

СОГЛАСОВАНО: УТВЕРЖДАЮ:

специалист – эксперт заведующий МБДОУ

ТОУ Роспотребнадзор «Целинный д/с №4 «Теремок»

вг.Бийске \_\_\_\_\_\_\_\_\_\_\_\_\_ Т.А. Тарасенко

МЕНЮ

МБДОУ «Целинный детский сад №4 «Теремок» общеразвивающего вида Целинного района Алтайского края с режимом работы 10,5 часов

Сезон: осень - зима Возрастная категория: 1.5лет до 3 лет, от 3 лет до 7 лет.

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| Прием пищи, наименование блюда | Масса порции | | Пищевые вещества | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | Минеральные вещества (мг) | | | | | |
|  | | | Б | | Ж | | У | |  | | В1 | | А | | Са | | Р | | Fe | |
| Первый день | | | | | | | | |  | |  | |  | |  | |  | |  | |
| **1 ЗАВТРАК**  Каша молочная  «дружба» с масл.  Кофейный  напиток  Хлеб с  маслом | 150|200  150|200  50  5/5 | | 3.54/4.70  2.6/3.8  2.33  0,05/0,05 | | 6.54/8.11  2.6/3.8  0.19  3.9/3.9 | | 19.76/27.68  10.4/15.2  9.32  0,05/0,05 | | 117.37/173.16  60.84/97.84  98.5  35,5/35,5 | | 0.06/0.08  0.03/0.04  0.055 | | 0.19/0.26  0.16/0.22  0.22 | | 138/184  139/185  10 | | 130.6/174.1  102.38/136.5  46.5 | | 0.4/0.5  0.13/0.18  0.7 | |
| **итого:** |  | | 8.52/10.85 | | 13.23/16 | | 39,53/52.85 | | 312.25/405 | |  | |  | |  | |  | |  | |
| **2 ЗАВТРАК**  Сок яблочный | 150|200 | |  | |  | | 16.8/22.4 | | 75/90 | |  | |  | |  | |  | |  | |
| **итого:** |  | |  | |  | | 16.8/22.4 | | 75/90 | |  | |  | |  | |  | |  | |
| **ОБЕД**  Салат из белок. капусты  Суп фасолевый с мясом говядины  Котлета из говядины  Перловый гарнир  Компот из с/ф Хлеб | 40\60  150|250  60/80 1  120/150  150/200 60 | | 2  3.7/4.9  4.60/6.50  4.84/6.05  0.78/1.04  2.99 | | 4.5  .55/3.4  9.6/10.8  5.78/7.23  0  0.23 | | 9.17  5.45/7.26  25.1/35.08  32.74/41.18  20.22/26.96  11.96 | | 85  63.2/90.9  110.8/154.4  136.41/220.51  80.53/107.44  120.2 | | 0  0.06/0.08  0.03/0.04  0.16/0.21  0.066 | | 0  8.5/11.33  0.18/0.25  0.02/0.03 | | 0  69.5/92.6  37.5/52.2  11.39/14.24  12 | | 0  8.5/64.6  24.64/31.2  162.1/202.6  55.8 | | 0  6/8  3.36/4.67  3.64/4.55  0.84 | |
| **итого:** |  | | 14.67/18.68 | | 16.1/19.11 | | 69.16/89.3 | | 483.85/606.84 | |  | |  | |  | |  | |  | |
| **ПОЛДНИК**  Печень тушеная в сметане  Картоф. пюре с маслом  Чай с сахаром  Хлеб | 60/80  120/150  150|200  30 | | 9.44/12.58  2,6/3,25  0.9/1.2  1.49 | | 3.8/5,07  3,74/4,68  0.9/1.2  0,12 | | 1.44/1.94  6,43/8,04  9.75/13  5,98 | | 75,37/100,5  99,12/123,9  36.96/49.28  60,1 | | 0,07/0,1  0 | | 4,22/5,62  0 | | 17.06/22.74  8,7/11,6  8.7/11.6 | | 128,1/170,8  3,71/4,94  3.71/4.94 | | 3,10/4,1  0,41/0,5  0.41/0.54 | |
| **итого:** |  | | 14.43/18.52 | | 8.56/11.07 | | 23.6/28.96 | | 271.55/333.78 | |  | |  | |  | |  | |  | |
| **ИТОГО** |  | | 38.57/48.73 | | 36.24/44.53 | | 153.54/198.46 | | 1110.65/1388.65 | |  | |  | |  | |  | |  | |
| Второй день | | | | | | | | | | | | | | | | | | | | | |
| **1 ЗАВТРАК**  Кулеш  молочный  вермишелевый  с маслом  Коф. напит.  Хлеб с  маслом и  сыром | | 150|200  150|200  40  5  15 | | 3.95/5.6  2.6/3.8  24.33 | | 5.75/8  2.6/4.8  6.49 | | 15.48/20.  10.4/15.20  9.37 | | 110.28/157.04  60.84/97.84  182 | | 0.03/0.04  0.03/0.04  0.055 | | 0.20/0.26  0.16/0.22  0.22 | | 79.5/106  139/185  10 | | 90.59/120.78  102.38/136.5  46.5 | | 0.35/0.46  0.13/0.18  0.7 | |
| **итого:** | |  | | 30.88/33.73 | | 14.84/19.29 | | 35.20/44.57 | | 299.12/436.88 | |  | |  | |  | |  | |  | |
| **2 ЗАВТРАК**  Сок абрикосовый | | 150|200 | |  | |  | | 16.8/22.4 | | 64/86 | |  | |  | |  | |  | |  | |
| **итого:** | |  | |  | |  | | 16.8/22.4 | | 64/86 | |  | |  | |  | |  | |  | |
| **ОБЕД**  Салат из карт.сзел. луком  Щи с мясом говядины со сметаной  Гуляш мясной в молочном соусе  Гречневый гарнир  Компот из с/ф Хлеб | | 40/60  150/250  60|80  120|150  150|200 60 | | 1.8  1.26/1.68  3.89/5.18  5.84/7.55  0.78/1.04 2.99 | | 3.06  1.01/1.34  5.65/7.54  7.23/8.05  0  0.23 | | 12.83  5.54/7.38  1.63/2.17  32.94/41.18  20.22/26.96 11.96 | | 85.88  36.99/49.32  88.54/118.06  176.4/220.51  80.53/107.44  120.2 | | 0.067  0.04/0.06  0.01/0.02  0.17/0.21  0.01/0.2 0.066 | | 0  0.01/0.02 | | 0  38.85/51.8  11.45/15.26  11.39/14.24  30.86/41.1  12 | | 32.47  32.34/43.12  72.64/96.86  162.1/2026  21.9/29.2  55.8 | | 0.7  0.47/0.62  11.3/15.1  108/135  0.51/0.68 0.84 | |
| **итого:** | |  | | 14.76/18.4 | | 14.12/17.16 | | 72.29/89.65 | | 502.66/615.53 | |  | |  | |  | |  | |  | |
| **ПОЛДНИК**  Пудинг творож. со сгущен. Мол.  Чай с сахаром | | 180/250  150/200 | | 22.97/31.9  2.6/3.8 | | 16/22.22  2.6/3.8 | | 20.73/24.87  10.4/15.2 | | 154.29/195.15  60.84/97.84 | | 0.09/0.13  0.03/0.04 | | 0.10/0.15  0.16/0.22 | | 260.1/361.25  139/185 | | 333.12/462.67  102.38/136.5 | | 1.15/16  0.13/0.18 | |
| **итого**: | |  | | 25.57/35.7 | | 18.6/26.02 | | 31.13/40.7 | | 215.13/292.99 | |  | |  | |  | |  | |  | |
| **ИТОГО:** | |  | | 85.71/102.58 | | 50.62/65.53 | | 141.68/210.15 | | 1166.79/1517.28 | |  | |  | |  | |  | |  | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Третий день | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1 ЗАВТРАК**  Каша молочная  ячневая смасломКакао смолоком  Хлеб с  маслом | | 150|200  150|200  50  5 | | | | | 4.07/5.76  2.65/3.2  2.33  0.05 | | | | 7.81/9.42  2.8/3.4  0.19  3,9 | | | | 19.40/27.86  11.2/13.6  9.32  0,05 | | | | | 118.71/174.4  67.37/89.82  98.5  35,5 | | | | 0.07/0.10  0.03/0.04 0.055 | | | | 0.20/0.26  0.21/0.28 | | | | 139.4/185.86  165.8/221.1 10 | | | | 139.07/185.42  139.07/185.42 46.5 | | | | 0.54/0.72  0.53/0.7  0.7 | | | | |
| **итого:** | |  | | | | | 9.1/11.34 | | | | 14,7/17 | | | | 39.97/50.83 | | | | | 320.08/398.76 | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| **2 ЗАВТРАК** яблоко | | 100|200 | | | | | 0.4/0.8 | | | |  | | | | 10.66/14.21 | | | | 45/90 | | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| **итого:** | |  | | | | | 0.4/0.8 | | | |  | | | | 10.66/14.21 | | | | 45/90 | | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| **ОБЕД**  Салат из отвар. свеклы с чесн.  Суп – картофс фрикад. из фарша говядины  Суфле изотварн. говядины  Гороховое пюре  Кисель ягод +C  Хлеб | | 45/60  150|250  60|80  120|150  150|200  60 | | | | | 1.66  2.40/3.20  5.54/7.72  0.67/5.84  0  2.99 | | | | 7.09  3.85/5.13  10.74/14.32  3.28/4.11  0  0.23 | | | | 8.5  14.14/18.86  22.16/30.88  12.08/15.11  14.7/19.6  11.96 | | | | 103.53  100.67/134.22  141.96/189.28  99.34/124.17  60/80  120.2 | | | | | 0.02  0.25/0.33  0.06/0.08  0.18/0.22  0.45/0.6 0.66 | | | | 0  0.45/0.6  0.43/0.57  0.93/1.17 22.5/30 | | | | 0  17/22.6  34.14/45.52  15.12/18.9  6.75/9  12 | | | | 36.59  45.5/60.6  67.38/89.44  88.56/110.7  0  55.8 | | | | 1.53  0.75/1  0.8/1.06  1.13/1.41  0  0.84 | | | | |
| **итого:** | |  | | | | | 15.6/19.75 | | | | 18.1/23.79 | | | | 75.04/96.41 | | | | 522.17/647.87 | | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| **ПОЛДНИК**  Капуста тушенная с мясом  Чай с сахаром  Хлеб | | 180|250  60/80  150|200 30 | | | | | 4,39/5,85  10.47/13.97  0.9/1.2  1.99 | | | | 4.39/5.86 12.19/16.26  0.9/1.2  0.12 | | | | 5.6/7.47  9.75/13  5.98 | | | | 13.88/18.51 156.39/208.5  36.96/49.28  55.1 | | | | | 0.05/0.07  0  0.033 | | | | 0.03/0.05 | | | | 106.7/148.2  8.7/11.6  6 | | | | 83.95/116.6  3.71/4.94  27.9 | | | | 1.51/2.1  0.41/0.54  0.42 | | | | |
| **итого:** | |  | | | | | 17.75/23.01 | | | | 17.6/23.32 | | | | 21.33/26.45 | | | | 262.33/276.29 | | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| **ИТОГО:** | |  | | | | | 43.68/55.73 | | | | 58/67.52 | | | | 151/191.85 | | | | 1200.08/1463.95 | | | | |  | | | |  | | | |  | | | |  | | | |  | | | | |
| Четвертый день | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | | |
| **1Завтрак**  Каша манная на молоке | | | | 150|200 | | | | | 6.5/8.66 | | | | 8.16/10.88 | | | | 33.15/44.20 | | | | | 235.8/314.4 | | | | 0.05/0.06 | | | | | 0.12/0.16 | | | 63.8/85.1 | | | | 91.83/122.44 | | | | 0.78/1.04 | | | |
|  | | | |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| Какао с молоком  Хлеб с маслом | | | | 150|200  50  5/5 | | | | | 2.65/3.2  2.33  0.05 | | | | 4.8/6.4  0.19  3.9 | | | | 11.2/13.6  9.32  0.05 | | | | | 67.37/89.82  98.5  35.5 | | | | 0.03/0.04  0.044 | | | | | 0.21/0.28 | | | 165.8/221.1  8 | | | | 139.07/185.42  37.2 | | | | 0.53/0.7 0.42 | | | |
| **итого:** | | | |  | | | | | 10.72/13.51 | | | | 10.25/13.59 | | | | 40.23/50.54 | | | | | 306.73/407.11 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| **2 ЗАВТРАК**  Сок виноградный | | | | 100|200 | | | | | 0.1/0.2 | | | |  | | | | 2.5/3.75 | | | | | 23.14/34.71 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| **итого:** | | | |  | | | | | 0.1/0.2 | | | |  | | | | 2.5/3.75 | | | | | 23.14/34.71 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| **ОБЕД**  Салат «Витаминный»  Суп овощной с мясом говядины | | | | 50/60  150|250 | | | | | 0.57  1.47/1.96 | | | | 5.07  2.41/3.21 | | | | 5.77  14.66/7.77 | | | | | 70.97  101.58/141.36 | | | | 0.13/0.17 | | | | | 0.65/8.86 | | | 87./11.6 | | | | 113/150.6 | | | | 2.1/2.8 | | | |
| со сметаной | | | |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| Биточки мясные в соусе | | | | 60|80 | | | | | 3.26/4.35 | | | | 8.4/11.2 | | | | 9.15/12.2 | | | | | 113.6/157.6 | | | |  | | | | | 12.7/17.0 | | | 104.2/139 | | | | 133.5/178 | | | | 3.22/4.3 | | | |
| Пшенныйгарн. | | | | 120|150 | | | | | 6.84/8.55 | | | | 5.78/7.23 | | | | 22.94/31.18 | | | | | 86.41/150.51 | | | | 0.16/0.21 | | | | | 0.02/0.03 | | | 11.39/14.24 | | | | 162.1/202.6 | | | | 3.64/4.54 | | | |
| Компот из с\ф + витамин С  Хлеб | | | | 150|200  60 | | | | | 0  2.99 | | | | 0  0.23 | | | | 14.7/19.6  11.96 | | | | | 60/80  120.2 | | | | 0.45/0.6  0.66 | | | | | 22.5/30 | | | 6.75/9  12 | | | | 0  55.8 | | | | 0  0.84 | | | |
| **итого:** | | | |  | | | | | 14.56/17.85 | | | | 16.8/21.87 | | | | 63.41/82.71 | | | | | 481.73/643.67 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| **ПОЛДНИК**  Вареники ленивые с маслом  Чай с сахаром | | | | 180|250  5  150|200 | | | | | 5.74/7.97  0.05  0.9/1.2 | | | | 16.15/22.43  3.9  0.9/1.2 | | | | 18.2/25.28  0.05  9.75/13 | | | | | 132.04/207  35.5  36.96/49.28 | | | | 0.09/0.13  0 | | | | | 0.16/0.2  0 | | | 253.2/351.7  8.7/11.6 | | | | 348.9/484.6  3.71/4.94 | | | | 1.19/1.65  0.41/0.54 | | | |
| **итого:** | | | |  | | | | | 8.39/11.17 | | | | 20.95/28.83 - | | | | 29.4/38.88 | | | | | 199.41/296.82 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
| **ИТОГО:** | | | |  | | | | 34.34/43.3 | | | | | 52.3/66.99 | | | | 141.27/181.57 | | | | | 1081.98/1453.27 | | | |  | | | | |  | | |  | | | |  | | | |  | | | |
|  | | | |  | | |  | | | |  | | | |  | | | | | Пятый день | | | |  | | | |  | | | |  | | | |  | | | |  | | |
| **1ЗАВТРАК**  Каша молочная  овсяная с  маслом  Кофейный  напиток  Хлеб с  маслом и  сыром | | | | 150|200  150|200  50  5  10/15 | | | 3.24/4.32  2.6/3.8  2.33  0.05  2.2/3.3 | | | | 5.82/7.76  2.6/3.8  0.19  3.9  2.4/3.6 | | | | 18.75/25  16.47/21.96  22.59  0.05  0 | | | | | 116.79/172.94  60.84/97.84  98.5  35.4  32/48 | | | | 0.07/0.11  0.03/0.04  0.055 | | | | 0.19/0.26  0.16/0.22  0.22 | | | | 138.3/184.4  139/185  10 | | | | 146.4/195.2  102.38/136.5  46.5 | | | | 1.13/1.5  0.13/0.18  0.7 | | |
|  | **итого:** | | | |  | | | 10.87/14.25 | | | | 14.91/19.25 | | | | 58.81/70.05 | | | | | 342.69/452.68 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **2 ЗАВТРАК**  груша | | | | 150|200 | | |  | | | |  | | | | 15.75/20.1 | | | | | 75/90 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **итого:** | | | |  | | |  | | | |  | | | | 15.75/20.1 | | | | | 75/90 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ОБЕД**  Салат из капусты и моркови №13  Суп  свекольник с мясом говяд. со сметаной  Рыбные тефтели  Макароны отварные  Кисель ягод + вит С  Хлеб | | | | 45\60  150|250  60|80  120|150  150|200  60 | | | 1.65  2.8/4.66  6.98/9.30  4.68/5.85  0.78/1.04  2.99 | | | | 7.09  2.28/3.8  2.68/3.57  4.92/6.15  0  0.23 | | | | 4.91  7.63/10.18  4.82/6.43  25/31.26  20.22/26.96  11.96 | | | | | 90.77  54.62/72.82  70/93.34  165.9/207.38  80.53/107.44  120.2 | | | | 0.03  0.07/0.1  0.04/0.05  0.04/0.06  0.01/0.2  0.066 | | | | 0  0.06/0.08  0.01/0.02  0.03/0.04  0 | | | | 0  24.08/48.16  26.95/35.94  5.05/6.32  30.86/41.1  12 | | | | 46.56  106.2/141.6  95.32/127  30.12/37.65  21.9/29.2  55.8 | | | | 0.59  0.78/1.04  0.39/0.53  0.65/0.81  0.51/0.68  0.84 | | |
|  | **итого:** | | | |  | | | 14.24/23.84 | | | | 10.11/13.7 | | | | 69.63/86.79 | | | | | 491.25/601.19 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ПОЛДНИК**  Пироги с капуст. фаршем печен в духовом шк.  Чай с сахаром | | | | 60|80  150|200 | | | 4.5/5.4  0.9/1.2 | | | | 6.10/7.32  0.9/1.2 | | | | 17.33/24.08  9.75/13 | | | | | 116.57/151.57  36.96/49.28 | | | | 0.11/0.15  0 | | | | 0.11/0.15  0 | | | | 115.6/160.6  6 | | | | 12805/178.6  27.9 | | | | 1.27/1.78  0.42 | | |
|  | **итого:** | | | |  | | | 6.9/8.1 | | | | 7.12/8.64 | | | | 33.06/43.06 | | | | | 208.63/255.95 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ИТОГО:** | | | |  | | | 32.88/46.99 | | | | 35.64/45.09 | | | | 179.65/222.4 | | | | | 1162.57/1444.82 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | Шестой день | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **1ЗАBTPAK**  Каша  молочная пшенная с  маслом  Какао с молоком  Хлеб с  маслом | | | | 150|200  150|200  50  5 | | | 4.07/5.42  2.65/3.2  2.33  0.05 | | | | 6.81/9.08  2.8/3.4  0.19  3.9 | | | | 19.40/25.86  11.2/13.6  9.32  0.05 | | | | | 118.70/174.94  67.37/89.82  98.5  35.5 | | | | 0.07/0.1  0.03/0.04  0.23 | | | | 0.19/0.26  0.21/0.28  0.19 | | | | 139.4/185.1  165.8/221.1  10 | | | | 136.8/182.4  139.07/185.42  46.5 | | | | 0,54/0.72  0.53/0.7  0.7 | | |
|  | **итого:** | | | |  | | | 9.05/10.95 | | | | 9.8/12.67 | | | | 39.92/48.78 | | | | | 284.57/363.26 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **2 ЗАВТРАК**  Сок яблочно-виноградный | | | | 100|200 | | | 0.88/1.77 | | | |  | | | | 0.11/0.22 | | | | | 32.77/65.55 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **итого:** | | | |  | | | 0.88/1.77 | | | |  | | | | 0.11/0.22 | | | | | 32.77/65.55 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ОБЕД**  Салат свеклы с сыром  Суп-пюре с гренками с мясом говядины  Тефтели из говяд.  Капуста тушен. в молоке  Компот из с/ф+  витамин С  Хлеб | | | | 30\40  150|250  60|80  120|150  150|200  60 | | | 4.7  2.1/3.5  6.37/8.49  4.44  0  2.99 | | | | 9.5  3.24/4.34  8.1/10.8  4.24  0  0.23 | | | | 7.13  9.41/12.54  25.1/33.46  14.76  14.7/19.6  11.96 | | | | | 132.8  79.98/149.96  126.74/168.98  116  60/80  120.2 | | | | 0.02  0.08/0.1  0.04/0.05  0.06  0.45/0.6  0.66 | | | | 0  0.04/0.06  0.06/0.08  0  0.38/0.5 | | | | 0  4/63.2  8.24/10.98  151.7  6.75/9  12 | | | | 161.97  65.1/86.8  98.92/131.89  0  0  55.8 | | | | 1.28  0.75/0  1.53/2.04  1.3  0  0.84 | | |
|  | **итого:** | | | |  | | | 13.97/18.3 | | | | 15.31/20.05 | | | | 67.6/85.6 | | | | | 496.04/643.04 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ПОЛДНИК**  Рыба тушен. в соусе  Рисовый гарнир  Чай с сахаром  хлеб | | | | 60|80  150|180  150/200  30 | | | 10.13/13.51  4.86  0.9/1.2  1.45 | | | | 4.27/5.7  7.16  0.9/1.2  0.12 | | | | 4.77/6.36  48.92  9.75/13  5.98 | | | | | 119.7/159.6  279.6  36.96/49.28  60.1 | | | | 0.06/0.1  0.04  0  0.033 | | | | 0.06/0.1  0.02  0  0 | | | | 64.23/109.1  0  8.7/11.6  6 | | | | 71.43/121.4  0.82  3.71/4.94  27.9 | | | | 0.7/1.2  0.7  0.41/0.54  0 | | |
|  | **итого:** | | | |  | | | 6.8/8.28 | | | | 7.15/8.7 | | | | 30.26737.61 | | | | | 206.76/243.98 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
|  | **ИТОГО:** | | | |  | | | 32.37/41.53 | | | | 36.76/41.4 | | | | 141.3/175.7 | | | | | 1086.14/1381.83 | | | |  | | | |  | | | |  | | | |  | | | |  | | |
| Седьмой день | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1 ЗАВТРАК**  Каша молочная кукурузная с масл.  Кофейный напиток  Хлеб с  маслом и  сыром | | | 150|200  150|200  50  5  10\15 | | | 3.07/4.09  2.6/3.8  2.33  0.05  2.2/3.3 | | | | 6.44/8.58  2.6/3.8  0.19  3.9  2.4\3.6 | | | | 19.4/25.86  10.4/13.86  9.32  0.05  0 | | | | 118.71/174.94  60.84/97.84  98.5  35.5  32/48 | | | | | 0.07/0.1  0.03/0.04  0.055 | | | | 0.19/0.26  0.16/0.22  0.22 | | | 139.4/185.8  139/185  10 | | | | | 136.8/182.4  102.38/136.5  46.5 | | | | 0.54/0.72  0.13/0.18  0.7 | | | |
| **итого:** | | |  | | | 10.25/13.57 | | | | 15.53/20.07 | | | | 39.17/49.09 | | | | 345.55/454.78 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |
| **2 ЗАВТРАК**  Сок грушевый | | | 150|200 | | |  | | | |  | | | | 16.8/22.4 | | | | 75/90 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |
| **итого:** | | |  | | |  | | | |  | | | | 16.8/22.4 | | | | 75/90 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |
| **ОБЕД**  Салат из белокочанной капусты  Рассольник с мясом говяд. со сметаной  Сосиска в соусе Картофел. пюре  Кисель ягод. + вит.С  Хлеб | | | 40/60  150|250  60|80  120|150  150|200  60 | | | 2  2.54/3.38  3.6/4.8  2.6/3.25  0.78/1.04  2.99 | | | | 4.5  1.43/1.9  3.2/4.26  3.74/4.68  0  0.23 | | | | 9.17  9.18/15.3  0.07/0.09  6.43/8.04  20.22/26.96  11.96 | | | | 85  71.06/94.74  127/176  99.12/123.9  80.53/107.44  120.2 | | | | | 0.08/0.1  0  0.04/0.06  0.01/0.2  0.066 | | | | 0.06/0.08  0  0.03\0.04  0 | | | 31.95/42.6  9.78/13.04  5.05/6.32  30.86/41.1  12 | | | | | 107.15/142.86  0  30.12\37.65  21.9/29.2  55.8 | | | | 0.66/0.88  0.54/0.72  0.65/0.81  0.51/0.68  0.84 | | | |
| **итого:** | | |  | | | 15.58/19.05 | | | | 10.34/12.70 | | | | 58.01/73.92 | | | | 540.1/664.5 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |
| полдник  Сырники творожные  Чай с сахаром | | | 150|180  150|200 | | | 5.9/7.08  0.9/1.2 | | | | 6.25/7.5  0.9/1.2 | | | | 20.51/24.61  9.75/13 | | | | 169.8/194.7  36.96/49.28 | | | | | 0.10/0.15  0 | | | | 0.14/0.2 | | | 263.2/365.6  8.7/11.6 | | | | | 393.4/546.4  3.71/4.94 | | | | 1.39/1.93  0.41/0.54 0.42 | | | |
| **итого:** | | |  | | | 17.63/23.87 | | | | 16.05/22.12 | | | | 28.83/37 | | | | 369.55/489.13 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |
| **Итого:** | | |  | | | 43.46/56.49 | | | | 41.92/54.89 | | | | 142.81/182.41 | | | | 1270.82/1698.41 | | | | |  | | | |  | | |  | | | | |  | | | |  | | | |

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| Восьмой день | | | | | | | | | | | | |
| **1ЗАВТРАК**  Суп молочный с макаронами с маслом  Какао с молоком  Xлеб с  маслом | 150|200  150|200  50  5 | 3.45/4.6  2.65/3.2  2.33  0.05 | | | 6.25/8.33  2.8/3.4  0.19  3.9 | 15.48/20.64  11.2/13.6  9.32  0.05 | 110.28/157.04  67.37/89.82  98.5  35.5 | 0.03/0.04  0.03/0.04  0.055 | 02/0.26  0.21/028 | 79.5/106  165.8/221.1  10 | 90.58/120.78  139.07/185.42  46.5 | 0.34/0.46  0.53/0.7  0.7 |
| **Итого:** |  | 8.48/10.35 | | | 10.14/15.82 | 36.05/43.61 | 311.66/380.86 |  |  |  |  |  |
| **2ЗАВТРАК**  банан | 100|200 | 0.4/0.8 | | |  | 14.21/28.42 | 45./90 |  |  |  |  |  |
| **итого:** |  | 0.4/0.8 | | |  | 14.21/28.42 | 45/90 |  |  |  |  |  |
| **ОБЕД**  Салат из свеклы №20  Суп гороховый с мясом говядины  Печень по -строгановски Перловый гарнир  Компот из с/ф + вит С  Хлеб | 45\60  150|250  60|80  120|150  150|200  60 | 1.66  3.7/4.9  6.64/8.85  4.84/6.05  0.78/1.04  2.99 | | | 7.09  2.55/3.4  3.47/4.62  5.78/7.23  0  0.23 | 8.5  5.45/7.27  2.13/2.84  32.94/41.18  2022/26.96  11.96 | 103.53  83.2/110.93  72.9/97.21  136.41/220.51  80.58/107.44  120.2 | 0.02  0.06/0.08  0.06/0.08  0.16/0.21  0.01/0.02  0.66 | 0  8.5/11.33  3.88/5.17  0.02/0.03  0 | 0  69.5/92.6  16.86722.48  11.39/14.24  30.86/41.14  12 | 36.59  48.5/64.6  123.04/164.05  162.1/202.6  21.9/29.2  55. 8 | 1.53  6/8  2.77/3.7  3.64/4.55  0.51/0.68  0.84 |
| **Итого:** |  | 18.95/23.83 | | | 12.03/15.48 | 72.70/90.21 | 493.29/656.29 |  |  |  |  |  |
| **ПОЛДНИК**  Запеканка картофельная с отварным мясом  Сок персиковый  Хлеб | 180|250  150|200  30 | | | 15.28/21.22  0,5  1.45 | 15.03/20.8  0.1  0.12 | 13.1/18.02  10.1  5.98 | 272.49/379.85  46  61 | 0.12/0.18  0.01  0.033 | 0.09/0.13  0  0 | 64.66/89.08  7  6 | 190.93/265.8  0  27.9 | 2.6/3.6  1.4  0 |
| **Итого:** |  | | 15.52/19.01 | | 8.67/11.08 | 30.12/36.88 | 329.96/369.98 |  |  |  |  |  |
| **ИТОГО:** |  | 44.18/54.65 | | | 41.9/45.88 | 157.28/203.25 | 1230.91/1547.5 |  |  |  |  |  |

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| Девятый день | | | | | | | | | | |
| **1ЗА*BTPAK***  Каша молочная рисовая с маслом  Кофейный напиток  Хлеб с  маслом и  сыром | 150|200  150|200  50  5  10\15 | 3.53/5.04  2.6/3.8  2.33  0.05  2.2\3.3 | 6.47/8.62  2.6/3.8  0.19  3.9  2.4\3.6 | 20.49/27.32  10.4/13.38  9.32  0.05  0 | 119.5/179.34  60.84/97.84  98.5  35.5  32/48 | 0.04/0.06  0.03/0.04  0.055 | 0.19/0.26  0.16/0.22  0.22 | 141.5/188.7  138.6/184.9  10 | 131.5/175.3  102.38/136.5  46.5 | 0.42/056  0.13/0.18  0.7 |
| **Итого:** |  | 10.71/14.7 | 15.56/20.11 | 40.26/51 | 346.34/459.18 |  |  |  |  |  |
| **2 ЗАВТРАК**  сок яблочный | 150|200 |  |  | 16.8/22.4 | 64/86 |  |  |  |  |  |
| **итого:** |  |  |  | 16.8/22.4 | 64/86 |  |  |  |  |  |
| **ОБЕД**  Салат «Витаминный»№2 | 40/50 | 0.57 | 5.07 | 5.77 | 70.97 |  |  |  |  |  |
| Борщ с мясом говядины со сметаной | 150|250 | 2.31/3.85 | 1.31/2.18 | 4.06/6.76 | 103.31/172.18 | 0.06/0.08 | 0.01/0.02 | 36.45/48.6 | 133.28/177.7 | 0.51/0.68 |
| рыба тушенная с овощами  Компот из с/ф + вит С  Хлеб | 60|80  120|150 150|200  60 | 10.13/13.51  2.5/3.12  0.78/1.04  2.99 | 4.27/5.69 3.38/4,23  0  0.23 | 4.77/6.36 9.62/12.03 20.22/26.96  11.96 | 119.7/139.6  101.04/133.1  80.58/107.44  120.2 | 0.02/0.03  0.08/0.11 0.4/0.6  0.066 | 0.01/0.02  0.07/0.09 0.038/0.5 | 24.14/32.29 5.4/7.2  44.06/55.08  6.75/9  12 | 48.91/65.22  65.6/82 112.8/150.4  0  55.8 | 0.73/0.98 1.62/2.16 0.58/0.74  0.58/0.74  0.84 |
| **итого:** |  |  |  |  |  |  |  |  |  |  |
|  |  | 18.71/24.51 | 9.19/12.33 | 50.63/64.07 | 524.83/672.52 |  |  |  |  |  |
| **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |
| Пироги с картоф. фаршем печен. в дух шкафу | 180|250 | 17.05/23.68 | 8.95/12.43 | 7.94/11.03 | 180.07/250.1 | 0.13/0.18 | 0.09/0.1 | 69.44/86.45 | 191.6/405.05 | 1.33/2.085 |
| Чай с сахаром | 150|200 | 0.9/1.2 | 0.9/1.2 | 9.75/13 | 36.96/49.28 | 0 | 0 | 8.7/11.6 | 3.71/4.94 | 0.41/0.54 |
| **итого:** |  | 6.6/8.04 | 7.4/9 | 30.9/38.38 | 213.35/260.95 |  |  |  |  |  |
| **ИТОГО:** |  | 36.6/47.64 | 37.22/46.51 | 144.36/181.12 | 1219.47/1466.07 |  |  |  |  |  |

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| Десятый день | | | | | | | | | | | |
| **1ЗАВТРАК**  Лапшевник с сыром  Какао с молоком  Хлеб с  маслом | | 150|200  150|200  50  5 | 10.71/14.28  9/12  3.33  0.05 | 11.04/14.72  2.30/3.06  0.19  3.9 | 29.22/38.96  9.75/13  22.59  0.05 | 271.94/362.58  13.96/49.28  108.5  35.5 | 0.04/0.06  0  0.55 | 0.07/0.1  0 | 220.5/294  8.7/11.6  10 | 146.44/195.26  3.71/4.94  46.5 | 1.04/1.38  0.41/0.5  0.7 |
| **Итого:** |  |  | 23.54/30.11 | 17.79/21.87 | 61.61/74.6 | 429.9/555.86 | 0.59/0.61 | 0.07/0,1 | 239.2/315.6 | 196.65/246.4 | 2.15/2.58 |
| **2ЗАВТРАК**  апельсин |  | 100|200 | 0.9 |  | 12 | 47 |  |  | 40 |  | 0.1 |
| **итого:** | |  | 0.9 |  | 12 | 47 |  |  | 40 |  | 0.1 |
| **ОБЕД**  Салат из отварной картоф. сзел. луком | | 40/60 | 1.8 | 3.06 | 12.83 | 85.88 | 0.067 | 0 | 0 | 32.47 | 0.7 |
| Уха из свежей рыбы с крупой  Плов изпромыш. фарша  Чай с сахаром  Хлеб | | 200|250  120|60  150|80  150|200  60 | 3.38/4.23  9.56/11.96  0.78/1.04  0.9/1.2  3.99 | 1.9/2.4  11.33/14.16  0.9/1.2  0.23 | 12.2/15.3  18.64/23.30  9.75/13  27.11 | 94.74/118.43  201.67/252.09  36.96/49.28  130.2 | 0.1/0.13  0.03/0.04  0  0.66 | 0.008/0.01  0 | 42.6/53.25  12.36/15.45 30.86/41.14  8.7/11.6  12 | 142.86/178.58  136.92/171.01  3.71/4.94  55.8 | 0.88/1.1  2.04/2.55 0.51/0.68  0.41/0.54  0.84 |
| **Итого:** |  |  | 17.71/21.22 | 13.46/16.79 | 78.17/92.67 | 507.19/608.16 | 0.8/0.85 | 0.008/0.01 | 85.82/109.84 | 335.58/405.39 | 4.27/5.17 |
| **ПОЛДНИК**  Запеканка творожная со сгущенным молоком  Кисель ягод.+вит.С |  | 180|250  150|200 | 5.7/6.8  0 | 6.5/7.8  0 | 21.15/25.38  20.22/26.96 | 176.39/211.67  80.58/107.44 | 0.07/0.1  0.01/0.02 | 0.01/0.2 | 264.4/367.3 | 344.5/478.5  0 | 1.06/1.47  0 |
| **Итого:** |  |  | 8.3/10.6 | 9.1/11.6 | 31.55/38.76 | 237.23/309.51 | 0.1/0.14 | 0.17/0.42 | 403/552.2 | 446.88/615 | 1.19/1.65 |
| **ИТОГО:** |  |  | 52.25/64.63 | 43.41/53.32 | 196.16/230.86 | 1307.2/1606.41 | 1.49/1.6 | 0.248/0.530 | 768.02/1017.64 | 634.61/1266.79 | 8.06/9.5 |

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