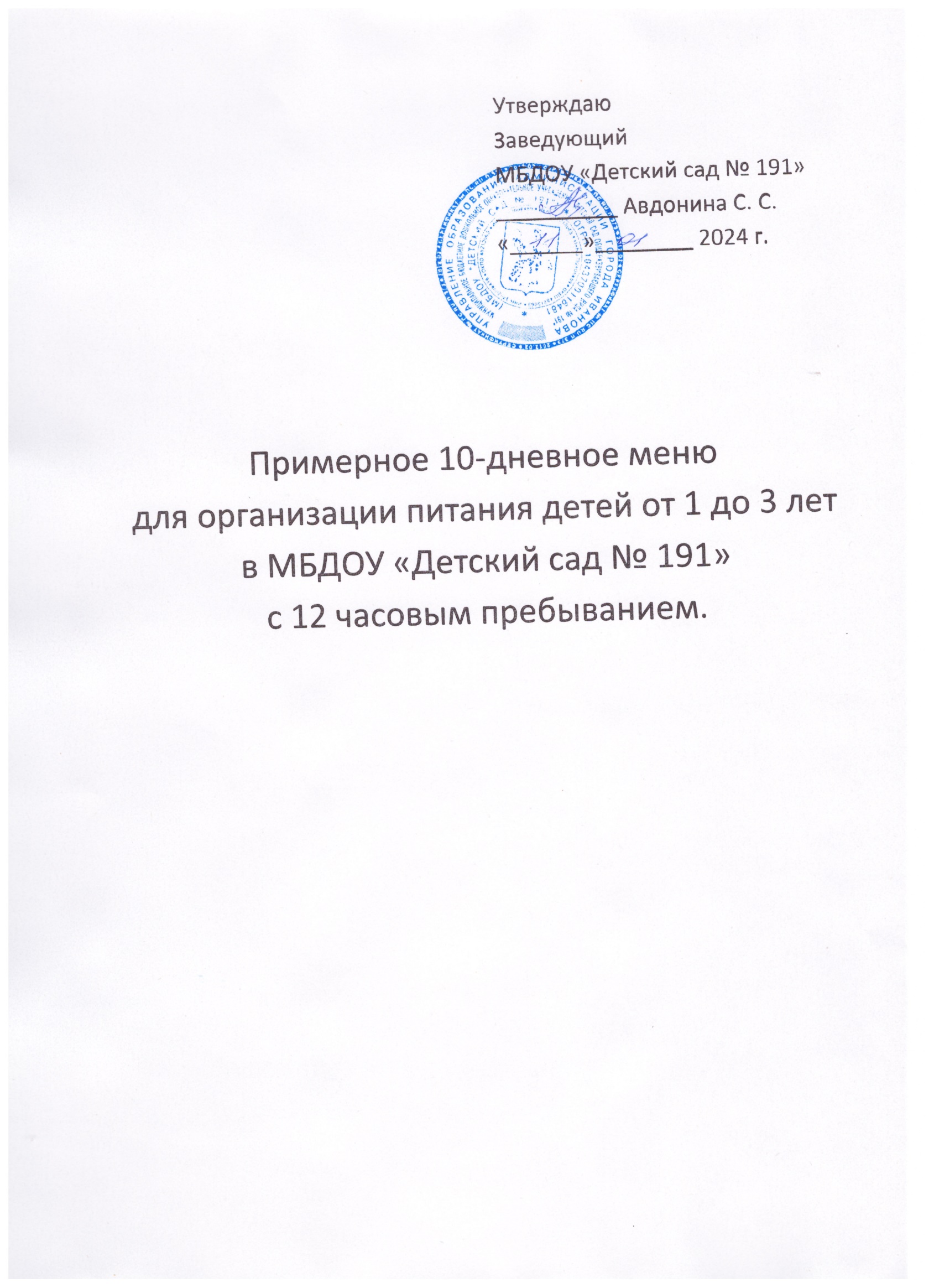
****

**1 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **День** | **Понедельник** |  | **неделя** | **первая** |  | **Возрастная категория** | **1,5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | | |
| 101 | **Каша гречневая с маслом** | **150** | **2.43** | **4.56** | **19.12** | | **126.45** | **0.02** | **0.06** | **0.13** | **21.40** | **0.31** |
| Крупа гречневая | 20 |  |  |  | |  |  |  |  |  |  |
| Молоко сухое | 10 |  |  |  | |  |  |  |  |  |  |
| Сахар | 3 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  | |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  | |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  | |  |  |  |  |  |  |
| 5 | **Какао на сгущенном молоке** | **160** | **1,38** | **2.08** | **14.79** | | **65.95** | **0,01** | **0,03** | **0,15** | **42.05** | **0.24** |
| какао | 1 |  |  |  | |  |  |  |  |  |  |
| сахар+сах из сг. | 5 |  |  |  | |  |  |  |  |  |  |
| сгущенное молоко | 15 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 150 |  |  |  | |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный с**  **маслом** | **35** | **2.28** | **0.18** | **15.66** | | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| 1 | **5** | **0,05** | **6.60** | **0,08** | | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | ИТОГО |  | **11.82** | **19.42** | **49.65** | | **367.39** | **0.06** | **0.19** | **0.60** | **271.21** | **1.05** |
| **2-й ЗАВТРАК** | | | | | | | | | | | | |
| 66 | **Сок яблочный** | **100** | **-** | **-** | **9,00** | | **37,90** | **-** | **-** | **2,00** | **7,00** | **1,00** |
| **ОБЕД** | | | | | | | | | | | | |
| 20 | **Икра кабачковая** | **30** | **0.40** | **2.00** | **2.20** | | **27.50** | **-** | **-** | **5.00** | **5.00** | **0.15** |
| 23 | **Суп картофельный с вермишелью на курином бульоне** | **150** | **4.05** | **3.18** | **18.43** | | **146.67** | **0.13** | **1.58** | **31.95** | **41.37** | **2.02** |
| Курица | 35 |  |  |  | |  |  |  |  |  |  |
| Вермишель | 15 |  |  |  | |  |  |  |  |  |  |
| Картофель |  |  |  |  | |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  | |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  | |  |  |  |  |  |  |
| с 01.09 по 31.10 | 69.5 |  |  |  | |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  | |  |  |  |  |  |  |
| Морковь |  |  |  |  | |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  | |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  | |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  | |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  | |  |  |  |  |  |  |
| Вода | 150 |  |  |  | |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  | |  |  |  |  |  |  |
| 111 | **Запеканка рисовая с курицей** | **120** | **6.24** | **16.32** | **33.36** | | **267.60** | **0.10** | **0.04** | **0.40** | **47.10** | **2.23** |
| Курица | 81.5 |  |  |  | |  |  |  |  |  |  |
| Молоко | 20 |  |  |  | |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  | |  |  |  |  |  |  |
| Рис | 30 |  |  |  | |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  | |  |  |  |  |  |  |
| 13 | **Компот из кураги** | **150** | **0,66** | **-** | **19.51** | | **79.25** | **0** | **0** | **0** | **28.00** | **1.81** |
| Курага | 12 |  |  |  | |  |  |  |  |  |  |
| Вода | 150 |  |  |  | |  |  |  |  |  |  |
| Сахар | 10 |  |  |  | |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **1.88** | **0,28** | **19.92** | | **85.60** | **0.04** | **0,02** | **-** | **8.40** | **1,00** |
|  | **ИТОГО:** |  | **13.23** | **21.78** | **93.42** | | **606.62** | **027** | **1.64** | **37.35** | **129.87** | **7.21** |
| **ПОЛДНИК** | | | | | | | | | | | | |
| 48 | **Печенье (пряники)** | **50** | **1.60** | **1.40** | **25.76** | | **112.50** | **0.01** | **0,20** | **-** | **7.00** | **0,12** |
| 7 | **Чай сладкий** | **150** | **0.36** | **-** | **13.42** | | **51.08** | **0.08** | **-** | **8.00** | **8.30** | **0.12** |
| Сахар | 10 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 150 |  |  |  | |  |  |  |  |  |  |
| Чай заварка | 0.5 |  |  |  | |  |  |  |  |  |  |
| 72 | **Апельсин** | **95** | **0.20** | **-** | **5.65** | | **23.00** | **0.01** | **0.02** | **6.50** | **8.00** | **5.50** |
|  | **ИТОГО:** |  | **2.16** | **1.40** | **44.83** | | **186.58** | **0.10** | **0.22** | **14.50** | **23.30** | **5.74** |
| **УЖИН** | | | | | | | | | | | | |
| 129 | **Капуста тушеная с маслом слив.** | **200** | **3.14** | **4.08** | **19.64** | **125.56** | | **0,07** | **0.52** | **23.40** | **52.18** | **1,51** |
| Капуста | 130 |  |  |  |  | |  |  |  |  |  |
| Морковь |  |  |  |  |  | |  |  |  |  |  |
| с 01.01 по 31.08 | 21.5 |  |  |  |  | |  |  |  |  |  |
| с 01.09 по 31.12 | 20.5 |  |  |  |  | |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  | |  |  |  |  |  |
| Томат | 2 |  |  |  |  | |  |  |  |  |  |
| Мука пшеничная | 3 |  |  |  |  | |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  | |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  | |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  | |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  | |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **30** | **2.28** | **0.18** | **15.66** | **40.95** | | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| 7 | **Чай сладкий** | **170** | **0,50** | **0,15** | **11.80** | **42.40** | | **-** | **-** | **-** | **0,30** | **-** |
| Сахар | 10 |  |  |  |  | |  |  |  |  |  |
| Чай заварка | 0,5 |  |  |  |  | |  |  |  |  |  |
| Вода питьевая | 150 |  |  |  |  | |  |  |  |  |  |
|  | **ИТОГО:** |  | **5.92** | **4.41** | **47.10** | **208.91** | | **0.09** | **0.56** | **23.44** | **58.48** | **1.87** |
| ВСЕГО ЗА ДЕНЬ: | |  | **33.13** | **47.01** | **244.00** | **1407.40** | |  |  |  |  |  |

**2 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Вторник** |  | неделя | **первая** |  | Возрастная категория | **1.5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 75 | **Омлет с кукурузой конс.** | **130**  **30** | **9.39** | **7.35** | **7.25** | **122.65** | **0.34** | **0.10** | **5.3** | **126.49** | **1.10** |
| Молоко | 100 |  |  |  |  |  |  |  |  |  |
| Яйцо 1 штука | 47 |  |  |  |  |  |  |  |  |  |
| Соль | 0.6 |  |  |  |  |  |  |  |  |  |
| Кукуруза конс. | 40 |  |  |  |  |  |  |  |  |  |
| 11 | **Кофейный напиток на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,14** |
| Кофейный напиток | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный**  **с маслом** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,06** | **8,26** | **0,08** | **74,80** | **0** | **0** | **0** | **0** | **0** |
|  | **ИТОГО:** |  | **14.89** | **19.09** | **39.41** | **333.80** | **0.39** | **0.27** | **6.30** | **257.49** | **1.60** |
| **2-й ЗАВТРАК** | | | | | | | | | | | |
| 68 | **Сок апельсиновый** | **100** | **-** | **-** | **9,00** | **37,90** | **-** | **-** | **2,00** | **7,00** | **1,00** |
| **ОБЕД** | | | | | | | | | | | |
| 16 | **Салат из свежей капусты** | **30** | **0.77** | **4.01** | **5.47** | **59.80** | **0.04** | **0.03** | **19.30** | **99.40** | **0.46** |
| Капуста белокочанная | 60 |  |  |  |  |  |  |  |  |  |
| Морковь | 6 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 25 | **Борщ на м/к бул** | **150** | **3.35** | **3.45** | **20.86** | **180.40** | **0.08** | **0.70** | **8.60** | **39.87** | **2.60** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Капуста белокачанная | 28 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Свекла |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 48 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 44.5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Томат | 2 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Сметана | 11 |  |  |  |  |  |  |  |  |  |
| 71 | **Котлета мясная** | **50** | **3.33** | **7.23** | **9.82** | **147.56** | **0.05** | **0.10** | **0.40** | **9.84** | **1.65** |
| Мясо | 75 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  | **Рассольник со смет.** | **250** | **7,58** | **8,35** | **16,95** | **165,85** | **0,16** | **0,09** |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Хлеб | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 4.8 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 47 | **Пюре картофельное с маслом слив.** | **110** | **5.12** | **4.28** | **31.84** | **92.42** | **0.10** | **2.26** | **-** | **35.88** | **4.01** |
| Картофель | 40 |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 228 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 250 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 194 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 210 |  |  |  |  |  |  |  |  |  |
| Молоко | 30 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из изюма** | **150** | **0,20** | **-** | **19.30** | **76.25** | **0,01** | **0,01** | **-** | **14.80** | **0.45** |
| Курага | 5 |  |  |  |  |  |  |  |  |  |
| Изюм | 5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **1.88** | **0,28** | **19.92** | **85.60** | **0.04** | **0,02** | **-** | **8.40** | **1,00** |
|  | **ИТОГО:** |  | **15.72** | **14.97** | **95.60** | **496.21** | **0.41** | **4.35** | **61.86** | **204.32** | **13.58** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Пирог сметанный** | **70** | **3.97** | **3.13** | **27.28** | **158.24** | **0.06** | **0.05** | **0.01** | **30.51** | **0.44** |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.75 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.4 |  |  |  |  |  |  |  |  |  |
| Сметана | 27 |  |  |  |  |  |  |  |  |  |
| 58 | **Снежок (Ряженка)** | **150** | **8.50** | **3.55** | **5.95** | **86.70** | **0,06** | **0,26** | **1.02** | **223,20** | **0,18** |
| 74 | **Яблоко** | **95** | **0.54** | **-** | **7.33** | **31.00** | **0.04** | **0.10** | **8.44** | **6.75** | **0.50** |
|  | **ИТОГО:** |  | **14.96** | **11.03** | **55.58** | **324.70** | **0,21** | **0,43** | **10.31** | **269.67** | **1,55** |
| **УЖИН** | | | | | | | | | | | |
| 25 | **Каша молочная «Дружба» с маслом слив.** | **150** | **6.26** | **7.63** | **27.95** | **199.54** | **0.09** | **0.19** | **1.30** | **162.74** | **0.45** |
| Рис | 10 |  |  |  |  |  |  |  |  |  |
| Пшено | 10 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 143 | **Чай сладкий с лимоном** | **170** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Лимон | 5 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **9.04** | **7.96** | **55.41** | **282.89** | **0.11** | **0.23** | **1.34** | **172.74** | **0.85** |
| **ВСЕГО ЗА ДЕНЬ:** | |  | **54.61** | **53.05** | **255.00** | **1475.50** |  |  |  |  |  |

**3 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | Среда |  | неделя | первая |  | Возрастная категория | 1.5-3лет |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 113 | **Запеканка творожная с маслом и сгущ. молоком** | **150** | **4.87** | **5.68** | **13.00** | **237.56** | **0,11** | **0,27** | **0,52** | **151.48** | **1,33** |
| Творог 9% жирн. | 120 |  |  |  |  |  |  |  |  |  |
| Молоко | 30 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/8 |  |  |  |  |  |  |  |  |  |
| Манка | 5 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Сгущ. молоко | 15 |  |  |  |  |  |  |  |  |  |
| 5 | **Какао на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,13** |
| Какао-порошок | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный**  **с маслом** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **ИТОГО:** |  | **10.36** | **15.76** | **45.16** | **433.75** | **0.16** | **0.44** | **1.52** | **284.24** | **1.84** |
| **2-й ЗАВТРАК** | | | | | | | | | | | |
| 69 | **Сок абрикосовый** | **100** | **0.50** | **0** | **14.00** | **56.00** | **0.02** | **0.04** | **4.00** | **3.00** | **0.20** |
|  | | | | | | | | | | | |
| **ОБЕД** | | | | | | | | | | | |
| 19 | **Свежий огурец** | **40** | **0.32** | **-** | **0.81** | **4.50** | **-** | **-** | **3.15** | **7.65** | **0.23** |
| Огурцы свежие | 64.5 |  |  |  |  |  |  |  |  |  |
| 85 | **Суп овощной со сметаной** | **150** | **4.02** | **1.68** | **16.11** | **112.07** | **0.08** | **0.11** | **19.90** | **21.49** | **1.22** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Капуста белок.свеж. | 22.5 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Зеленый горошек | 11 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 150 |  |  |  |  |  |  |  |  |  |
| Сметана | 5 |  |  |  |  |  |  |  |  |  |
| 73 | **Тефтели мясные с соусом** | **50** | **3.33** | **7.23** | **9.82** | **147.56** | **0.05** | **0.10** | **0.40** | **9.84** | **1.65** |
| Мясо | 70 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Хлеб | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 4.8 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.5 |  |  |  |  |  |  |  |  |  |
|  | Мука пшеничная | 3 |  |  |  |  |  |  |  |  |  |
|  | Томат | 2 |  |  |  |  |  |  |  |  |  |
| 111 | **Греча рассыпчатая с маслом слив.** | **110** | **3.50** | **4.43** | **12.11** | **105.80** | **0.11** | **0.17** | **26.31** | **51.39** | **1.51** |
| Греча | 40 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из яблок** | **150** | **0,12** | **-** | **13.37** | **51.20** | **0,01** | **0,01** | **3.90** | **8.80** | **1.32** |
| Яблоко | 34 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **1.88** | **0,28** | **19.92** | **85.60** | **0.04** | **0,02** | **-** | **8.40** | **1,00** |
|  | **ИТОГО:** |  | **12.50** | **15.39** | **76.89** | **575.06** | **0.29** | **1.00** | **38.86** | **125.95** | **8.31** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Булочка «Веснушка»** | **60** | **5.03** | **1.36** | **42.06** | **235.98** | **0.07** | **0.03** | **0.05** | **10.31** | **0.73** |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0,5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| 123 | **Молоко** | **170** | **8.50** | **3.15** | **5.80** | **86.70** | **0.06** | **0.26** | **1.02** | **223.20** | **0.20** |
| 73 | **Груша** | **95** |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **5.53** | **1.51** | **53.86** | **278.38** | **0.07** | **0.03** | **0.05** | **14.31** | **0.77** |
| **УЖИН** | | | | | | | | | | | |
| 93 | **Вермишель в молоке с маслом** | **180** | **5.64** | **9.22** | **9.21** | **177.27** | **0.24** | **0.16** | **1.45** | **165.26** | **1.32** |
| Вермишель | 15 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Вода | 30 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 7 | **Чай сладкий** | **170** | **0,01** | **-** | **22.04** | **80.45** | **-** | **-** | **-** | **4.80** | **0,36** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| Крахмал | 12 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **10.53** | **11.75** | **47.05** | **330.77** | **0.27** | **0.29** | **1.45** | **187.30** | **2.59** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **39.42** | **44.41** | **236.96** | **1673.96** |  |  |  |  |  |
| Среднедневная сбалансированность | | 1 | 1 | 4 |  |  |  |  |  |  |  |

**4 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Четверг** |  | неделя | **первая** |  | Возрастная категория | **1.5-3лет** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 97 | **Каша рисовая молочная с маслом** | **150** | **5.73** | **8.71** | **21.88** | **189.02** | **0.04** | **0.17** | **1.30** | **171.46** | **23.7** |
| Рис | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 137 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 20 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| 11 | **Кофейный напиток на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,14** |
| Кофейный напиток | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный с**  **маслом и сыром** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| 3 | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **20** | **4.68** | **6.00** | **-** | **74.20** | **0.01** | **0.06** | **0.32** | **200.00** | **0.12** |
|  | **ИТОГО:** |  | **15.90** | **24.79** | **54.04** | **459.41** | **0.10** | **0.40** | **2.62** | **504.22** | **24.32** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 66 | **Сок яблочный** | **100** | **0.50** | **0** | **11.7** | **57.0** | **0.01** | **0.01** | **2.00** | **8.0** | **0.2** |
| **ОБЕД** | | | | | | | | | | | |
| 39 | **Суп крестьянский м/к бул.** | **150** | **4.87** | **4.84** | **18.57** | **129.70** | **0.06** | **0.92** | **25.34** | **41.08** | **1.76** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Крупа перловая | 8 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 113 | **Салат из конс. огурцов с луком** | **40** | **0.27** | **-** | **1.31** | **6.30** | **0.02** | **0.02** | **9.00** | **3.60** | **0.15** |
| Огурец конс. | 37 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 8 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| 59 | **Запеканка картофельная с мясом и маслом** | **120** | **3.13** | **8.98** | **11.48** | **190.17** | **0.18** | **0.16** | **30.55** | **41.05** | **2.46** |
| Мясо | 84 |  |  |  |  |  |  |  |  |  |
| Капуста | 90 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 142 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 158 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 117.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 128.5 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 22.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 20.5 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из кураги и изюма** | **150** | **0,46** | **-** | **19.41** | **77.85** | **0,01** | **0,01** | **0.4** | **16.80** | **1.32** |
| Курага | 5 |  |  |  |  |  |  |  |  |  |
| Изюм | 5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **1.88** | **0,28** | **19.92** | **85.60** | **0.04** | **0,02** | **-** | **8.40** | **1,00** |
|  | **ИТОГО:** |  | **8.31** | **24.36** | **65.99** | **406.72** | **0.36** | **0.29** | **41.35** | **82.04** | **5.48** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Плюшка** | **60** | **4.67** | **1.36** | **34.88** | **208.81** | **0.07** | **0.03** | **-** | **8.77** | **0.54** |
| Мука пшен. в.с. | 30 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0,5 |  |  |  |  |  |  |  |  |  |
| Яйцо шт. | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 143 | **Чай сладкий с лимоном** | **170** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Лимон | 5 |  |  |  |  |  |  |  |  |  |
| 73 | **Банан** | **95** | **0.40** | **-** | **10.70** | **42.00** | **19.00** | **12.00** | **2.30** | **0.02** | **5.00** |
|  | **ИТОГО:** |  | **13.57** | **4.71** | **51.53** | **337.51** | **19.13** | **12.29** | **3.32** | **231.99** | **5.74** |
| **УЖИН** | | | | | | | | | | | |
| 103 | **Каша пшённая молочная с маслом сливочным** | **180** | **3.04** | **8.02** | **30.87** | **182.68** | **0.19** | **0,08** | **1.30** | **163.60** | **0,12** |
| Крупа пшено | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 137 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 20 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| 54 | **Кисель** | **180** | **0.01** | **-** | **22.04** | **80.45** | **-** | **-** | **-** | **3.00** | **0.36** |
| Варенье | 23 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| Крахмал | 12 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **8.33** | **8.73** | **55.20** | **267.26** | **0.15** | **0.19** | **1.30** | **173.32** | **1.43** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **46.61** | **62.59** | **238.46** | **1527.90** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**5 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | Пятница |  | неделя | первая |  | Возрастная категория | 1.5-3лет |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 137 | **Суфле рыбное с зеленым горошком** | **120/30** | **8.77** | **12.27** | **17.73** | **231.58** | **0.10** | **1.65** | **0.47** | **84.32** | **2.80** |
| Рыба | 121 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/3. |  |  |  |  |  |  |  |  |  |
| Молоко | 30 |  |  |  |  |  |  |  |  |  |
| Рис | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Зеленый горошек консервированный | 30 |  |  |  |  |  |  |  |  |  |
| 5 | **Какао на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,13** |
| Какао-порошок | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный с**  **маслом сливочным** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **ИТОГО:** |  | **14.26** | **22.35** | **49.89** | **427.77** | **0.15** | **1.82** | **1.47** | **217.08** | **3.31** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 68 | **Сок апельсиновый** | **100** | **0,70** | **0** | **13,30** | **55,00** | **0,04** | **0,02** | **40,00** | **18,00** | **0,03** |
| **ОБЕД** | | | | | | | | | | | |
| 120 | **Суп – лапша с мясом** | **180** | **2.57** | **15.10** | **13.87** | **46.80** | **0.11** | **0.08** | **1.40** | **12.19** | **0.55** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Вермишель | 15 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 21 | **Помидор свежий** | **40** | **0.27** | **-** | **1.31** | **6.30** | **0.02** | **0.02** | **9.00** | **3.60** | **0.10** |
| Помидор свежий | 48.5 |  |  |  |  |  |  |  |  |  |
| 55 | **Шукрут с мясом и маслом** | **120** | **3.13** | **8.98** | **11.48** | **190.17** | **0.18** | **0.16** | **30.55** | **41.05** | **2.46** |
| Мясо | 84 |  |  |  |  |  |  |  |  |  |
| Капуста | 90 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 142 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 158 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 117.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 128.5 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 22.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 20.5 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 141 | **Напиток лимонный** | **180** | **0,36** | **-** | **13.42** | **51.08** | **0,08** | **-** | **8.00** | **8.30** | **0.12** |
| Лимон | 12 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **1.88** | **0,28** | **19.92** | **85.60** | **0.04** | **0,02** | **0.03** | **8.40** | **1,00** |
|  | **ИТОГО:** |  | **28.44** | **31.02** | **61.78** | **688.93** | **0.69** | **4.23** | **48.28** | **182.30** | **5.09** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Булочка «Снежинка»** | **60** | **4.67** | **1.36** | **34.88** | **208.81** | **0.07** | **0.03** | **-** | **8.77** | **0.54** |
| Мука пшен. в.с. | 30 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0,75 |  |  |  |  |  |  |  |  |  |
| Яйцо шт. | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 9 | **Чай сладкий с молоком** | **150** | **1.44** | **1.14** | **13.57** | **60.80** | **0.01** | **0.04** | **0.30** | **40.30** | **0.09** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Молоко | 31.5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
|  | **Йогурт в стаканчике** | **100** | **2.40** | **5.00** | **13.80** | **110.00** |  |  |  |  |  |
| Йогурт | 100 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **8.51** | **7.50** | **62.25** | **379.61** | **0.08** | **0.07** | **0.30** | **49.07** | **0.63** |
| **УЖИН** | | | | | | | | | | | |
| 43 | **Каша ячневая с маслом** | **180** | **5.73** | **8.71** | **21.88** | **189.02** | **0.04** | **0.13** | **1.30** | **171.46** | **20.74** |
| Крупа ячневая | 20 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Молоко | 137 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 7 | **Чай сладкий** | **170** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **7.37** | **5.99** | **42.80** | **273.45** | **0.71** | **0.11** | **3.15** | **22.08** | **1.05** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **59.28** | **66.86** | **230.02** | **1824.76** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**6 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Понедельник** |  | неделя | **вторая** |  | Возрастная категория | **1.5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 103 | **Каша пшённая на сухом молоке с маслом** | **150** | **2.52** | **3.99** | **24.95** | **109.60** | **0.15** | **0.01** | **0.04** | **11.14** | **1.29** |
| Пшено | 20 |  |  |  |  |  |  |  |  |  |
| Молоко сухое | 10 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 150 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| 11 | **Кофейный напиток на сгущённом молоке** | **150** | **1.44** | **1.38** | **15.13** | **65.95** | **0.01** | **0.03** | **0.15** | **48.05** | **0.02** |
| Кофейный напиток | 1.65 |  |  |  |  |  |  |  |  |  |
| Сгущенное молоко | 40 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 3 | **Хлеб пшеничный с**  **маслом и сыром** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **10** | **4.68** | **6.00** | **-** | **74.20** | **0.01** | **0.06** | **0.32** | **200.00** | **0.12** |
|  | **ИТОГО:** |  | **10.97** | **18.15** | **55.82** | **350.54** | **0.19** | **0.14** | **0.51** | **266.97** | **1.81** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
|  | **Сок виноградный** | **100** | **0,30** | **0** | **18,50** | **72,00** | **0,02** | **0,01** | **2,00** | **19,00** | **0,30** |
| **ОБЕД** | | | | | | | | | | | |
| 12 | **Кукуруза консервированная** | **40** | **0.77** | **4.00** | **4.86** | **57.56** | **0.02** | **0.09** | **4.50** | **16.65** | **0.63** |
| 37 | **Суп гороховый на курином бульоне** | **180** | **4.77** | **3.50** | **8.81** | **119.97** | **0.21** | **1.46** | **11.95** | **39.97** | **2.86** |
| Курица | 40 |  |  |  |  |  |  |  |  |  |
| Горох | 20 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 139 | **Суфле куриное с маслом** | **120** | **4.87** | **16.10** | **15.45** | **195.94** | **0.12** | **0.10** | **0.33** | **53.30** | **1.41** |
| Курица | 71.5 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/3 |  |  |  |  |  |  |  |  |  |
| Рис | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 30 |  |  |  |  |  |  |  |  |  |
| Сухое молоко (если нет молока) | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из кураги и изюма** | **150** | **0,46** | **-** | **19.41** | **77.85** | **0,01** | **0,01** | **0.4** | **16.80** | **1.32** |
| Курага | 5 |  |  |  |  |  |  |  |  |  |
| Изюм | 5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **13.15** | **23.78** | **64.15** | **492.27** | **0.38** | **1.70** | **16.81** | **133.02** | **6.58** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 47 | **Кексы** | **50** | **2.35** | **2.15** | **7.10** | **88.50** | **0.05** | **0.25** | **-** | **15.00** | **0.50** |
| 72 | **Яблоко** | **95** | **0.20** | **-** | **5.65** | **23.00** | **0.01** | **0.02** | **6.50** | **8.00** | **1.10** |
| 141 | **Напиток лимонный** | **180** | **0,36** | **-** | **13.42** | **51.08** | **0,08** | **-** | **8.00** | **8.30** | **0.12** |
| Лимон | 10 |  |  |  |  |  |  |  |  |  |
| Сахар | 9 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **3.24** | **2.33** | **27.26** | **165.12** | **0.06** | **0.27** | **10.50** | **31.00** | **1.70** |
| **УЖИН** | | | | | | | | | | | |
| 77 | **Рагу овощное** | **180** | **2.62** | **3.40** | **11.48** | **106.02** | **0.15** | **0.09** | **30.55** | **37.00** | **1.29** |
| Капуста | 51 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 142 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 158 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 117.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 128.5 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 22.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 20.5 |  |  |  |  |  |  |  |  |  |
| Фасоль консерв. | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 7 | **Чай сладкий** | **170** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 8 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **35,0** |
|  | **ИТОГО:** |  | **5.40** | **3.73** | **38.94** | **189.37** | **0.17** | **0.13** | **30.55** | **47.00** | **36.3** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **33.06** | **47.99** | **204.67** | **1269.30** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**7 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Вторник** |  | неделя | **вторая** |  | Возрастная категория | **1.5-3лет** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **B1** | **B2** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 75 | **Омлет с зеленым горошком** | **120**  **30** | **9.39** | **7.35** | **7.25** | **122.65** | **0.34** | **0.10** | **5.3** | **126.49** | **1.10** |
| Молоко | 100 |  |  |  |  |  |  |  |  |  |
| Яйцо 1 штука | 47 |  |  |  |  |  |  |  |  |  |
| Соль | 0.6 |  |  |  |  |  |  |  |  |  |
| Зел. гор. консерв. | 40 |  |  |  |  |  |  |  |  |  |
| 5 | **Какао на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,13** |
| Какао-порошок | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный с**  **маслом** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **ИТОГО:** |  | **14.87** | **18.44** | **45.59** | **422.99** | **0.10** | **0.94** | **1.30** | **152.08** | **1.66** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 66 | **Сок яблочный** | **100** | **0,50** | **-** | **11.70** | **57,00** | **0,01** | **0,01** | **2,00** | **8,00** | **0,20** |
| **ОБЕД** | | | | | | | | | | | |
| 29 | **Щи на м/к бул. со сметаной** | **180** | **2.57** | **15.10** | **13.87** | **46.80** | **0.11** | **0.08** | **1.40** | **12.19** | **0.55** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Капуста белокачанная | 56 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Сметана | 10 |  |  |  |  |  |  |  |  |  |
| 17 | **Салат из моркови** | **40** | **0.54** | **4.05** | **2.87** | **49.49** | **0.03** | **0.03** | **2.05** | **20.91** | **0.23** |
| Морковь | 51.5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| 96 | **Бефстроганов из отварного мяса** | **60** | **3.28** | **6.75** | **7.83** | **151.34** | **0.08** | **0.03** | **1.02** | **18.96** | **1.48** |
| Мясо | 60 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 8 |  |  |  |  |  |  |  |  |  |
| Молоко | 10 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 4 |  |  |  |  |  |  |  |  |  |
| Томат | 2 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.5 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 45 | **Рожки отварные со сливочным маслом** | **110** | **4.19** | **3.66** | **12.14** | **162.60** | **0.04** | **0.68** | **-** | **8.08** | **0.60** |
| Рожки | 40 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из изюма** | **150** | **0,20** | **-** | **19.30** | **76.25** | **0,02** | **0,01** | **-** | **14.80** | **0.45** |
| Изюм | 12 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **14.56** | **16.80** | **75.90** | **568.92** | **0.29** | **0.92** | **23.35** | **81.12** | **4.29** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 1117 | **Булочка «Веснушка»** | **60** | **5,39** | **6,91** | **41,46** | **196,12** | **0,10** | **0,05** | **0,60** | **18,16** | **0,85** |
| Мука | 30 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 58 | **Йогурт питьевой** | **170** | **8.50** | **3.55** | **5.25** | **86.70** | **0.04** | **0.26** | **1.02** | **223.20** | **0.20** |
| 74 | **Апельсин** | **95** | **0.54** | **-** | **7.33** | **31.00** | **0.04** | **0.05** | **8.44** | **6.75** | **0.50** |
|  | **ИТОГО:** |  | **14.43** | **10.46** | **54.04** | **313.82** | **0.18** | **0.36** | **10.06** | **248.11** | **1.55** |
| **УЖИН** | | | | | | | | | | | |
| 29 | **Каша молочная «Дружба» с маслом слив.** | **180** | **6.26** | **7.63** | **27.95** | **199.54** | **0.09** | **0.19** | **1.30** | **162.74** | **0.45** |
| Рис | 10 |  |  |  |  |  |  |  |  |  |
| Крупа гречневая | 10 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 7 | **Чай сладкий** | **180** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **35,0** |
|  | **ИТОГО:** |  | **9.27** | **9.10** | **54.56** | **278.02** | **0.06** | **0.18** | **1.30** | **182.46** | **55.78** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **45.57** | **54.80** | **241.79** | **1640.75** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**8 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Среда** |  | неделя | **вторая** |  | Возрастная категория | **1.5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 113 | **Пудинг творожный с маслом и сметанным соусом** | **130/20** | **4.87** | **5.68** | **13.00** | **237.56** | **0.11** | **0.27** | **0.52** | **151.48** | **1.33** |
| Творог 9% | 120 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 4 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/5 |  |  |  |  |  |  |  |  |  |
| Манка | 5 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Сметана в соус | 20 |  |  |  |  |  |  |  |  |  |
| Мука в соус | 3 |  |  |  |  |  |  |  |  |  |
| Сахар песок в соус | 3 |  |  |  |  |  |  |  |  |  |
| 11 | **Кофейный напиток на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,14** |
| Кофейный напиток | 1.65 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный с**  **маслом сливочным** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **ИТОГО:** |  | **10.36** | **15.76** | **45.16** | **433.75** | **0.16** | **0.44** | **1.52** | **284.24** | **1.85** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 69 | **Сок абрикосовый** | **100** | **0.50** | **-** | **14.00** | **56.00** | **0.02** | **0.04** | **4.00** | **3.00** | **0.20** |
| **ОБЕД** | | | | | | | | | | | |
| 27 | **Рассольник со сметаной** | **180** | **5.09** | **6.04** | **16.43** | **132.07** | **0.08** | **0.15** | **11.98** | **31.52** | **1.63** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Крупа перловая | 5 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Огурец солёный | 30 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Сметана | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 16 | **Салат из свежей капусты** | **40** | **0.77** | **4.01** | **5.47** | **59.80** | **0.04** | **0.03** | **19.30** | **99.40** | **0.46** |
| Капуста белокочанная | 60 |  |  |  |  |  |  |  |  |  |
| Морковь | 6 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 71 | **Котлета мясная (из индейки)** | **50** | **3.33** | **7.23** | **9.82** | **147.56** | **0.05** | **0.10** | **0.40** | **9.84** | **1.65** |
| Мясо (индейка) | 75 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Хлеб | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 4.8 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.5 |  |  |  |  |  |  |  |  |  |
| 47 | **Пюре картофельное** | **120** | **3.50** | **4.43** | **12.11** | **105.80** | **0.11** | **0.17** | **26.31** | **51.39** | **1.51** |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 228 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 250 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 194 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 210 |  |  |  |  |  |  |  |  |  |
| Молоко | 32.5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из кураги** | **150** | **0,66** | **-** | **19.54** | **79.25** | **-** | **-** | **-** | **28.00** | **1.81** |
| Курага | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **11.58** | **11.52** | **61.19** | **397.01** | **0.34** | **0.36** | **93.77** | **140.01** | **6.94** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Ватрушка с творогом** | **60** | **5.67** | **3.71** | **12.44** | **93.60** | **0.17** | **0.09** | **0.30** | **61.86** | **7.40** |
| Мука пшеничная | 35 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.8 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Творог | 15 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| 123 | **Молоко** | **170** | **8.50** | **3.55** | **5.95** | **86.70** | **0.06** | **0.26** | **1.02** | **223.20** | **0.20** |
| Молоко | 179 |  |  |  |  |  |  |  |  |  |
| 73 | **Банан** | **95** | **0.20** | **-** | **5.35** | **21.00** | **9.50** | **6.00** | **1.15** | **0.01** | **2.50** |
|  | **ИТОГО:** |  | **7.31** | **4.85** | **31.36** | **175.40** | **9.68** | **6.13** | **1.70** | **102.11** | **9.97** |
| **УЖИН** | | | | | | | | | | | |
| 99 | **Каша молочная пшеничная с маслом** | **180** | **5.55** | **8.40** | **27.74** | **183.91** | **0.13** | **0.17** | **1.30** | **163.32** | **1.03** |
| Крупа пшеничная | 15 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 20 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **40,0** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| 55 | **Чай сладкий с лимоном** | **150** | **0.69** | **0.18** | **14.51** | **53.62** | **-** | **-** | **4.00** | **8.00** | **0.10** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Лимон | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **8.33** | **8.73** | **55.20** | **267.26** | **0.15** | **0.21** | **1.30** | **173.32** | **1.43** |
|  | **ВСЕГО ЗА ДЕНЬ** |  | **38.08** | **40.86** | **209.91** | **1329.42** |  |  |  |  |  |
| Среднедневная сбаланс-ть | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**9 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Четверг** |  | неделя | **вторая** |  | Возрастная категория | **1.5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 91 | **Каша манная с маслом** | **150** | **2.43** | **4.56** | **19.12** | **126.45** | **0.02** | **0.06** | **0.13** | **21.40** | **0.31** |
| Крупа манная | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 30 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| **Какао на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,13** |
| Какао-порошок | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный с**  **маслом** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
| **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **ИТОГО:** |  | **14.16** | **18.08** | **40.82** | **331.71** | **0.29** | **0.29** | **7.2** | **290.77** | **1.61** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 69 | **Сок абрикосовый** | **100** | **0.50** | **--** | **14.00** | **56.00** | **0.02** | **0.04** | **4.00** | **3.00** | **0.20** |
| **ОБЕД** | | | | | | | | | | | |
| 119 | **Суп картофельный на м/к бул.** | **180** | **3.85** | **2.97** | **17.71** | **138.97** | **0.07** | **0.09** | **12.60** | **17.27** | **1.14** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Картофель | 110 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Растительное масло | 3 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 19 | **Помидор свежий** | **40** | **0.32** | **-** | **0.81** | **4.50** | **-** | **-** | **3.15** | **7.65** | **0.23** |
| Помидор свежий | 48.5 |  |  |  |  |  |  |  |  |  |
| 96 | **Ёжики мясные** | **50** | **3.33** | **7.23** | **9.82** | **147.56** | **0.05** | **0.10** | **0.40** | **9.84** | **1.65** |
| Мясо | 75 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Рис | 8 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 4.8 |  |  |  |  |  |  |  |  |  |
| Соль | 0.5 |  |  |  |  |  |  |  |  |  |
| 129 | **Капуста тушеная с маслом** | **120** | **4.10** | **6.37** | **8.41** | **147.73** | **0.15** | **0.16** | **68.77** | **78.68** | **3.28** |
| Капуста | 130 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 22.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 21 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Томат | 2 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 13 | **Компот из кураги** | **150** | **0,66** | **-** | **19.54** | **79.25** | **-** | **-** | **-** | **28.00** | **1.81** |
| Курага | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **13.62** | **13.50** | **95.47** | **576.76** | **0.25** | **0.17** | **24.77** | **72.68** | **3.83** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Пирог слоёный с повидлом** | **60** | **5.03** | **1.36** | **42.06** | **235.98** | **0.07** | **0.03** | **0.05** | **10.31** | **0.73** |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0,5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Повидло | 10 |  |  |  |  |  |  |  |  |  |
| 9 | **Чай сладкий с молоком** | **150** | **1.44** | **1.14** | **13.57** | **60.80** | **0.01** | **0.04** | **0.30** | **40.30** | **0.09** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Молоко | 31.5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 73 | **Груша** | **95** | **0.20** | **-** | **5.35** | **21.00** | **9.50** | **6.00** | **1.15** | **0.01** | **2.50** |
|  | **ИТОГО:** |  | **4.47** | **3.28** | **39.08** | **200.64** | **0.06** | **0.05** | **0.01** | **30.81** | **0.44** |
| **УЖИН** | | | | | | | | | | | |
| 101 | **Каша гречневая с маслом сливочным** | **180** | **6,23** | **8.83** | **25.65** | **206.70** | **0,09** | **0,30** | **1.46** | **181.73** | **0.15** |
| Крупа гречневая | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 40 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| 54 | **Кисель** | **180** | **0.01** | **-** | **22.04** | **80.45** | **-** | **-** | **-** | **3.00** | **0.36** |
| Варенье | 23 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 180 |  |  |  |  |  |  |  |  |  |
| Крахмал | 12 |  |  |  |  |  |  |  |  |  |
| **1** | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО** |  | **8.52** | **9.01** | **63.35** | **328.10** | **0,11** | **0,34** | **1.46** | **190.73** | **0.87** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **41.27** | **43.87** | **252.72** | **1493.21** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**10 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Пятница** |  | неделя | **вторая** |  | Возрастная категория | **1.5-3лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№рецептуры** | **Прием пищи, наименование блюда** | **Масса порции**  **(нетто)** | **Пищевые вещества** | | | **Энергет.**  **Ценность**  **(ккал)** | **Витамины**  **мг** | | | **Минеральные в-ва, мг** | |
| **Б** | **Ж** | **У** | **В₁** | **В₂** | **С** | **Ca** | **Fe** |
| **ЗАВТРАК** | | | | | | | | | | | |
| 135 | **Рыба тушеная с овощами** | **60** | **1.25** | **0.50** | **0.66** | **52.04** | **0.06** | **0.14** | **0.60** | **40.23** | **0.65** |
| Рыба | 121 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 4.8 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 5.3 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 43 | **Рис отварной с маслом** | **120** | **3.53** | **3.60** | **40.04** | **189.92** | **-** | **0.01** | **-** | **14.50** | **0.50** |
| Рис | 50 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.8 |  |  |  |  |  |  |  |  |  |
| 11 | **Кофейный напиток на молоке** | **150** | **3,16** | **3.30** | **16.42** | **95.40** | **0,03** | **0,13** | **1,00** | **125.00** | **0,14** |
| Кофейный напиток | 1 |  |  |  |  |  |  |  |  |  |
| Молоко | 105 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 3 | **Хлеб пшеничный с**  **маслом сливочным и сыром** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **5** | **0,05** | **6.60** | **0,08** | **59.84** | **0** | **0** | **0** | **1.76** | **0.02** |
|  | **10** | **4.68** | **6,00** | **-** | **74.20** | **0,01** | **0,06** | **0,32** | **200,00** | **0,12** |
|  | **ИТОГО:** |  | **12.23** | **23.64** | **56.77** | **451.53** | **0.13** | **0.41** | **2.62** | **495.80** | **1.35** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 70 | **Сок персиковый** | **100** | **0.3** | **-** | **17.5** | **69.00** | **0.01** | **0.01** | **10.0** | **-** | **-** |
| **ОБЕД** | | | | | | | | | | | |
| 118 | **Суп фасолевый на м/к бул.** | **180** | **3.35** | **3.45** | **20.86** | **180.40** | **0.08** | **0.70** | **8.60** | **39.87** | **2.60** |
| Мясо | 35 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 80.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 88 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 69.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 75 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 12 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Фасоль конс. | 40 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| 19 | **Свежий огурец** | **40** | **0.32** | **-** | **0.81** | **4.50** | **-** | **-** | **3.15** | **7.65** | **0.23** |
| Огурцы свежие | 64.5 |  |  |  |  |  |  |  |  |  |
| 68 | **Картофель тушёный по-домашнему с отварным мясом** | **120** | **3.41** | **5.20** | **12.01** | **178.18** | **0.20** | **0.16** | **25.57** | **32.08** | **1.44** |
| Мясо | 50 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 11 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 185.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 202 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 160 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 172 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 37.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 35 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Томат | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| 141 | **Напиток лимонный** | **150** | **0,36** | **-** | **13.42** | **51.08** | **0,08** | **-** | **8.00** | **8.30** | **0.12** |
| Лимон | 12 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **40** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **14.16** | **14.51** | **69.78** | **451.67** | **0.36** | **0.53** | **47.56** | **142.82** | **5.00** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 117 | **Булочка домашняя** | **60** | **4.67** | **3.71** | **12.24** | **93.20** | **0.17** | **0.09** | **0.30** | **51.86** | **7.40** |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 0.4 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| 9 | **Чай сладкий с молоком** | **150** | **1.44** | **1.14** | **13.57** | **60.80** | **0.01** | **0.04** | **0.30** | **40.30** | **0.09** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Молоко | 31.5 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
|  | **Йогурт в стаканчике** | **100** |  |  |  |  |  |  |  |  |  |
| йогурт | 100 | **2.40** | **5.00** | **13.80** | **110.00** |  |  |  |  |  |
|  | **ИТОГО:** |  | **7.57** | **8.86** | **37.84** | **245.60** | **0.17** | **0.09** | **0.30** | **55.86** | **7.44** |
| **УЖИН** | | | | | | | | | | | |
| 95 | **Каша геркулесовая молочная с маслом** | **180** | **5.64** | **9.22** | **9.21** | **177.27** | **0.24** | **0.16** | **1.45** | **165.26** | **1.32** |
| Крупа овсяная | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 130 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 0.7 |  |  |  |  |  |  |  |  |  |
| Вода | 30 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 7 | **Чай сладкий** | **170** | **0.50** | **0.15** | **11.80** | **42.40** | **-** | **-** | **-** | **4.00** | **0.04** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 10 |  |  |  |  |  |  |  |  |  |
| Вода | 150 |  |  |  |  |  |  |  |  |  |
| 1 | **Хлеб пшеничный** | **35** | **2.28** | **0.18** | **15.66** | **40.95** | **0.02** | **0.04** | **-** | **6.00** | **0.36** |
|  | **ИТОГО:** |  | **5.33** | **8.20** | **68.57** | **304.08** | **0.21** | **0.12** | **1.30** | **172.60** | **0.85** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **39.59** | **55.21** | **250.46** | **1521.88** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |