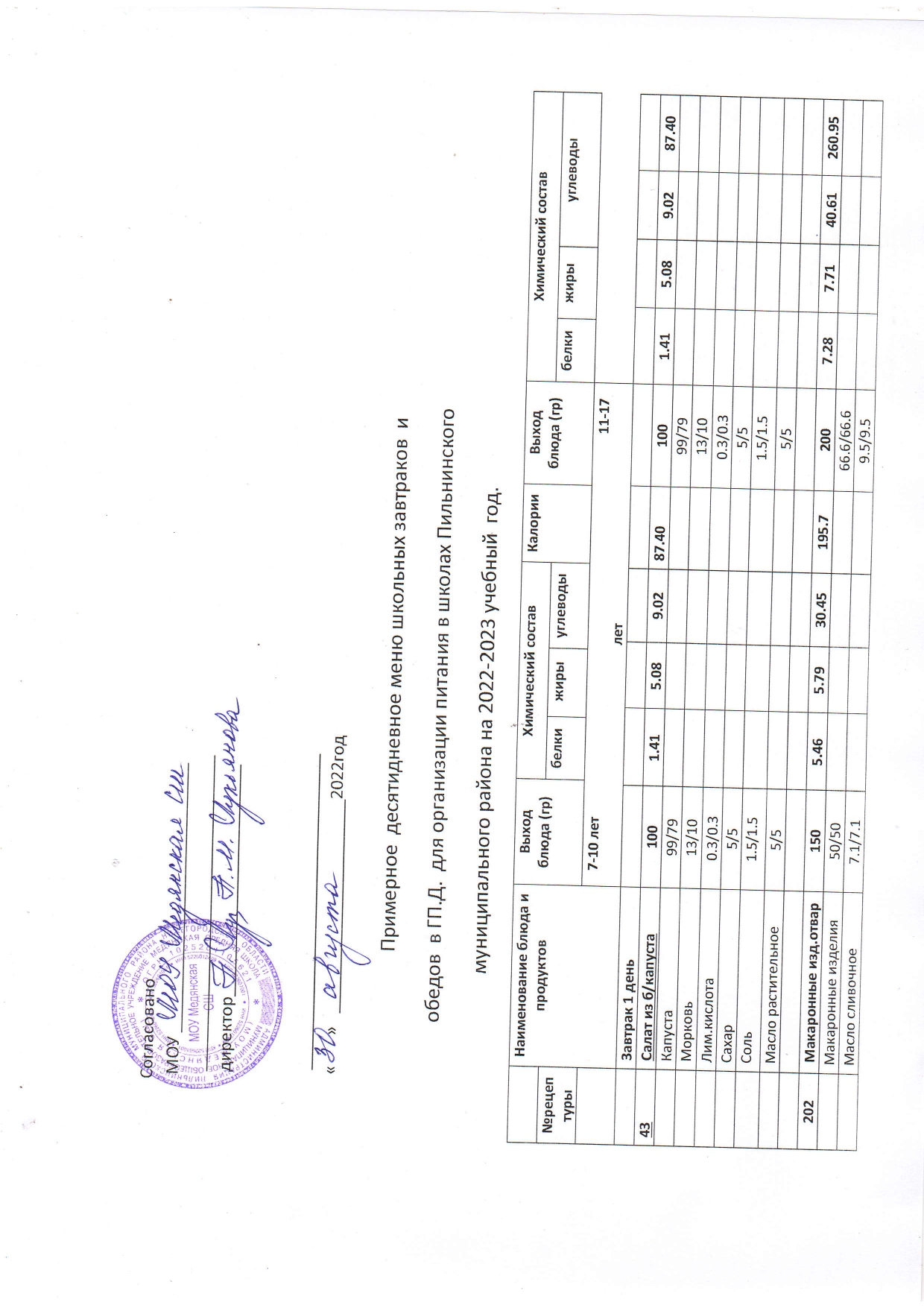
****  Согласовано

МБОУ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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директор\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

« » \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2022год

Примерное десятидневное меню школьных завтраков и

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

муниципального района на 2022-2023 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** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **43** | **Салат из б/капуста** | **100** | **1.41** | | | **5.08** | | **9.02** | **87.40** | | | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1** | | **0** | | **25.4** | **105.6** |
| **47** | **Фрукты** | **100** | **0.40** | | | **0.40** | | **9.8** | **47** | | | **100** | **0.40** | | **0.40** | | **9.8** | **47** |
|  | **Хлеб пшеничный** | **40** | **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** |  | **28.31** | | | **39.05** | | **114.03** | **902.33** | | |  | **31** | | **40.59** | | **128.2** | **1001.6** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Йогурт** | **125** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **125** | **5.13** | | **1.88** | | **7.38** | **66.88** |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.80** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **33.42** | | | **29.19** | | **95.16** | **774.22** | | |  | **38.06** | | **30.62** | | **109.71** | **864.87** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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** | **40** | **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** |  | **26.45** | | | **31.49** | | **85.98** | **709.4** | | |  | **29.1** | | **34.88** | | **105.22** | **845.7** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **209** | **Яйцо отварное** | **40** | **5.1** | | | **4.6** | | **0.3** | **63** | | | **40** | **5.1** | | **4.6** | | **0.3** | **63** |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1** | | **0** | | **25.4** | **105.6** |
| **338** | **Фрукты** | **100** | **1.5** | | | **0.5** | | **21** | **96** | | | **100** | **1.5** | | **0.5** | | **21** | **96** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  | **Хлеб ржаной** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.80** | **126** |
|  | **Всего обед** |  | **25.61** | | | **25** | | **120.66** | **823.64** | | |  | **28.3** | | **25.44** | | **134.45** | **893.29** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак 3 день** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **71** | **Овощи натур.свежие** | **60** | **0.66** | | | **0.12** | | **2.28** | **13.2** | | | **100** | **1.1** | | **0.2** | | **3.8** | **22** |
|  | Помидора св.(сол) или | 70.8/60 |  | | |  | |  |  | | | 118/100 |  | |  | |  |  |
|  | Огурцы св.(солен) | 63.12/60 |  | | |  | |  |  | | | 105.2/100 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **297** | **Каша мол. «Дружба»** | **150** | **4.65** | | | **6.45** | | **36.8** | **213.50** | | | **200** | **6.20** | | **8.60** | | **42.7** | **284.30** |
|  | Крупа рисовая | 19/19 |  | | |  | |  |  | | | 25/25 |  | |  | |  |  |
|  | Крупа пшенная | 19/19 |  | | |  | |  |  | | | 25/25 |  | |  | |  |  |
|  | Молоко | 120/120 |  | | |  | |  |  | | | 160/160 |  | |  | |  |  |
|  | Масло сливочное | 4/4 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сахар | 3/3 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **0.4** | | | **0.3** | | **11** | **47** | | | **100** | **0.4** | | **0.3** | | **11** | **47** |
|  | **Сыр** | **33** | **3.69** | | | **3.97** | | **0** | **82.67** | | | **40** | **5.68** | | **4.81** | | **0** | **100.20** |
| **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** | **40** | **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** |  | **25.07** | | | **23.49** | | **80.8** | **610.53** | | |  | **27.27** | | **24.31** | | **90.45** | **683.5** |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **382** | **Какао с молоком** | **200** | **4.08** | | | **3.54** | | **17.58** | **118.6** | | | **200** | **4.08** | | **3.54** | | **17.58** | **118.6** |
|  | Какао | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  | Молоко | 100/100 |  | | |  | |  |  | | | 100/100 |  | |  | |  |  |
|  | Вода | 110/110 |  | | |  | |  |  | | | 110/110 |  | |  | |  |  |
|  | Сахар | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Йогурт** | **125** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **125** | **5.13** | | **1.88** | | **7.38** | **66.88** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.80** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **48.83** | | | **36.8** | | **100.91** | **945.45** | | |  | **54.14** | | **39.61** | | **127.23** | **1099.33** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 4** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **51** | **Салат из свеклы** | **60** | **0.85** | | | **0.65** | | **8.36** | **56.34** | | | **60** | **1.42** | | **6.09** | | **10.2** | **93.9** |
|  | Свекла | 75/59 |  | | |  | |  |  | | | 75/59 |  | |  | |  |  |
|  | Масло растительное | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **245** | **Рыба припущенная** | **100** | **17.54** | | | **2.38** | | **0.31** | **92.5** | | | **100** | **17.54** | | **2.38** | | **0.31** | **92.5** |
|  | Хек рыба | 132,4/98 |  | | |  | |  |  | | | 132,4/98 |  | |  | |  |  |
|  | Или треска | 128,9/98 |  | | |  | |  |  | | | 128,9/98 |  | |  | |  |  |
|  | Лук | 4/3 |  | | |  | |  |  | | | 4/3 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1** | | **0** | | **25.4** | **105.6** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **1** | | | **0** | | **12** | **49** | | | **100** | **1** | | **0** | | **12** | **49** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **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** |  | **26.21** | | | **16.45** | | **94.22** | **624.04** | | |  | **28.32** | | **21.01** | | **99.48** | **688.2** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **259** | **Жаркое по домашнему** | **230** | **21.29** | | | **23.29** | | **21.79** | **387.7** | | | **230** | **21.29** | | **23.78** | | **21.79** | **387.7** |
|  | Говядина | 140.6/103.8 |  | | |  | |  |  | | | 140.6/103.8 |  | |  | |  |  |
|  | Картофель | 174.8/131.4 |  | | |  | |  |  | | | 174.8/131.4 |  | |  | |  |  |
|  | Лук | 15.8/13.14 |  | | |  | |  |  | | | 15.8/13.14 |  | |  | |  |  |
|  | Томат пюре | 7.89\7.89 |  | | |  | |  |  | | | 7.89/7.89 |  | |  | |  |  |
|  | Масло растительное | 7.89/7.89 |  | | |  | |  |  | | | 7.89/7.89 |  | |  | |  |  |
|  | Масса тушеного мяса | 65.7 |  | | |  | |  |  | | | 65.7 |  | |  | |  |  |
|  | Масса готовых овощ. | 164.3 |  | | |  | |  |  | | | 164.3 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **1** | | | **0** | | **12** | **49** | | | **100** | **1** | | **0** | | **12** | **49** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.5** | | **0.6** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.4** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед всего** |  | **33.89** | | | **32.83** | | **97.8** | **830.64** | | |  | **36.58** | | **33.76** | | **101.59** | **900.29** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 5** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **462** | **Тефтели из говядины** | **100** | **10.4** | | | **15.2** | | **12.08** | **201.6** | | | **100** | **10.4** | | **15.2** | | **12.08** | **201.6** |
|  | Говядина | 65/50 |  | | |  | |  |  | | | 65/50 |  | |  | |  |  |
|  | Лук | 29/25 |  | | |  | |  |  | | | 29/25 |  | |  | |  |  |
|  | Рис | 6/6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  | Мука | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  | Масло растительное | 3/3 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Томат пюре | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | вода | 15/15 |  | | |  | |  |  | | | 15/15 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **1.5** | | | **0.5** | | **21** | **96** | | | **100** | **1.5** | | **0.5** | | **21** | **96** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **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** |  | **24.97** | | | **30.06** | | **134.99** | **870.88** | | |  | **28.32** | | **31.55** | | **150.94** | **981.71** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **309** | **Биточки куриные** | **100** | **17.66** | | | **16.11** | | **14.90** | **275.23** | | | **100** | **17.66** | | **16.11** | | **14.9** | **275.23** |
|  | Мясо птицы | 69.7/69 |  | | |  | |  |  | | | 69.7/69 |  | |  | |  |  |
|  | Хлеб | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  | Молоко | 24/24 |  | | |  | |  |  | | | 24/24 |  | |  | |  |  |
|  | Соль | 0.3/0.3 |  | | |  | |  |  | | | 0.3/0.3 |  | |  | |  |  |
|  | Мука | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло растительное | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука пшеничная | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **386** | **Кефир 2.5-3.5%** | **200** | **5.6** | | | **6.4** | | **8.2** | **117** | | | **200** | **5.6** | | **6.4** | | **8.2** | **117** |
|  | **Фрукты** | **100** | **1.5** | | | **0.5** | | **21** | **96** | | | **100** | **1.5** | | **0.5** | | **21** | **96** |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Мучные кондит.изд** | **50** | **5** | | | **8** | | **31** | **358** | | | **50** | **5** | | **8** | | **31** | **358** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **41.5** | | | **40.98** | | **156.65** | **1161.88** | | |  | **46.01** | | **43.34** | | **180.6** | **1296.78** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 6** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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** | **0.009** |  | | |  | |  |  | | | **0.009** |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **268** | **Биточки** | **100** | **16.5** | | | **24.2** | | **14.32** | **344** | | | **100** | **16.5** | | **24.2** | | **14.32** | **344** |
|  | Говядина | 100/74 |  | | |  | |  |  | | | 100/74 |  | |  | |  |  |
|  | Хлеб пшеничный | 18/13.5 |  | | |  | |  |  | | | 18/13.5 |  | |  | |  |  |
|  | Молоко | 24/24 |  | | |  | |  |  | | | 24/24 |  | |  | |  |  |
|  | Лук | 10/8 |  | | |  | |  |  | | | 10/8 |  | |  | |  |  |
|  | Сухари | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Масса п/ф | 124 |  | | |  | |  |  | | | 124 |  | |  | |  |  |
|  | Масло растительное | 6/6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  | Масса туш.издел | 100 |  | | |  | |  |  | | | 100 |  | |  | |  |  |
|  | Масло сливочное | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  | **Йогурт** | **125** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **125** | **5.13** | | **1.88** | | **7.38** | **66.38** |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1** | | **0** | | **25.4** | **105.6** |
|  | **Хлеб пшеничный** | **40** | **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** |  | **41.32** | | | **41.73** | | **97.26** | **1029.61** | | |  | **43.41** | | **43.15** | | **144.05** | **1133.53** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **47** | **Фрукты** | **100** | **0.4** | | | **0.3** | | **11** | **47** | | | **100** | **0.4** | | **0.3** | | **11** | **47** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **34.74** | | | **46.46** | | **123.64** | **1067.05** | | |  | **37.43** | | **46.9** | | **137.43** | **1136.7** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 7** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **309** | **Биточки куриные** | **100** | **17.66** | | | **16.11** | | **14.90** | **275.23** | | | **100** | **17.66** | | **16.11** | | **14.90** | **275.23** |
|  | Мясо птицы | 69.7/69 |  | | |  | |  |  | | | 69.7/69 |  | |  | |  |  |
|  | Хлеб | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  | Молоко | 24/24 |  | | |  | |  |  | | | 24/24 |  | |  | |  |  |
|  | Соль | 0.3/0.3 |  | | |  | |  |  | | | 0.3/0.3 |  | |  | |  |  |
|  | Мука | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло растительное | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
| **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 |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **0.40** | | | **0.40** | | **9.8** | **47** | | | **100** | **0.40** | | **0.40** | | **9.8** | **47** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **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** |  | **31.19** | | | **40.79** | | **105.75** | **900.23** | | |  | **31.92** | | **39.91** | | **109.17** | **926.83** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Каша гречневая рассы.** | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **234** | **Котлета рыбная** | **100** | **12.16** | | | **4.61** | | **14.95** | **219.35** | | | **100** | **12.16** | | **4.61** | | **14.95** | **219.35** |
|  | Минтай | 131.25/61.88 |  | | |  | |  |  | | | 131.25/61.88 |  | |  | |  |  |
|  | Хлеб | 16.88/16.88 |  | | |  | |  |  | | | 16.88/16.88 |  | |  | |  |  |
|  | Молоко | 24.38/24.38 |  | | |  | |  |  | | | 24.38/24.38 |  | |  | |  |  |
|  | Сухари | 9.38/9.38 |  | | |  | |  |  | | | 9.38/9.38 |  | |  | |  |  |
|  | Масса п/ф | 108.75 |  | | |  | |  |  | | | 108.75 |  | |  | |  |  |
|  | Масло растительное | 9.38/9.38 |  | | |  | |  |  | | | 9.38/9.38 |  | |  | |  |  |
|  | Масло сливочное | 6.25/6.25 |  | | |  | |  |  | | | 6.25/6.25 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1.0** | | **0** | | **25.4** | **105.6** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб ржаной** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб пшеничный** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **34.17** | | | **18.95** | | **118.25** | **867.43** | | |  | **39.48** | | **21.73** | | **144.57** | **1021.31** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 8** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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** | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **389** | **Сок** | **200** | **1** | | | **0** | | **25.4** | **105.6** | | | **200** | **1.0** | | **0** | | **25.4** | **105.6** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **31.7** | | | **33.07** | | **76.29** | **676.58** | | |  | **34.39** | | **34.61** | | **90.46** | **775.85** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Обед** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **71** | **Овощи свежие** | **60** | **0.66** | | | **0.12** | | **2.28** | **13.2** | | | **100** | **1.1** | | **0.2** | | **3.8** | **22** |
|  | Помидора св.(солен) или | 70.8/60 |  | | |  | |  |  | | | 118/100 |  | |  | |  |  |
|  | Огурцы св.(солен) | 63.12/60 |  | | |  | |  |  | | | 105.2/100 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 тушенного мяса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
|  | Масса соуса | 50 |  | | |  | |  |  | | | 50 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **47** | **Фрукты** | **100** | **0.4** | | | **0.3** | | **11** | **47** | | | **100** | **0.4** | | **0.3** | | **11** | **47** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  | Лимонная кислота | 8/8 |  | | |  | |  |  | | | 8/8 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **30** | | | **33.3** | | **103.11** | **839.94** | | |  | **34.35** | | **35.62** | | **130.54** | **988.29** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Завтрак день 9** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **40** | **Салат витаминный** | **60** | **0.9** | | | **2.7** | | **26.3** | **52.9** | | | **100** | **1.5** | | **4.5** | | **27.8** | **88.3** |
|  | Капуста свежая | 32/27 |  | | |  | |  |  | | | 52/45 |  | |  | |  |  |
|  | Морковь | 18/13 |  | | |  | |  |  | | | 27/22 |  | |  | |  |  |
|  | Зеленый горошек | 26/15 |  | | |  | |  |  | | | 36/25 |  | |  | |  |  |
|  | Сахар | 3/3 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло растительное | 4/4 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **679** | **Греча отварная** | **150** | **7.46** | | | **5.61** | | **35.84** | **230.45** | | | **200** | **9.94** | | **7.48** | | **47.78** | **307** |
|  | Крупа гречневая | 60.6/60.6 |  | | |  | |  |  | | | 80.8/80.8 |  | |  | |  |  |
|  | Масло сливочное | 5.3/5.3 |  | | |  | |  |  | | | 7/7 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | | | **1.5** | | **1.76** | **22.23** | | | **40** | **0.56** | | **2** | | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Мука | 2.25/2.25 |  | | |  | |  |  | | | 3/3 |  | |  | |  |  |
|  | Вода | 22.5/22.5 |  | | |  | |  |  | | | 30/30 |  | |  | |  |  |
|  | Масса белого соуса | 22.5 |  | | |  | |  |  | | | 30 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **268** | **Котлета из говядины** | **10** | **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 |  | |  | |  |  |
|  | Масса п/ф | 124 |  | | |  | |  |  | | | 124 |  | |  | |  |  |
|  | Масло растительное | 6/6 |  | | |  | |  |  | | | 6/6 |  | |  | |  |  |
|  | Масса туш.издел. | 100 |  | | |  | |  |  | | | 100 |  | |  | |  |  |
|  | Масло сливочное | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **338** | **Фрукты** | **100** | **1** | | | **0** | | **12** | **49** | | | **100** | **1** | | **0** | | **12** | **49** |
|  | **Йогурт** | **125** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **125** | **5.13** | | **1.88** | | **7.38** | **66.88** |
|  | **Хлеб пшеничный** | **40** | **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** |  | **38.61** | | | **41.51** | | **138.46** | **984.46** | | |  | **42.56** | | **44.8** | | **155.91** | **1130.69** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **219** | **Сырники из творога** | **150/40** | **21.68** | | | **17.94** | | **34.28** | **386** | | | **150/40** | **21.68** | | **17.94** | | **34.28** | **386** |
|  | Творог | 153 |  | | |  | |  |  | | | 153 |  | |  | |  |  |
|  | Мука | 21 |  | | |  | |  |  | | | 21 |  | |  | |  |  |
|  | Яйца | 1/7шт/6г |  | | |  | |  |  | | | 1/7шт/6г |  | |  | |  |  |
|  | Масло растительное | 9 |  | | |  | |  |  | | | 9 |  | |  | |  |  |
|  | Масса гот.сырников | 150 |  | | |  | |  |  | | | 150 |  | |  | |  |  |
|  | Молоко сгущеное | 40 |  | | |  | |  |  | | | 40 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **382** | **Какао с молоком** | **200** | **4.08** | | | **3.54** | | **17.58** | **118.6** | | | **200** | **4.08** | | **3.54** | | **17.58** | **118.6** |
|  | Какао порошок | 4/4 |  | | |  | |  |  | | | 4/4 |  | |  | |  |  |
|  | Молоко | 100/100 |  | | |  | |  |  | | | 100/100 |  | |  | |  |  |
|  | Вода | 110/110 |  | | |  | |  |  | | | 110/110 |  | |  | |  |  |
|  | Сахар | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **283** | **Сыр** | **33** | **3.69** | | | **3.97** | | **0** | **82.67** | | | **40** | **5.68** | | **4.81** | | **0** | **100.20** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Мучные кондит.изд** | **50** | **5** | | | **8** | | **31** | **358** | | | **50** | **5** | | **8** | | **31** | **358** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **36.73** | | | **28.97** | | **217.4** | **930.52** | | |  | **41.41** | | **30.25** | | **137.79** | **1017.7** |
|  | **Завтрак день 10** |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **66** | **Салат из моркови с изюмом** | **100** | **1.26** | | | **0.13** | | **22.2** | **95.3** | | | **100** | **1.26** | | **0.13** | | **22.2** | **95.3** |
|  | Морковь | 100 |  | | |  | |  |  | | | 100 |  | |  | |  |  |
|  | Изюм | 11 |  | | |  | |  |  | | | 11 |  | |  | |  |  |
|  | Сахар | 10 |  | | |  | |  |  | | | 10 |  | |  | |  |  |
|  | Лимон | 11.9/5 |  | | |  | |  |  | | | 11.9/5 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Запеканка творожная** | **150/50** | **30.93** | | | **22.89** | | **36** | **310.66** | | | **150/50** | **30.93** | | **22.89** | | **36** | **310.66** |
|  | Творог | 141/140 |  | | |  | |  |  | | | 141/140 |  | |  | |  |  |
|  | Крупа манная | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Или мука | 12/12 |  | | |  | |  |  | | | 12/12 |  | |  | |  |  |
|  | Сахар | 10/10 |  | | |  | |  |  | | | 10/10 |  | |  | |  |  |
|  | Яйца | 1/10шт/4г |  | | |  | |  |  | | | 1/10шт/4г |  | |  | |  |  |
|  | Масло сливочное | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сухари | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сметана | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Сгущ.молоко | 50/50 |  | | |  | |  |  | | | 50/50 |  | |  | |  |  |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
| **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 |  | |  | |  |  |
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| **209** | **Яйцо отварное** | **40** | **5.1** | | | **4.6** | | **0.3** | **63** | | | **40** | **5.1** | | **4.6** | | **0.3** | **63** |
|  | **Мучные кондит.изд** | **50** | **5** | | | **8** | | **31** | **358** | | | **50** | **5** | | **8** | | **31** | **358** |
|  | **Йогурт** | **125** | **5.13** | | | **1.88** | | **7.38** | **66.88** | | | **125** | **5.13** | | **1.88** | | **7.38** | **66.88** |
|  | **Хлеб ржаной** | **20** | **1.3** | | | **0.12** | | **8** | **39.60** | | | **30** | **1.86** | | **0.57** | | **12.21** | **58.80** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | | | **2.08** | | **23.28** | **100.4** | | | **50** | **3.85** | | **1.20** | | **26.70** | **127** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего завтрак** |  | **41.92** | | | **34.89** | | **123.44** | **790.94** | | |  | **42.65** | | **34.01** | | **126.86** | **817.54** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **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 |  | |  | |  |  |
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| **43** | **Салат из бел.капусты** | **100** | **1.41** | | | **5.08** | | **9.02** | **87.40** | | | **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 |  | |  | |  |  |
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| **309** | **Биточки куриные** | **100** | **17.66** | | | **16.11** | | **14.90** | **275.23** | | | **100** | **17.66** | | **16.11** | | **14.90** | **275.23** |
|  | Мясо птицы | 69.7/69 |  | | |  | |  |  | | | 69.7/69 |  | |  | |  |  |
|  | Хлеб | 20/20 |  | | |  | |  |  | | | 20/20 |  | |  | |  |  |
|  | Молоко | 24/24 |  | | |  | |  |  | | | 24/24 |  | |  | |  |  |
|  | Соль | 0.3/0.3 |  | | |  | |  |  | | | 0.3/0.3 |  | |  | |  |  |
|  | Мука | 5/5 |  | | |  | |  |  | | | 5/5 |  | |  | |  |  |
|  | Масло растительное | 2/2 |  | | |  | |  |  | | | 2/2 |  | |  | |  |  |
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| **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 |  | |  | |  |  |
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| **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** | **40** | **2.64** | | | **0.44** | | **16.40** | **80** | | | **60** | **4.50** | | **0.60** | | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | | | **0.2** | | **10.40** | **50** | | | **30** | **2.43** | | **0.48** | | **14.79** | **73.65** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего обед** |  | **34.71** | | | **44.77** | | **119.46** | **1037.47** | | |  | **37.4** | | **45.21** | | **133.16** | **1107.12** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
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|  | **Всего за 12 дней** |  | **688.45** | | | **685.78** | | **2281.28** | **17354.57** | | |  | **751.04** | | **719.54** | | **2628.44** | **20365.46** |
|  |  |  |  | | |  | |  |  | | |  |  | |  | |  |  |
|  | **Всего за 12 дней на 1 человека** |  | **68.84** | | | **68.58** | | **228.13** | **1735.46** | | |  | **75.10** | | **71.95** | | **262.84** | **2036.55** |
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