|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **ДЕНЬ 1** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **539** | **Каша гречневая молочная** | **150** | **3,38** | **3,26** | **24,4** | **140,46** | | **0,09** | | **0** | | **0** | | **0,1** | | **17,9** | | **73,54** | | **107,9** | | **1,1** | |
| **1203** | **Чай с сахаром** | **200** | **0,2** | **0** | **14** | **56,8** | | **0** | | **0** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
| **28** | **Сыр** | **15** | **3,48** | **4,43** | **0** | **53,79** | | **0,007** | | **0,11** | | **0,04** | | **0,08** | | **132,1** | | **5,33** | | **75,3** | | **0,17** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **9,04** | **16,25** | **50,39** | **383,97** | | **0,117** | | **0,11** | | **0,1** | | **0,7** | | **164,65** | | **84,51** | | **238,2** | | **2,75** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 2** |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **588** | **Омлет натуральный, запеченный** | **140** | **14,47** | **9,2** | **2,24** | **149,64** | | **0,01** | | **1,2** | | **0,01** | | **0,65** | | **183,7** | | **62,4** | | **290** | | **1** | |
| **424** | **Зеленый горошек отварной (консерв.)** | **40** | **1,28** | **0,08** | **16,4** | **71,44** | | **0,05** | | **4** | | **0** | | **0** | | **8** | | **8** | | **24,8** | | **0,32** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
| **1221** | **Кофейный напиток** | **200** | **1,4** | **2** | **27** | **131,6** | | **0,02** | | **0,6** | | **0,08** | | **0** | | **34** | | **7** | | **45** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **19,13** | **19,84** | **57,63** | **485,6** | | **0,1** | | **5,8** | | **0,15** | | **1,17** | | **235,4** | | **78,64** | | **406,8** | | **2** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 3** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **103** | **Огурец свежий** | **100** | **0,8** | **0,1** | **2,5** | **14,1** | | **0,03** | | **10** | | **0** | | **0,1** | | **23** | | **14** | | **42** | | **0,6** | |
| **841** | **Котлета мясная (говядина)** | **80** | **11,36** | **9,12** | **5,25** | **148,52** | | **0,03** | | **0** | | **0** | | **0,56** | | **21** | | **26** | | **146** | | **1,1** | |
| **946** | **Картофельное пюре** | **150** | **3,06** | **4,8** | **20,45** | **137,24** | | **0,15** | | **15,6** | | **0,04** | | **0,2** | | **40** | | **7,75** | | **84** | | **1** | |
| **1204** | **Чай с лимоном** | **200/7** | **0,2** | **0** | **0,07** | **1,08** | | **0** | | **2,2** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **17,4** | **22,58** | **40,26** | **433,86** | | **0,23** | | **27,8** | | **0,1** | | **1,38** | | **98,65** | | **53,39** | | **327** | | **4,18** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 4** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **499** | **Запеканка творожно-морковная** | **180** | **9** | **3,86** | **36,5** | **216,74** | | **0,01** | | **4,4** | | **0** | | **0,3** | | **76** | | **4,2** | | **118** | | **0,9** | |
| **1044** | **Соус сметанный** | **15** | **0,3** | **0,78** | **0,84** | **11,58** | | **0,006** | | **0** | | **0,004** | | **0,006** | | **4,2** | | **0,9** | | **6,9** | | **0,03** | |
| **1222** | **Какао с молоком** | **200** | **2,64** | **2,62** | **22,92** | **125,82** | | **0,04** | | **0,6** | | **0,01** | | **0,048** | | **173,72** | | **1,02** | | **85,4** | | **0,58** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **13,92** | **15,82** | **72,25** | **487,06** | | **0,076** | | **5** | | **0,074** | | **0,874** | | **263,62** | | **7,36** | | **257,3** | | **2,19** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 5** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **570** | **Макаронные изделия с сыром** | **180** | **10,6** | **5,98** | **34** | **232,22** | | **0,01** | | **0** | | **0,3** | | **0,99** | | **230,9** | | **0,86** | | **171,6** | | **0,06** | |
|  | **Яблоко** | **150** | **0,6** | **0,6** | **14,7** | **66,6** | | **0,7** | | **24** | | **0** | | **1,73** | | **6** | | **7,5** | | **12** | | **1,13** | |
| **1203** | **Чай с сахаром** | **200** | **0,2** | **0** | **14** | **56,8** | | **0** | | **0** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
| **1203** | **Джем (повидло)** | **18** | **0,07** | **0** | **11,7** | **47,08** | | **0** | | **0,09** | | **0** | | **0** | | **2,52** | | **1,26** | | **1,62** | | **0,23** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **13,45** | **6,94** | **86,29** | **461,42** | | **0,73** | | **24,09** | | **0,3** | | **3,14** | | **253,07** | | **15,26** | | **238,2** | | **2,9** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 6** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **364** | **Суп молочный с крупой** | **200** | **4,4** | **3,76** | **15,84** | **114,8** | | **0,06** | | **0,64** | | **0,02** | | **0,2** | | **118,4** | | **18,4** | | **154,6** | | **0,4** | |
| **1222** | **Какао с молоком** | **200** | **2,64** | **2,62** | **22,92** | **125,82** | | **0,04** | | **0,6** | | **0,01** | | **0,048** | | **173,72** | | **1,02** | | **85,4** | | **0,58** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **9,02** | **14,94** | **50,75** | **373,54** | | **0,12** | | **1,24** | | **0,09** | | **0,768** | | **301,82** | | **20,66** | | **287** | | **1,66** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 7** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **946** | **Картофельное пюре** | **150** | **3,06** | **4,8** | **20,45** | **137,24** | | **0,15** | | **15,6** | | **0,04** | | **0,2** | | **40** | | **7,75** | | **84** | | **1** | |
| 905 | **Биточки рубленые из птицы паровые с соусом сметанным** | **80/25** | **14,8** | **5,76** | **5,44** | **132,80** | | **0,04** | | **1,17** | | **0,06** | | **0,73** | | **50** | | **30** | | **164,5** | | **1,12** | |
| **1203** | **Чай с сахаром** | **200** | **0,2** | **0** | **14** | **56,8** | | **0** | | **0** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
| **28** | **Сыр** | **15** | **3,48** | **4,43** | **0** | **53,79** | | **0,007** | | **0,11** | | **0,04** | | **0,08** | | **132,1** | | **5,33** | | **75,3** | | **0,17** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **23,52** | **23,55** | **51,88** | **513,55** | | **0,217** | | **16,88** | | **0,2** | | **1,53** | | **236,75** | | **48,72** | | **378,8** | | **3,77** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 8** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **551** | **Запеканка рисовая с творогом** | **200** | **11,2** | **4,2** | **50** | **282,6** | | **0,06** | | **0** | | **0,04** | | **3** | | **74** | | **40** | | **186** | | **1** | |
| **1044** | **Соус сметанный** | **15** | **0,3** | **0,78** | **0,84** | **11,58** | | **0,06** | | **0** | | **0,004** | | **0,006** | | **4,2** | | **0,9** | | **6,9** | | **0,03** | |
| **1222** | **Какао с молоком** | **200** | **2,64** | **2,62** | **22,92** | **125,82** | | **0,04** | | **0,6** | | **0,01** | | **0,048** | | **173,72** | | **1,02** | | **85,4** | | **0,58** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **16,12** | **16,16** | **85,75** | **552,92** | | **0,18** | | **0,6** | | **0,114** | | **3,574** | | **261,62** | | **43,16** | | **325,3** | | **2,29** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 9** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **539** | **Каша овсяная молочная** | **150** | **3,62** | **6** | **22,2** | **157,28** | | **0,09** | | **0** | | **0** | | **1,2** | | **34,5** | | **43,5** | | **126** | | **1,2** | |
| **1203** | **Чай с сахаром** | **200** | **0,2** | **0** | **14** | **56,8** | | **0** | | **0** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **5,8** | **14,56** | **48,19** | **347** | | **0,11** | | **0** | | **0,06** | | **1,72** | | **49,15** | | **49,14** | | **181** | | **2,68** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 10** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **619** | **Пудинг творожный с изюмом** | **180** | **23,34** | **3,18** | **49,2** | **318,78** | | **0,11** | | **0,36** | | **0,11** | | **1,44** | | **234** | | **39,6** | | **338,4** | | **1,6** | |
| **1090** | **Соус клюквенный** | **15** | **0** | **0** | **1,89** | **7,56** | | **0** | | **1,14** | | **0** | | **0** | | **0,3** | | **0** | | **0,3** | | **0,02** | |
|  | **Яблоко** | **150** | **0,6** | **0,6** | **14,7** | **66,6** | | **0,7** | | **24** | | **0** | | **1,73** | | **6** | | **7,5** | | **12** | | **1,13** | |
| **1221** | **Кофейный напиток** | **200** | **1,4** | **2** | **27** | **131,6** | | **0,02** | | **0,6** | | **0,08** | | **0** | | **34** | | **7** | | **45** | | **0** | |
| **1203** | **Джем (повидло)** | **18** | **0,07** | **0** | **11,7** | **47,08** | | **0** | | **1,8** | | **0** | | **0,2** | | **12** | | **2** | | **6** | | **0,2** | |
|  | **Хлеб ржаной** |  | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **27,39** | **6,14** | **116,38** | **630,34** | | **0,85** | | **27,9** | | **0,19** | | **3,79** | | **295** | | **57,34** | | **446,7** | | **3,63** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 11** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **1003** | **Помидор свежий** | **100** | **1,1** | **0,2** | **3,8** | **21,4** | | **0,06** | | **25** | | **0** | | **0,7** | | **14** | | **20** | | **26** | | **0,9** | |
| **588** | **Омлет натуральный, запеченный** | **140** | **14,47** | **9,2** | **2,24** | **149,64** | | **0,01** | | **1,2** | | **0,01** | | **0,65** | | **183,7** | | **62,4** | | **290** | | **1** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
| **1204** | **Чай с лимоном** | **200/7** | **0,2** | **0** | **0,07** | **1,08** | | **0** | | **2,2** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **17,75** | **17,96** | **18,1** | **305,04** | | **0,09** | | **28,4** | | **0,07** | | **1,87** | | **212,35** | | **88,04** | | **371** | | **3,38** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **ДЕНЬ 12** |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **№ рец.** | **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **ЭЦ (ккал)** | | Витамины, мг | | | | | |  | | Минеральные вещества, мг | | | | | | | |
| **Б** | **Ж** | **У** | **В1** | | **С** | | **А** | | **Е** | | **Ca** | | **Mg** | | **Р** | | **Fe** | |
| **848** | **Тефтеля (говядина)** | **80** | **8,59** | **7,98** | **2,99** | **118,14** | | **0,03** | | **2,4** | | **0** | | **0,56** | | **17,6** | | **0,07** | | **158,6** | | **0,32** | |
| **445** | **Рагу из овощей** | **150** | **3,05** | **6,48** | **20,6** | **152,92** | | **0,07** | | **41** | | **0** | | **1,6** | | **136,4** | | **29,22** | | **141,8** | | **0,19** | |
| **27** | **Масло сливочное** | **10** | **0** | **8,2** | **0,1** | **74,2** | | **0** | | **0** | | **0,06** | | **0,1** | | **1** | | **0** | | **2** | | **0** | |
| **1203** | **Чай с сахаром** | **200** | **0,2** | **0** | **14** | **56,8** | | **0** | | **0** | | **0** | | **0** | | **4,95** | | **4,4** | | **8** | | **0,8** | |
|  | **Хлеб ржаной** | **30** | **1,98** | **0,36** | **11,89** | **58,72** | | **0,02** | | **0** | | **0** | | **0,42** | | **8,7** | | **1,24** | | **45** | | **0,68** | |
|  |  |  | **13,82** | **23,02** | **49,58** | **460,78** | | **0,12** | | **43,4** | | **0,06** | | **2,68** | | **168,65** | | **34,93** | | **355,4** | | **1,99** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | **Среднедневная энергетич.ценность при 2-х разовом питании за 12 дней:** |  | **15,53** | **16,48** | **60,62** | **452,92** | | **0,25** | | **15,10** | | **0,13** | | **1,93** | | **211,73** | | **48,43** | | **317,7** | | **2,79** | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |
|  |  | | **Б** | **Ж** | **У** | **ЭЦ(ккал)** | |  | |  | |  | |  | |  | |  | |  | |  | |
|  | завтрак в среднем за 12 дней | | 15,53 | 16,48 | 60,62 | 452,92 | |  | |  | |  | |  | |  | |  | |  | |  | |

Примечание: примерное меню разработано в соответствии с нормативными документами:

1) МР 2.4.0179-20 от 18.05.2020г. "Рекомендации по организации питания обучающихся образовательных организаций";

2) СанПиН 2.4.5.2409-08 "Санитарно-эпидемиологические требования к организации питания обучающихся в общеобразовательных учреждениях, учреждениях начального и среднего профессионального образования" (раздел 6: 2-х разовое горячее питание(завтрак и обед); 3) МР 2.4.5.0131-18 от 10.08.2018г. "Гигиена детей и подростков. Детское питание. Практические аспекты организации рационального питания детей и подростков, организация мониторинга питания";

4) Сборник рецептур блюд и кулинарных изделий. Нормативная документация для предприятий общественного питания / Сост. А.В.Румянцев.-2-еизд., 2000. - 968с.;