|  |  |
| --- | --- |
| Согласовано Управление РоспотребнадзораСпециалист –эксперт \_\_\_\_\_\_\_\_\_\_\_\_  | Утверждаюдиректор школы\_\_\_\_\_\_\_\_\_ Полыгалова М.А.  |

Перспективное меню МБОУ СОШ с Дубовый Мыс

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рецептуры | Наименование блюда | выход | Белки | Жиры | Углеводы | Калорийность  |
| 7-11 | 11-18 | 7-11 | 11-18 | 7-11 | 11-18 |
|  | **Понедельник 1неделя**  |  |
|  | **Завтрак** |  |
| 181 | Каша манная Молоч.жид. | 150/10 | 200/10 | 6.1 | 8.1 | 11.3 | 15 | 33.5 | 44.6 | 260/346 |
| 376 | Чай с сахаром | 200/15 | 200/15 | 0.1 | 0.1 | 0.0 | 0.0 | 15 | 15 | 60/60 |
|  | Хлеб пш.с сыром | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6 |
|  |  | **Итого** | **8.6** | **10.6** | **11.7** | **15.4** | **61** | **72.2** | **383.6/469.6** |
|  |  |  |  |  |  | **Обед** |  |  |  |  |
| 87/288 | Щи | 200/25 | 200/25 | 7.20 | 7.20 | 9.7 | 9.7 | 7.0 | 7.0 | 144/144 |
| 312 | Пюре картофельное | 150/5 | 150/5 | 3.6 | 3.6 | 5.0 | 5.0 | 22.0 | 22.0 | 140/140 |
| 70 | Огурец с/с | 60/1 | 60/1 | 0.3 | 0.3 | 0 | 0 | 1.3 | 1.3 | 7.5/7.5 |
| 376 | Чай  | *200/15* | *200**/15* | 0.1 | 0.1 | 0.0 | 0.0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **16.9** | **16.9** | **16** | **16** | **73.7** | **73.7** | **510/510** |
|  | **Итого за день** |  | **25.5** | **27.5** | **27.6** | **31.3** | **135** | **146** | **894/980** |
|  | **Итого** |  |  |  |  |  |  |  |  |  |
|  | **1недел**я **Вторник** |  |
|  | **Завтрак** |  |
| 120 | Суп молоч. с макаронными изд. | 150/10 | 200/10 | 3.4 | 4.25 | 3.82 | 4.8 | 16.5 | 20.7 | 114.2/143 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с маслом | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  |  | **Итого** | **5.9** | **6.7** | **4.2** | **5.1** | **45** | **48** | **237.4/267** |
|  |  |  |  |  |  | **Обед** |  |  |  |  |
| 45 | Салат из св.капусты с морков. | 60 | 60 | 0.84 | 0.84 | 2.76 | 2.76 | 6.18 | 6.18 | 52.8/52.8 |
| 302 | Гречневая каша рассыпч. с маслом | 150/5 | 150/5 | 7.5 | 7.5 | 6.3 | 6.3 | 40.7 | 40.7 | 249.6/249.6 |
| ТТК | Котлета из горбуши с соусом | 80/50 | 80/50 | 0.4 | 0.6 | 13.0 | 22.0 | 2.0 | 3.4 | 21/36 |
| 349 | Кампот из сух.фр. | 200 | 200 | 0.2 | 0.2 | 0 | 0 | 23.7 | 23.7 | 85/85 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **13** | **13.8** | **23.2** | **55** | **89** | **90.4** | **504/519** |
|  | **Итог за день** |  |  | **18.9** | **20.5** | **33.4** | **60** | **134** | **138** | **741/786** |
|  | **1 неделя Среда** |  |
|  |  |  |
| 173 | Каша Геркулесовая молочная | 150/10 | 200/10 | 7.7 | 9.6 | 13.5 | 17 | 51.4 | 64.25 | 358/447 |
| 376 | Чай | 20015 | 20015 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с сыром | 30/10 | 30/10 | 5.0 | 5.0 | 3.0 | 3.0 | 12.6 | 12.6 | 97.6/97.6 |
|  |  | **Итого** | **12.0** | **14.7** | **16.5** | **20** | **79.0** | **92.0** | **515.6/605.2** |
|  | **Обед** |  |
| 35 | Салат картофельный | 60/1 | 60/1 | 1.25 | 1.25 | 3.13 | 3.13 | 11.31 | 11.31 | 78/78 |
| 103 | Суп картоф.курин. с макарон.изд. | 200 | 200 | 2.12 | 2.12 | 2.22 | 2.22 | 19.38 | 19.38 | 106/106 |  |
| 291 | Плов из кур | 50/100 | 50/100 | 14.6 | 29 | 16.8 | 38 | 24.0 | 48 | 306/654 |
| 376 | Чай с лимоном | 200/15/7 | 200/15/7 | 0.2 | 0.2 | 0 | 0 | 16.0 | 16.0 | 65/65 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  | **Итого** | **24.37** | **38.25** | **22.34** | **44.33** | **101** | **125** | **609/1057** |
|  | **Итого за день** |  |  | **35.0** | **51.7** | **35.0** | **61.0** | **168** | **206** | **1124/1662** |
|  |  | **1 неделя Четверг** |  |
|  |  | **Завтрак** |  |
| 173 | Каша молочная гречневая | 150/10/10 | 200/10/10 | 9.2 | 11.5 | 12.4 | 15.5 | 69 | 69 | 92.5/92.5 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с маслом | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  |  | **Итого** | **11.7** | **14.0** | **12.8** | **15.4** | **68.0** | **81.6** | **216/493** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 52 | Свекла с маслом | 60/60 | 60/60 | 1.0 | 1.0 | 3.6 | 3.6 | 6.6 | 6.6 | 62.4/62.4 |
| 312 | Пюре картофельное  | 150 | 150 | 3.12 | 3.12 | 5.1 | 5.1 | 6.6 | 6.6 | 132.6/132.6 |
| 321/16- | Капуста туш.с колбасой | 100/30 | 100/30 | 11.8 | 11.8 | 20.6 | 20.6 | 10.6 | 10.6 | 223/223 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  | **Итого** |  |  | **22.0** | **22.0** | **30.3** | **30.3** | **82.4** | **82.4** | **636/636** |
|  | **Итого за день** |  |  | **33.7** | **36** | **43.0** | **45.7** | **150** | **164** | **852/1129** |
|  |  |
|  |  | **1 неделя** |  |
|  |  | **Пятница** |  |
| 210 | Омлет натуральный | 100/10 | 100/10 | 5.3 | 5.3 | 10.7 | 10.7 | 5.6 | 5.6 | 140/140 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с сыром | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  | Итого |  |  | **7.8** | **7.8** | **11.1** | **11.1** | **32.0** | **32.0** | **259.2/259.2** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 40 | Картоф. с зел.горош. | 60/1 | 60/1 | 1.75 | 1.75 | 4.38 | 4.38 | 9.19 | 9.19 | 83/83 |
| 202 | Рожки отварные | 100/5 | 100/5 | 3.6 | 3.6 | 4.2 | 4.2 | 24.4 | 24.4 | 150/150 |
| 287 | Голубцы ленивые | 108/50 | 108/50 | 9.0 | 9.0 | 9.0 | 9.0 | 6.6 | 6.6 | 143/143 |
| 349 | Кампот из сух.фр. | 200 | 200 | 0.2 | 0.2 | 0 | 0 | 23.7 | 23.7 | 85/85 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.0 | 159/159 |
|  |  | **Итого**  | **20.55** | **20.55** | **18.6** | **18.6** | **96.0** | **96.0** | **620/620** |
|  | **Итого за день** | **28.35** | **28.35** | **29.4** | **29.4** | **127.8** | **127.8** | **879/879** |
|  | **1 неделя** |
|  |  | **Суббота**  |  |
| 187 | Запеканка с яблоком со сгущенным молоком | 150/10 | 150/10 | 4.2 | 4.2 | 8.55 | 8.55 | 36.6 | 36.6 | 240/240 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с маслом | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
|  |  | **Итого** | **6.7** | **6.7** | **9.0** | **9.0** | **64.5** | **64.5** | **363.6/363.6** |
| 54 | Пестрый(свекла с яблоком) | 60/1 | 60/1 | 0.75 | 0.75 | 3.75 | 3.75 | 10.25 | 10.25 | 77/77 |
| 118/109 | Суп с клецками и курицей | 200 | 200 | 3.0 | 3.0 | 3.3 | 3.3 | 13.54 | 13.54 | 95.8/95.8 |
| 395 | Вареники | 150/5 | 150/5 | 14.5 | 14.5 | 7.8 | 7.8 | 36.15 | 36.15 | 285/285 |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого**  | **23.75** | **23.75** | **15.75** | **15.75** | **106.45** | **106.45** | **676/676** |
|  | **Итого за день** |  |  | **31.0** | **31.0** | **25.0** | **25.0** | **170.75** | **170.75** | **1040/1040** |
|  | **Итого за неделю** |  |  | **163.0** | **163.0** | **247.0** | **255.0** | **682.0** | **682** | **6077/6714.6** |
|  |  |  |  | **Вторая неделя** |  |  |  |
|  |  |  |  | **Понедельник** |  |  |  |
|  |  |  |  | **Завтрак** |  |  |  |  |  |
| 175 | Каша вязкая молочн.из риса и пшена | 210 | 210 | **6.1** | **6.1** | **12.1** | **12.1** | **35.0** | **35.0** | **273/273** |
| 376 | Чай | 200/15 | 200/15 | 0.1 | 0.1 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Бутерброд с маслом | 30/10 | 30/10 | 2.6 | 2.6 | 8.8 | 8.8 | 14.3 | 14.3 | 147/147 |
|  |  | **Итого** | **23.0** | **23.0** | **28.2** | **282.2** | **40.6** | **40.6** | **600/600** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 45 | Салат из св.капусты | 60/1 | 60/1 | 1.16 | 1.16 | 3.83 | 3.83 | 8.6 | 8.6 | 73/73 |
| 288/103 | Суп с макарон.изд.с курицей | 200/25 | 200/25 | 7.82 | 7.82 | 9.7 | 9.7 | 14.0 | 14.0 | 174/174 |
|  |  |  |  |  |  |  |  |  |  |  |
| 310 | Картоф.отварной | 150/10 | 200/10 | 3.0 | 3.0 | 5.0 | 5.0 | 22.0 | 22.0 | 145/145 |
| 282 | Оладьи из печени | 50/10 | 50/10 | 8.8 | 8.8 | 12.1 | 12.1 | 3.2 | 3.2 | 157/157 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **10.4** | **10.4** | **25.0** | **25.0** | **73.0** | **73.0** | **553/553** |
|  | **Итого за день** | **33.6** | **33.6** | **53.0** | **53.0** | **113.6** | **113.6** | **1153/1153** |
|  |  |  |  | **Вторник**  **2 неделя** |  |  |  |  |
| 194 | Плов с изюмом | 180/10 | 200/10 | 4.8 | 5.0 | 17.0 | 17.5 | 63.8 | 65.7 | 428/446 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб с сыром | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  |  | **Итого** | **7.3** | **7.3** | **17.4** | **17.4** | **90.2** | **90.2** | **547.2/547.2** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 102 | Суп картоф.с горохом кур. | 200/35 | 200/35 | 4.0 | 4.0 | 4.2 | 4.2 | 19.0 | 19.0 | 131/131 |
| 309 | Рожки отварные с маслом | 100/5 | 100/5 | 3.6 | 3.6 | 3.2 | 3.2 | 19.0 | 19.0 | 119.6/119.6 |
|  | Куры отварные | 30 | 30 | 5 | 5 | 5.2 | 5.2 | 0 | 0 | 66/132 |
| 73 | Икра кабачковая | 50 | 50 | 0.7 | 0.7 | 2.4 | 2.4 | 4.25 | 4.25 | 41.5/41.5 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **19.43** | **19.43** | **16.2** | **16.2** | **87.6** | **87.6** | **572.7/638.7** |
|  | **Итого за день** |  |  | **26.7** | **26.7** | **60.2** | **60.2** | **18.0** | **18.0** | **1298/1364** |
|  |  |  |  |  | **Среда2 неделя** |  |  |  |  |
| 120 | Суп молочн.смакарон.изд. | 150/10 | 200/10 | 3.4 | 4.5 | 3.8 | 5 | 16.5 | 22 | 114.2/152 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлебс маслом | 30/10 | 30/10 | 2.6 | 2.6 | 8.8 | 8.8 | 14.3 | 14.3 | 147/147 |
|  |  | **Итого** | **6.1** | **7.2** | **12.62** | **13.8** | **45.8** | **51.3** | **321/359** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 45 | Салат из св.капусты | 60 | 60 | 0.84 | 0.84 | 2.76 | 2.76 | 6.18 | 6.18 | 53/53 |
| 304 | Рис отварной | 150 | 150 | 3.7 | 3.7 | 6.0 | 6.0 | 36.2 | 36.2 | 213.6/213.6 |
| 234 | Сосиска отв.с соусом | 50/5 | 50/5 | 4.7 | 4.7 | 11.7 | 11.7 | 0.5 | 0.5 | 126/126 |
| 349 | Компот из сух.фр | 200 | 200 | 0.8 | 0.8 | 0 | 0 | 20.0 | 20.0 | 79/79 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **15.6** | **15.6** | **22.0** | **22.0** | **93.2** | **93.2** | **630/630** |
|  | **Итого за день** |  |  | **21.7** | **23** | **45.8** | **51** | **139** | **144** | **951/989** |
|  |  |  |  | **Четверг 2неделя** |  |  |  |  |
|  |  |  |  | **Завтрак** |  |  |  |  |  |
| 82 | Борщ с капустой | 200 | 200 | 1.5 | 1.5 | 3.9 | 3.9 | 12.21 | 12.2 | 90/90 |
| 376 | Чай с вареньем | 200/20 | 200/20 | 0.2 | 0.2 | 0 | 0 | 15.6 | 15.6 | 63/63 |
|  | Хлеб с сыром | 30 | 30 | 2.4 | 2.4 | 0.4 | 0.4 | 12.6 | 12.6 | 63.6/63.6 |
|  |  | **Итого** | **4.1** | **4.1** | **4.3** | **4.3** | **40.4** | **40.4** | **222/222** |
|  |  |  |  | **Обед** |  |  |  |  |  |  |
| 67 | Винегрет | 60/1 | 60/1 | 1.0 | 1.0 | 1.6 | 1.6 | 5.4 | 5.4 | 39/39 |
| 143 | Рагу овощное | 150 | 150 | 2.5 | 2.5 | 4.0 | 4.0 | 27.6 | 27.6 | 156.4/156.4 |
| 288 | Курица отв. | 50 | 50 | 11.2 | 11.2 | 7.8 | 7.8 | 3.0 | 3.0 | 127/127 |
| 377 | Чай с лимоном | 200/15//7 | 200/15/7 | 0.2 | 0.2 | 0 | 0 | 16.0 | 16.0 | 65/65 |
|  | Хлеб с колбасой | 30/10 | 30/10 | 5.0 | 5.0 | 13.4 | 13.4 | 1.4 | 1.4 | 140/140 |
|  |  | **Итого** | **19.3** | **19.3** | **17.3** | **17.3** | **80.0** | **80.0** | **549.3/549.3** |
|  | **Итог за день** |  |  | **25.4** | **25.4** | **21.6** | **21.6** | **120.0** | **120.0** | **771/771** |
|  |  |  |  | **Пятница****2неделя завтрак** |  |  |  |  |
| 173 | Каша геркулесовая | 150/10 | 200/10 | 7.7 | 9.6 | 13.5 | 17.0 | 51.4 | 64.25 | 358/447.5 |
|  | Чай с молоком | 150/50/15 | 150/50/15 | 1.4 | 1.4 | 1.6 | 1.6 | 17.7 | 17.7 | 91/91 |
|  | **Хлеб с маслом** | 30 | 30 | **2.4** | **2.4** | **0.4** | **0.4** | **12.6** | **12.6** | **63.6/63.6** |
|  |  | **Итого** |  |  |  |  |  |  |  |
| 55 | Свекла с огурцом | 60/1 | 60/1 | 1.2 | 1.2 | 3.75 | 3.75 | 4.8 | 4.8 | 58/58 |
| 234 | Котлета рыбная | 50/30 | 50/30 | 8.7 | 8.7 | 9.6 | 9.6 | 10.0 | 10.0 | 159/159 |
| 312 | Картофельное пюре | 150 | 150 | 3.12 | 3.12 | 5.1 | 5.1 | 18.57 | 18.57 | 132.6/132.6 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **26.0** | **26.0** | **19.45** | **19.45** | **84.3** | **84.3** | **752/752** |
|  | **Итого за день** |  |  | **39.3** | **39.3** | **35.0** | **35.0** | **174.0** | **174.0** | **1309/1309** |
|  |  |  |  |  | **Суббота 2 неделя** |  |  |  |  |
| 182 | Каша молочная пшенн. | 200/10 | 200/10 | 7.4 | 7.4 | 11.5 | 11.5 | 48.0 | 48.0 | 326/326 |  | 133/133 |
| 1 | Бутерброд с маслом | 30/10 | 30/10 | 2.6 | 2.6 | 8.8 | 8.8 | 14.3 | 14.3 | 147/147 |
| 376 | Чай | 200/15 | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  |  | **Итого** | **11.4** | **11.4** | **22.0** | **22.0** | **80.3** | **80.3** | **431/431** |
|  |  |  |  |  | **Обед** |  |  |  |  |  |
| 40 | Картофельн.сзел.горош. | 60/1 | 60/1 | 1,75 | 1.75 | 4.38 | 4.38 | 9.19 | 9.19 | 83/83 |
| 202 | Рожки отв. | 100 | 100 | 3.6 | 3.6 | 0.4 | 0.4 | 24.4 | 24.4 | 116/116 |
| 330/287 | Голубцы ленивые с соусом кр. | 158 | 158 | 9.0 | 9.0 | 9.7 | 9.7 | 5.9 | 5.9 | 147/147 |
| **376** | Чай с лимоном | 200/15  | 200/15 | 1.0 | 1.0 | 0 | 0 | 15.0 | 15.0 | 60/60 |
|  | Хлеб | 75/50 | 75/50 | 6.0 | 6.0 | 1.0 | 1.0 | 31.5 | 31.5 | 159/159 |
|  |  | **Итого** | **19.6** | **19.6** | **11.1** | **11.1** | **76.8** | **76.8** | **558/558** |
|  | **Итого за день** |  |  | **24** | **24.0** | **32.0** | **32.0** | **125.6** | **125.6** | **754/754** |
|  | **Итого за неделю** |  |  | **170** | **192.6** | **185** | **244** | **866.1** | **933.1** | **5295/6241** |