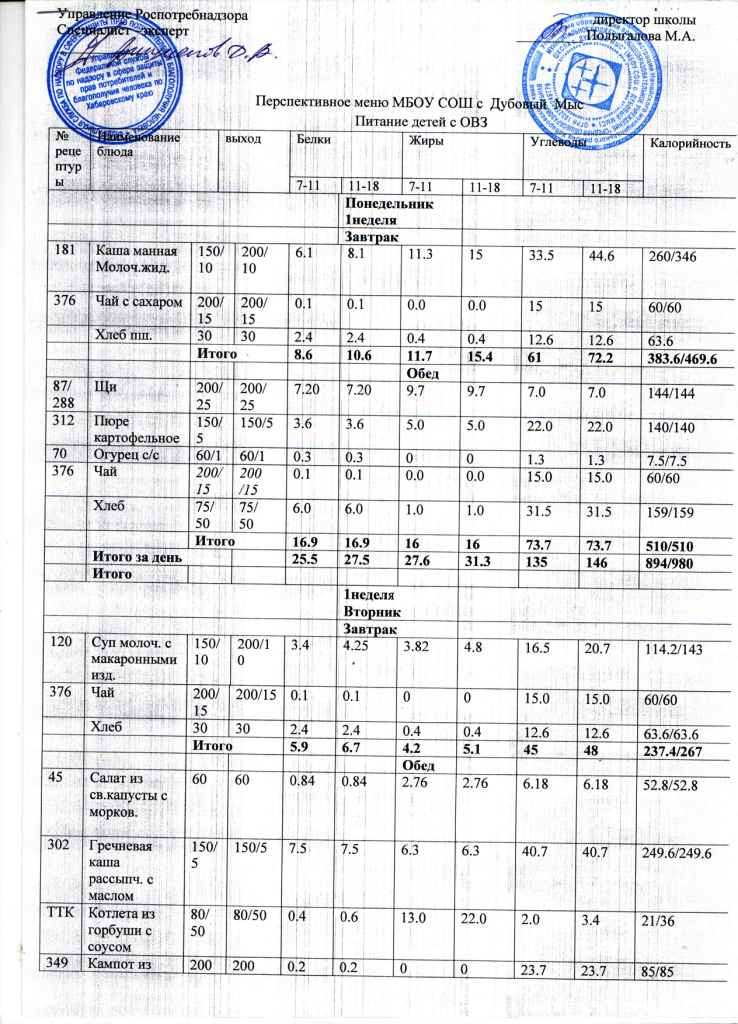
|  |  |
| --- | --- |
| Согласовано  Управление Роспотребнадзора  Специалист –эксперт  \_\_\_\_\_\_\_\_\_\_\_\_ | Утверждаю  директор школы  \_\_\_\_\_\_\_\_\_ Полыгалова М.А. |

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 | | 200  15 | | | 200  15 | | | | | 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** | |