4** | | | |  |
| ***Неделя 2***  ***День 1*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| *Сыр твердых сортов в нарезке* | *15* | *3,5* | *4,4* | *0* | *53,7* | 0,18 | | | 0,15 | 41,6 | | | | 0,13 | 0,54 | 339 | | | 216 | 127 | | 49 | | 186 | | 1,32 | 52 | | | 3,11 | 35 | | | | 54-6к-2020 |
| *Каша вязкая молочная пшенная* | *250* | *10,38* | *12,6* | *47* | *343,6* | 0,05 | | | 0,21 | 21,6 | | | | 0 | 1,08 | 62,5 | | | 275 | 178,75 | | 42,5 | | 162,5 | | 1,36 | 15 | | | 2,86 | 47,5 | | | | 54-21гн-2020 |
| *Чай с лимоном и сахаром* | *200* | *0,2* | *0,1* | *6,6* | *27,9* | 0,06 | | | 0,045 | 0 | | | | 0 | 0,03 | 70,95 | | | 21,15 | 18,75 | | 6,15 | | 19,35 | | 0,54 | 0 | | | 4,32 | 0 | | | | Пром. |
| *Хлеб пшеничный* | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | | | *0,135* | *0* | | | | *0* | *0,09* | *212,9* | | | *63,45* | *56,25* | | *18,45* | | *58,05* | | *1,62* | *0* | | | *12,96* | *0* | | | | Пром. |
| *Хлеб ржаной* | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | | | *0,028* | *0* | | | | *0* | *0* | *120* | | | *72,6* | *9,9* | | *17,1* | | *58,2* | | *1,36* | *0,96* | | | *1,66* | *7,2* | | | |  |
| ***Итого за Завтрак*** | ***540*** | ***19,38*** | ***17,8*** | ***85,8*** | ***582*** | **0,53** | | | **0,568** | **63,2** | | | | **0,13** | **1,74** | **805,35** | | | **648,2** | **390,65** | | **133,1** | | **484,1** | | **6,2** | **67,96** | | | **24,91** | **89,7** | | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| Яблоко | 200 | 0,8 | 0,8 | 19,6 | 88,8 | 0,06 | | | 0,04 | 10 | | | | 0 | 20 | 52 | | | 556 | 32 | | 18 | | 22 | | 4,4 | 40 | | | 6 | 160 | | | | Пром. |
| ***Итого за 1 день*** | ***740*** | ***20,18*** | ***18,6*** | ***105,4*** | ***670,8*** | **0,59** | | | **0,608** | **73,2** | | | | **0,13** | **21,74** | **857,35** | | | **1204,2** | **422,65** | | **151,1** | | **506,1** | | **10,6** | **107,96** | | | **30,91** | **249,7** | | | |  |
| ***Неделя 2***  ***День 2*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  | | |  |  | | | |  |  |  | | |  |  | |  | |  | |  |  | | |  |  | | | |  |
| *Каша гречневая рассыпчатая* | *200* | *11,07* | *8,4* | *48* | *311,6* | 0,28 | | | 0,16 | 25,6 | | | | 0,12 | 0 | 198,7 | | | 292 | 20 | | 160 | | 241,3 | | 5,39 | 29,3 | | | 4,69 | 21,3 | | | | 54-4г-2020 |
| *Курица тушеная с морковью* | *100* | *14,1* | *5,8* | *4,4* | *126,4* | 0,04 | | | 0,05 | 286 | | | | 0,02 | 1,3 | 249 | | | 209 | 23 | | 55 | | 112 | | 1 | 35 | | | 12,2 | 95 | | | | 54-25м-2020 |
| *Чай с лимоном и сахаром* | *200* | *0,2* | *0,1* | *6,6* | *27,9* | 0 | 0,01 | | | 0,38 | | 0 | | | 1,16 | 1,3 | | 30,2 | | 6,9 | | 4,6 | | | 8,5 | 0,77 | | 0 | | 0,02 | | 0,7 | | | 54-3гн-2020 |
| *Хлеб пшеничный* | *45* | *3,4* | *0,4* | *22,1* | *105,5* | *0,18* | *0,135* | | | *0* | | *0* | | | *0,09* | *212,9* | | *63,45* | | *56,25* | | *18,45* | | | *58,05* | *1,62* | | *0* | | *12,96* | | *0* | | | Пром. |
| *Хлеб ржаной* | *25* | *1,7* | *0,3* | *8,4* | *42,7* | *0,06* | *0,028* | | | *0* | | *0* | | | *0* | *120* | | *72,6* | | *9,9* | | *17,1* | | | *58,2* | *1,36* | | *0,96* | | *1,66* | | *7,2* | | | Пром. |
| ***Итого за Завтрак*** | ***560*** | ***30,5*** | ***15*** | ***89,5*** | ***614,1*** | **0,43** | **0,293** | | | **443,88** | | **0,14** | | | **27,55** | **784,9** | | **736,95** | | **126,09** | | **124,75** | | | **318,05** | **6,62** | | **65,96** | | **27,32** | | **138,9** | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | |  | |  | | |  |  | |  | |  | |  | | |  |
| *Ряженка 2,5%* | *200* | *5,8* | *5* | *8,4* | *101,8* | *0,03* | *0,216* | | | *37* | | *0,05* | | | *0,5* | *83,3* | | *243* | | *206* | | *23* | | | *153* | *0,17* | | *15* | | *1,7* | | *33* | | | Пром. |
| ***Итого за 2 день*** | ***760*** | ***36,3*** | ***20*** | ***97,9*** | ***715,9*** | **0,46** | **0,509** | | | **480,88** | | **0,19** | | | **28,05** | **868,2** | | **942,95** | | **332,09** | | **147,75** | | | **471,05** | **6,79** | | **80,96** | | **29,02** | | **171,9** | | |  |
| ***Неделя 2***  ***День 3*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | |  | |  | | |  |  | |  | |  | |  | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | |  | |  | | |  |  | |  | |  | |  | | |  |
| Салат из отварной свеклы | 100 | 1,3 | 4,5 | 7,6 | 76,1 | 0,01 | 0,03 | | | 1,14 | | 0,15 | | | 3,8 | 131 | | 227 | | 32 | | 18,2 | | | 35,9 | 1,2 | | 20 | | 0,6 | | 0 | | | 54-13з-2020 |
| *Рис отварной* | *200* | *4,9* | *6,4* | *48,7* | *271,3* | 0,04 | 0,04 | | | 24,53 | | 0,12 | | | 0 | 204 | | 62,1 | | 9,2 | | 32 | | | 97,3 | 0,65 | | 28 | | 9,65 | | 36 | | | 54-6г-2020 |
| *Котлеты из курицы* | 100 | 19,1 | 4,2 | 13,3 | 168,7 | 0,05 | 0,06 | | | 4,72 | | 0 | | | 0,47 | 158 | | 172 | | 22 | | 48 | | | 108 | 1,03 | | 13 | | 13,8 | | 77 | | | *54-5м-2020* |
| *Соус молочный натуральный* | *30* | *1,1* | *2,2* | *2,9* | *35,7* | 0,012 | 0,039 | | | 10,44 | | 0,03 | | | 0,156 | 38,1 | | 39,3 | | 33 | | 3,9 | | | 26,1 | 0,057 | | 6,3 | | 0,675 | | 6,6 | | | 54-5соус-2020 |
| *Чай с сахаром* | *200* | *0,2* | *0* | *6,4* | *26,8* | 0 | 0,01 | | | 0,3 | | 0 | | | 0,04 | 0,7 | | 20,8 | | | 4,5 | 3,8 | | | 7,2 | 0,73 | | 0 | | 0 | | 0 | | | 54-2гн-2020 |
| *Хлеб пшеничный* | *45* | *3,3* | *0,3* | *22,2* | *105,6* | *0,18* | *0,135* | | | *0* | | *0* | | | *0,09* | *212,9* | | *63,45* | | | *56,25* | *18,45* | | | *58,05* | *1,62* | | *0* | | *12,96* | | *0* | | | Пром. |
| *Хлеб ржаной* | *30* | *2* | *0,4* | *10* | *51,2* | *0,06* | *0,028* | | | *0* | | *0* | | | *0* | *120* | | *72,6* | | | *9,9* | *17,1* | | | *58,2* | *1,36* | | *0,96* | | *1,66* | | *7,2* | | | Пром. |
| ***Итого за Завтрак*** | ***705*** | ***31,9*** | ***18*** | ***111*** | ***735,4*** | **0,382** | **0,432** | | | **66,02** | | **0,24** | | | **10,406** | **831,7** | | **694,65** | | | **162,85** | **115,95** | | | **472,55** | **7,607** | | **58,26** | | **29,145** | | **127,8** | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| Банан | 200 | 3 | 0 | 44,8 | 191,2 | 0,08 | 0,1 | | | 40 | | 0 | | | 20 | 62 | | 696 | | | 16 | 84 | | | 56 | 1,2 | | 0,1 | | 2 | | 440 | | | *Пром.* |
| ***Итого за 3 день*** | ***905*** | ***34,98*** | ***18*** | ***155,8*** | ***926,6*** | **0,462** | **0,532** | | | **106,02** | | **0,24** | | | **30,406** | **893,7** | | **1390,65** | | | **178,85** | **199,95** | | | **528,55** | **8,807** | | **58,36** | | **31,245** | | **567,8** | | |  |
| ***Неделя 2***  ***День 4*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| *Картофель отварной в молоке* | *200* | *6* | *7,3* | *35,3* | *231,6* | 0,19 | 0,16 | | | 11,12 | | 0 | | | 14,5 | 225 | | 922,7 | | | 82,7 | 44 | | | 145 | 1,57 | | 41 | | 2 | | 68 | | | 54-10г-2020 |
| *Котлета рыбная любительская\*\** | *100* | *12,8* | *4,1* | *6,1* | *112,3* | 0,08 | 0,13 | | | 295 | | 0,46 | | | 0,94 | 189 | | 316 | | | 51 | 44 | | | 189 | 1,05 | | 122 | | 13,6 | | 494 | | | 54-14р-2020 |
| *Соус молочный натуральный* | *30* | *1,1* | *2,2* | *2,9* | *35,7* | 0,03 | 0,13 | | | 13,3 | | 0 | | | 0,52 | 39 | | 184 | | | 111 | 31 | | | 107 | 1,07 | | 9 | | 1,76 | | 20 | | | 54-23гн-2020 |
| *Кофейный напиток с молоком* | *200* | *3,9* | *2,9* | *11,2* | *86* | 0,18 | 0,135 | | | 0 | | 0 | | | 0,09 | 212,85 | | 63,45 | | | 56,25 | 18,45 | | | 58,05 | 1,62 | | 0 | | 12,96 | | 0 | | | Пром. |
| *Хлеб пшеничный* | *45* | *3,4* | *0,4* | *22,1* | *105,5* | 0,05 | 0,023 | | | 0 | | 0 | | | 0 | 100 | | 61 | | | 8,25 | 14,25 | | | 48,5 | 1,13 | | 0,8 | | 1,38 | | 6 | | | Пром. |
| *Хлеб ржаной* | *25* | *1,7* | *0,3* | *8,4* | *42,7* | 0,05 | 0,023 | | | 0 | | 0 | | | 0 | 100 | | 61 | | | 8,25 | 14,25 | | | 48,5 | 1,13 | | 0,8 | | 1,38 | | 6 | | | Пром. |
| ***Итого за Завтрак*** | ***600*** | ***28,9*** | ***17,2*** | ***86*** | ***613,8*** | **0,58** | **0,601** | | | **319,42** | | **0,46** | | | **16,05** | **865,85** | | **1608,15** | | | **317,45** | **165,95** | | | **596,05** | **7,54** | | **173,6** | | **33,08** | | **594** | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| Яблоко | 200 | 0,8 | 0,8 | 19,6 | 88,8 | 0,06 | 0,04 | | | 10 | | 0 | | | 20 | 52 | | 556 | | | 32 | 18 | | | 22 | 4,4 | | 40 | | 6 | | 160 | | | Пром. |
| ***Итого за 4 день*** | ***800*** | ***29,7*** | ***18*** | ***105,6*** | ***702,6*** | **0,64** | **0,641** | | | **329,42** | | **0,46** | | | **36,05** | **917,85** | | **2164,15** | | | **349,45** | **183,95** | | | **618,05** | **11,94** | | **213,6** | | **39,08** | | **754** | | |  |
| ***Неделя 2***  ***День 5*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| ***ЗАВТРАК*** |  |  |  |  |  |  |  | | |  | |  | | |  |  | |  | | |  |  | | |  |  | |  | |  | |  | | |  |
| Джем фруктовый\*\* | 20 | 0,1 | 0 | 7,2 | 29 | 0,002 | 0,004 | | | 10 | | 0 | | | 0,48 | 0,4 | | 30,4 | | | 2,4 | 1,8 | | | 3,6 | 0,08 | | 0 | | 0 | | 0 | | | Пром. |
| Каша «Дружба» | 250 | 6,25 | 7,25 | 30,13 | 211,13 | 0,09 | 0,15 | | | 34 | | 0,09 | | | 0,66 | 420 | | 196,25 | | | 145 | 33,75 | | | 155 | 0,66 | | 62,5 | | 5,11 | | 38,75 | | | 54-16к-2020 |
| Чай с молоком и сахаром | 200 | 1,6 | 1,1 | 8,6 | 50,9 | 0,01 | 0,07 | | | 6,9 | | 0 | | | 0,3 | 20 | | 81,3 | | | 57 | 9,9 | | | 46 | 0,77 | | 4,5 | | 0,88 | | 10 | | | 54-4гн-2020 |
| Хлеб пшеничный | 45 | 3,4 | 0,4 | 22,1 | 105,5 | 0,05 | 0,023 | | | 0 | | 0 | | | 0 | 100 | | 61 | | | 8,25 | 14,25 | | | 48,5 | 1,13 | | 0,8 | | 1,38 | | 6 | | | Пром. |
| Хлеб ржаной | 25 | 1,7 | 0,3 | 8,4 | 42,7 | 0,05 | 0,023 | | | 0 | | 0 | | | 0 | 100 | | 61 | | | 8,25 | 14,25 | | | 48,5 | 1,13 | | 0,8 | | 1,38 | | 6 | | | Пром. |
| **Итого за Завтрак** | **540** | **13,05** | **9,05** | **76,43** | **439,23** | **0,202** | **0,27** | | | **50,9** | **0,09** | | | | **1,44** | **640,4** | | **429,95** | | | **220,9** | **163,05** | | | **301,6** | **3,74** | | **68,6** | | **8,75** | **60,75** | | | |  |
| ***ВТОРОЙ ЗАВТРАК*** |  |  |  |  |  |  |  | | |  |  | | | |  |  | |  | | |  |  | | |  |  | |  | |  |  | | | |  |
| *Сок яблочный* | *200* | *1* | *0,2* | *20,2* | *86,6* | 0,02 | 0,02 | | | 0 | 0 | | | | 4 | 12 | | 240 | | | 14 | 8 | | | 14 | 2,8 | | 2 | | 0 | 0 | | | | Пром. |
| **Итого за 5 день** | **740** | **14,05** | **9,25** | **96,63** | **525,83** | **0,222** | **0,29** | | | **50,9** | **0,09** | | | | **5,44** | **652,4** | | **669,95** | | | **234,9** | **171,05** | | | **315,6** | **6,54** | | **70,6** | | **8,75** | **607,5** | | | |  |
| **Средние показатели за ЗАВТРАКИ** | 617,5 | 26,26 | 19,97 | 89,61 | 643,8 | **0,469** | **0,454** | | | **151,38** | **0,244** | | | | **12,96** | **810,29** | | **927,21** | | | **261,41** | **146,01** | | | **462,67** | **6,97** | | **90,44** | | **2,75** | **227,05** | | | |  |
| ***Средние показатели за ДЕНЬ*** | 817,5 | 28,6 | 21,27 | 112,5 | 756,2 | **0,518** | **0,54** | | | **170,68** | **0,255** | | | | **24,53** | **849,22** | | **1350,41** | | | **320,8** | **175,51** | | | **516,97** | **9,41** | | **106,36** | | **30,32** | **425,03** | | | |  |

*Джем фруктовый\*\* -* допускается выдача иных фруктовых джемов;

*Овощи свежие в нарезке, горошек зеленый\*\*\* -* допускается выдача иных овощей