****

**ПРИМЕРНОЕ 10 ДНЕВНОЕ МЕНЮ.**

**Возрастная категория: 15лет и старше.**

**Питание - двухразовое.**

**Ачитский филиал ГАПОУ СО « Красноуфимский аграрный колледж»**

**Наименование сборника рецептур: Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях/под ред.М.П.Могильного и В.А.Тутельяна.- М:ДеЛи плюс,2015. -544с.**

**1- понедельник- неделя первая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | | **Наименование блюда** | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | |
| **182** | | **Каша рисовая вязкая молочная** | **200** | **11,6** | **0,1** | **9,73** | **0,66** | **49,11** | **302,5** | **21.3** | **0.74** | **0.04** | **0.04** | **0.0** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0.0** | **0,32** | **0, 2** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0.0** | **0,02** | **0,02** | **15.0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за завтрак:** |  | **15,07** | **0,1** | **10,07** | **0,02** | **25,26** | **456,5** |  |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | |
| **102** | **Суп картофельный с бобовыми** | | **250** | **5,49** | **0.0** | **5.27** | **5,27** | **16,54** | **148,3** | **42.68** | **2.05** | **0.23** | **0.07** | **5.82** |
| **202** | **Макароны отварные** | | **200** | **7,21** | **0,095** | **7,71** | **0,86** | **40,61** | **260,95** | **16.19** | **1.09** | **0.08** | **0.04** | **0.0** |
| **268** | **Котлеты из говядины** | | **100** | **7,2** | **6,12** | **10,25** | **2,42** | **6,01** | **146,4** | **5.83** | **1.28** | **0.03** | **0.05** | **0.0** |
| **331** | **Соус томатный** | | **50** | **0,39** | **0.0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | **0.4** | **0.01** | **0.0** | **0.8** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0.0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0.0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
|  | **Итого за обед:** | |  | **23,76** | **6,215** | **19,42** | **10,01** | **100,91** | **733,32** |  |  |  |  |  |
|  | **Итого за день:** | |  | **38,83** | **6,225** | **29,49** | **10,03** | **126,17** | **1189,82** |  |  |  |  |  |

**2- вторник- неделя первая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | |
| **120** | **Суп молочный с вермишелью** | | **250** | **2,8** | **0** | **2,7** | **0** | **7,7** | **64,6** | **80.7** | **0.2** | **0.02** | **0.09** | **0.3** |
| **14** | **Масло сливочное** | | **20** | **0,16** | **0,16** | **14,52** | **0** | **0,28** | **132** | **4.8** | **0.04** | **0.0** | **0.04** | **0.0** |
|  | **Хлебная булочка.** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **6,43** | **0,16** | **17,56** | **0,34** | **42,68** | **350,6** |  |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | |
| **88** | | **Щи из свежей капусты** | **250** | **1,77** | **0** | **4,95** | **4,95** | **7,90** | **89,75** | **49.25** | **0.83** | **0.06** | **0.05** | **15.78** |
| **302** | | **Каша гречневая рассыпчатая** | **200** | **11,06** | **0,1** | **11,94** | **2,87** | **4,83** | **350,0** | **32.99** | **5.91** | **0.26** | **0.15** | **0.0** |
| **278** | | **Тефтели мясные** | **120** | **4,27** | **3,40** | **4,77** | **0,10** | **5,59** | **82,36** | **15.25** | **0.47** | **0.08** | **0.04** | **0.39** |
| **331** | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **20,96** | **3,5** | **23,12** | **9,38** | **56,07** | **699,78** |  |  |  |  |  |
|  | | **Итого за день:** |  | **27,39** | **3,56** | **40,68** | **9,72** | **98,75** | **1050,38** |  |  |  |  |  |

**3 – среда - неделя первая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **175** | **Каша молочная из риса и пшена .** | | **220** | **6,08** | **2.95** | **11,18** | **0,76** | **43,46** | **300,0** | **133.68** | | **0.84** | **0.10** | **0.14** | **0.96** |
|  | **Масло сливочное** | | **20** | **0,16** | **0,16** | **14,52** | **0** | **0,28** | **132,0** | **4.8** | | **0.04** | **0.0** | **0.04** | **0.0** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **9,71** | **0,16** | **26,04** | **1,1** | **78,44** | **586** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **96** | | **Рассольник Ленинградский** | **250** | **2,02** | **0.0** | **5.06** | **5.06** | **11.3** | **106,0** | **28.0** | | **0.9** | **0.09** | **0.05** | **8.37** |
| **304** | | **Рис отварной** | **200** | **4,73** | **0,1** | **9,73** | **0,66** | **49,11** | **302,5** | **21.3** | | **0.74** | **0.04** | **0э04** | **0.0** |
| **268** | | **Биточки из говядины** | **100** | **7,2** | **6,12** | **10,25** | **2,42** | **6,01** | **146,4** | **5.83** | | **1.28** | **0.03** | **0.05** | **0.0** |
| **331** | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **17,81** | **6,22** | **21,44** | **4,54** | **92,87** | **732,57** |  | |  |  |  |  |
|  | | **Итого за день:** |  | **27,52** | **6,38** | **47,48** | **5,64** | **171,31** | **1318,57** |  | |  |  |  |  |

**4- четверг- неделя первая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **181** | **Каша манная** | | **200** | **5,54** | **2,68** | **9,75** | **0,28** | **38,51** | **264,55** | **121.88** | | **0.45** | **0.07** | **0.15** | **1.06** |
| **14** | **Масло сливочное** | | **20** | **0,16** | **0,16** | **14,52** | **0** | **0,28** | **132,0** | **4.8** | | **0.04** | **0.0** | **0.04** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
|  | **Итого за завтрак:** | |  | **9,17** | **2,84** | **24,61** | **0,62** | **73,49** | **550,55** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **209** | | **Яйцо варёное** | **1 шт** | **5,08** | **5,08** | **4,60** | **0** | **0,28** | **63,0** | **22.0** | | **1.00** | **0.03** | **0.18** | **0.0** |
|  | | **Борщ с капустой с картофелем** | **250** | **1,80** | **0** | **4,92** | **4,92** | **10,93** | **103,75** | **49.73** | | **1.23** | **0.05** | **0.05** | **10.68** |
| **312** | | **Пюре картофельное** | **200** | **4,13** | **0,91** | **12,21** | **0,65** | **23,98** | **230,47** | **56.38** | | **1.37** | **0.19** | **0.15** | **23.73** |
| **227** | | **Рыба запеченная** | **80** | **8,94** | **8,66** | **1,98** | **0,04** | **2,09** | **62,0** | **14.72** | | **0.50** | **0.05** | **0.05** | **0.43** |
|  | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **349** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **23,81** | **14,65** | **25,17** | **7,07** | **75,03** | **636,89** |  | |  |  |  |  |
|  | | **Итого за день:** |  | **32,98** | **17,49** | **49,78** | **7,69** | **148.52** | **1187.44** |  | |  |  |  |  |

**5- пятница - неделя первая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **302** | **Каша гречневая** | | **200** | **11,06** | **0,1** | **11,94** | **2,87** | **49,83** | **350,0** | **32.99** | | **5.91** | **0.26** | **0.15** | **0.0** |
| **243** | **Сосиска отварная** | | **80** | **8,07** | **8,07** | **22,62** | **0** | **0,36** | **238,55** | **26.90** | | **1.31** | **0.13** | **0.12** | **0.0** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **22,6** | **8,17** | **34,9** | **3,21** | **84,89** | **742,55** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **103** | | **Суп с домашней лапшой** | **250** | **2,57** | **0,75** | **5,54** | **4,99** | **11,62** | **115,75** | **28.55** | | **0.5** | **0.05** | **0.04** | **0.5** |
| **174** | | **Каша рисовая молочная** | **200** | **11,06** | **0,1** | **9,73** | **0,66** | **49,11** | **302,5** | **21.3** | | **0.74** | **0.04** | **0.04** | **0.0** |
| **268** | | **Котлета из говядины** | **50** | **7,2** | **6,12** | **10,25** | **2,42** | **6,01** | **146,4** | **5.83** | | **1.28** | **0.03** | **0.05** | **0.0** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **24,3** | **6,97** | **25,86** | **8,41** | **101,44** | **718,65** |  | |  |  |  |  |
|  | | **Итого за день:** |  | **46,9** | **15,14** | **60,76** | **11,62** | **186,33** | **1461,2** |  | |  |  |  |  |

**6- понедельник- неделя вторая .**

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| **№**  **рецепта** | **Наименование блюда** | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак** | | | | | | | | | | | | | | |
| **209** | **Яйцо варёное** | | **1 шт** | **5,08** | **5,08** | **4,60** | **0** | **0,28** | **63,0** | **22.0** | **1.00** | **0.03** | **0.18** | **0.0** |
| **174** | **Каша рисовая молочная** | | **200** | **11,06** | **0,1** | **9,73** | **0,66** | **49,11** | **302,5** | **21.3** | **0.74** | **0.04** | **0.04** | **0.0** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **19,61** | **5,18** | **14,67** | **1,0** | **84,09** | **519,5** |  |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | |
| **88** | | **Щи из свежей капусты с картофелем** | **250** | **1,77** | **0** | **4.95** | **4,95** | **7,90** | **89,75** | **49.25** | **0.83** | **0.06** | **0.05** | **15.78** |
| **202** | | **Макароны отварные** | **200** | **7,21** | **0,095** | **7,71** | **0,86** | **40,61** | **260,95** | **16.19** | **1.09** | **0.08** | **0.04** | **0.0** |
|  | | **Сосиска отварная** | **80** | **8,07** | **8,07** | **22,62** | **0** | **0,36** | **238,55** | **26.90** | **1.31** | **0.13** | **0.12** | **0.0** |
| **331** | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **20,91** | **8,165** | **36,74** | **7,27** | **86,62** | **766,92** |  |  |  |  |  |
|  | | **Итого за день:** |  | **40,52** | **13,35** | **51.41** | **8,27** | **170,71** | **1286,42** |  |  |  |  |  |

**7 -вторник - неделя вторая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | | **Наименование блюда** | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **181** | | **Каша манная** | **200** | **5,54** | **2,68** | **9,75** | **0,28** | **38,51** | **264,55** | **121.88** | | **0.45** | **0.07** | **0.15** | **1.06** |
| **14** | | **Масло сливочное** | **20** | **0,16** | **0,16** | **14,52** | **0,0** | **0,28** | **132,0** | **4.8** | | **0.04** | **0.0** | **0.04** | **0.0** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за завтрак:** |  | **9,17** | **2,84** | **24,61** | **0,62** | **73,49** | **550,55** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **102** | **Суп с бобовыми с картошкой** | | **250** | **5,49** | **0** | **5,27** | **5,27** | **16,54** | **148,3** | **42.68** | | **2.05** | **0.23** | **0.07** | **5.82** |
| **291** | **Плов из птицы.** | | **150** | **12,67** | **9,8** | **7,4** | **0,37** | **27,34** | **227,0** | **34.81** | | **1.41** | **0.1** | **0.1** | **4.5** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за обед:** | |  | **21,63** | **9,8** | **13,01** | **5,98** | **78,58** | **529,3** |  | |  |  |  |  |
|  | **Итого за день:** | |  | **30,8** | **19,6** | **37,62** | **6,6** | **152,07** | **1079,85** |  | |  |  |  |  |

**8 - среда - неделя вторая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | | **Наименование блюда** | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **202** | **Макароны отварные** | | **200** | **7,21** | **0,095** | **7,71** | **0,86** | **40,61** | **260,95** | **16.19** | | **1.09** | **0.08** | **0.04** | **0.0** |
| **243** | **Сосиска отварная** | | **80** | **8,07** | **8,07** | **22,62** | **0** | **0,36** | **238,55** | **26.90** | | **1.31** | **0.13** | **0.12** | **0.0** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **18,75** | **8,165** | **30,67** | **1,2** | **75,67** | **653,5** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **209** | **Яйцо вареное** | | **1шт** | **5,08** | **5,08** | **4,60** | **0** | **0,28** | **63,0** | **22.0** | | **1.00** | **0.03** | **0.18** | **0.0** |
| **82** | **Борщ с капустой** | | **250** | **1,80** | **0** | **4,92** | **4,92** | **10,93** | **103,75** | **49.73** | | **1.23** | **0.05** | **0.05** | **10.68** |
| **312** | **Пюре картофельное** | | **200** | **4,13** | **0,91** | **12,21** | **0,65** | **23,98** | **230,47** | **56.38** | | **1.37** | **0.19** | **0.15** | **23.73** |
| **268** | **Биточки из говядины** | | **50** | **7,2** | **6,12** | **10,25** | **2,42** | **6,01** | **146,4** | **5.83** | | **1.28** | **0.03** | **0.05** | **0.0** |
| **331** | **Соус томатный** | | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | | **0.4** | **0.01** | **0.0** | **0.8** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
|  | **Итого за обед:** | |  | **22,07** | **12,11** | **33,44** | **9,45** | **78,95** | **721,29** |  | |  |  |  |  |
|  | **Итого за день:** | |  | **40,82** | **20,28** | **64,11** | **10,45** | **154,62** | **1374,79** |  | |  |  |  |  |

**9 -четверг – неделя вторая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **120** | **Суп молочный с вермишелью** | | **250** | **2,8** | **0** | **2,7** | **0** | **7,7** | **64,6** | **80.7** | | **0.2** | **0.02** | **0.09** | **0.3** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **6,27** | **0** | **3,04** | **0,34** | **42,4** | **218,6** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **96** | | **Рассольник Ленинградский** | **250** | **1,64** | **0** | **5,06** | **5,06** | **11,3** | **106,0** | **28.0** | | **0.9** | **0.09** | **0.05** | **8.37** |
| **302** | | **Гречка отварная** | **200** | **11,06** | **0,1** | **11,94** | **2,87** | **49,83** | **350,0** | **32.99** | | **5.91** | **0.26** | **0.15** | **0.0** |
| **278** | | **Тефтели из говядины** | **60** | **4,27** | **3,40** | **4,77** | **0,10** | **5,59** | **82,36** | **15.25** | | **0.47** | **0.08** | **0.04** | **0.39** |
| **331** | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.00** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **20,83** | **3,5** | **23,23** | **9,49** | **104,47** | **716,03** |  | |  |  |  |  |
|  | | **Итого за день:** |  | **27,1** | **3.5** | **26,27** | **9,83** | **146,87** | **934.63** |  | |  |  |  |  |

**10- пятница- неделя вторая .**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **рецепта** | **Наименование блюда** | | **Масса порции** | **Пищевые вещества** | | | | **Углеводы** | **Энергетическая**  **ценность**  **/ккал/** | | **Минеральные вещества /мг/** | | **Витамины /мг/** | | |
| **Белки** | | **Жиры** | |
| **всего** | **в т.ч.** | **всего** | **в т.ч.** | **СА** | **F e** | **В 1** | **В 2** | **С** |
| **Завтрак** | | | | | | | | | | | | | | | |
| **210** | **Омлет натуральный** | | **150** | **13,94** | **13,94** | **24,83** | **0** | **2,64** | **289,7** | **103.08** | | **2.64** | **0.10** | **0.52** | **0.26** |
|  | **Хлебная булочка** | | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | **Чай с сахаром** | | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | **Итого за завтрак:** | |  | **17,41** | **13,94** | **25,17** | **0,34** | **37,34** | **443,7** |  | |  |  |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| **103** | | **Суп с макаронными изделиями** | **250** | **2,57** | **0.75** | **5.54** | **4,99** | **11,62** | **115,75** | **28.55** | | **0.5** | **0.05** | **0.04** | **0.5** |
| **304** | | **Рис отварной** | **200** | **4,73** | **0,1** | **9,73** | **0,66** | **49,11** | **302,5** | **21.3** | | **0.74** | **0.04** | **0э04** | **0.0** |
| **268** | | **Котлета из говядины** | **50** | **7,2** | **6,12** | **10,25** | **2,42** | **6,01** | **146,4** | **5.83** | | **1.28** | **0.03** | **0.05** | **0.0** |
| **331** | | **Соус томатный** | **50** | **0,39** | **0** | **1,12** | **1,12** | **3,05** | **23,67** | **3.53** | | **0.4** | **0.01** | **0.0** | **0.8** |
|  | | **Хлебная булочка** | **60** | **3,4** | **0** | **0,32** | **0,32** | **19,7** | **94,0** | **8.0** | | **0.44** | **0.59** | **0.0** | **0.0** |
| **375** | | **Чай с сахаром** | **200** | **0,07** | **0** | **0,02** | **0,02** | **15,0** | **60,0** | **11.1** | | **0.28** | **0.0** | **0.0** | **0.03** |
|  | | **Итого за обед:** |  | **18,36** | **6,22** | **21,44** | **9,53** | **104,49** | **742,32** |  | |  |  |  |  |
|  | | **Итого за день:** |  | **35,77** | **20,16** | **46,61** | **9,87** | **141,83** | **1186,02** |  | |  |  |  |  |