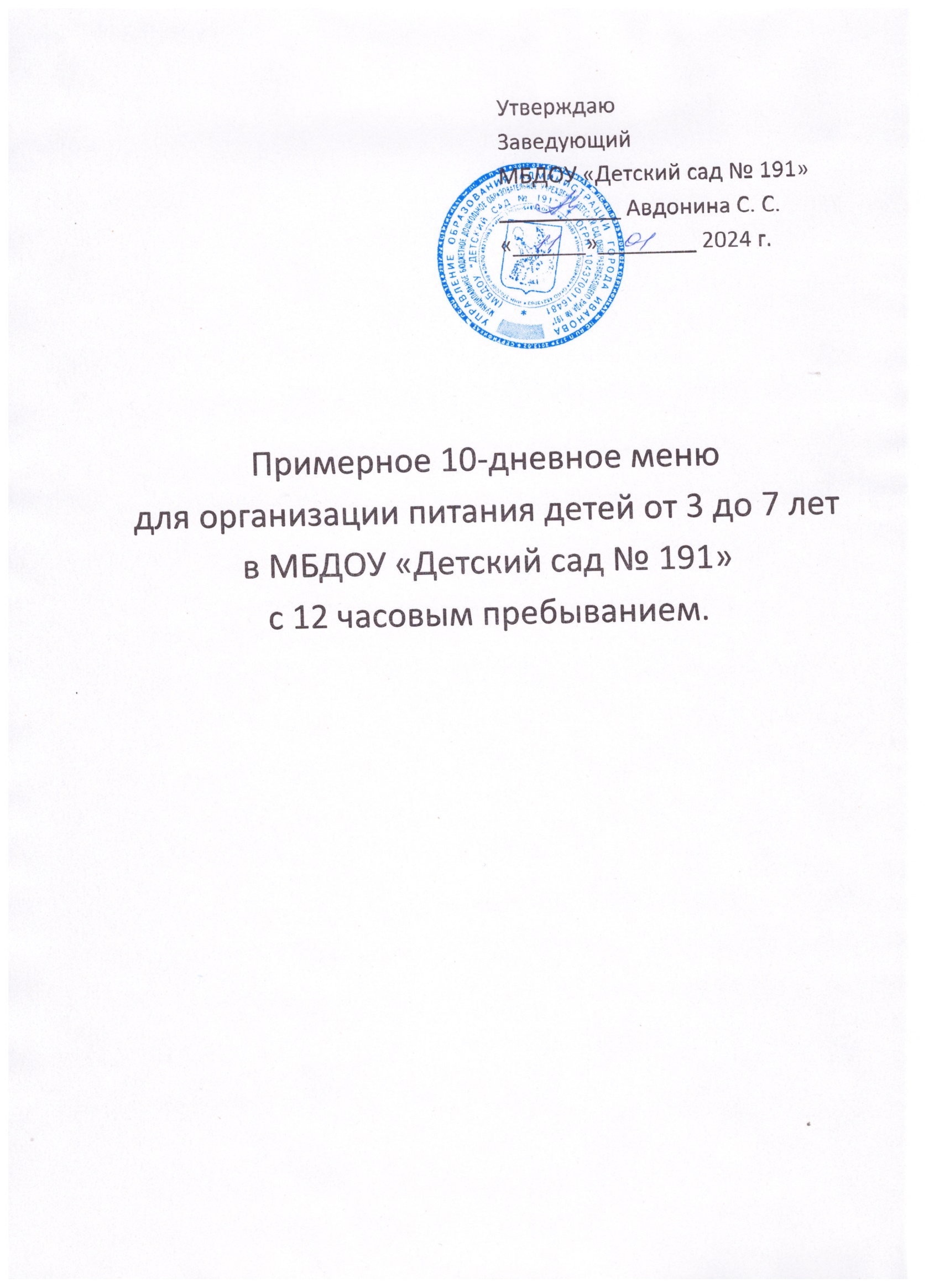
****

**1 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **День** | **Понедельник** |  | **неделя** | **первая** |  | **Возрастная категория** | **3-7лет** |

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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** | | | | | | | | | | | | |
| 102 | **Каша гречневая с маслом** | **180** | **5.03** | **7.33** | **23.35** | | **177** | **0.06** | **0.19** | **0.51** | **129.30** | **0.37** |
| Крупа гречневая | 25 |  |  |  | |  |  |  |  |  |  |
| Молоко сухое | 12 |  |  |  | |  |  |  |  |  |  |
| Сахар | 5 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  | |  |  |  |  |  |  |
| Соль | 1 |  |  |  | |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  | |  |  |  |  |  |  |
| 6 | **Какао на сгущенном молоке** | **180** | **1,80** | **1,80** | **19,92** | | **47,38** | **0,01** | **0,07** | **0,20** | **63,34** | **0.24** |
| какао | 1.2 |  |  |  | |  |  |  |  |  |  |
| сахар+сах из сг. | 7 |  |  |  | |  |  |  |  |  |  |
| сгущенное молоко | 20 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 200 |  |  |  | |  |  |  |  |  |  |
|  | **Хлеб пшеничный с**  **маслом и сыром** | **40** | **3.04** | **0.24** | **20.88** | | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
| 4 | **7** | **0,06** | **8,26** | **0,08** | | **74,80** | **0** | **0** | **0** | **0** | **0** |
|  | **15** | **7.02** | **9.00** |  | | **11.30** | **0.01** | **0.09** | **0.48** | **300.30** | **0.18** |
|  | ИТОГО |  | **16.95** | **26.63** | **64.23** | | **357.08** | **0.10** | **0.40** | **1.19** | **500.94** | **1.15** |
| **2-й ЗАВТРАК** | | | | | | | | | | | | |
| 66 | **Сок яблочный** | **100** | **-** | **-** | **9,00** | | **37,90** | **-** | **-** | **2,00** | **7,00** | **1,00** |
| **ОБЕД** | | | | | | | | | | | | |
| 88 | **Икра кабачковая** | **50** | **0.40** | **2.00** | **2.20** | | **27.50** | **-** | **-** | **5.00** | **5.00** | **0.15** |
| 24 | **Суп картофельный с вермишелью курином бульоне** | **200** | **4.35** | **2.96** | **18.86** | | **76.76** | **0.05** | **2.38** | **33.90** | **37.14** | **1.17** |
| Курица | 40 |  |  |  | |  |  |  |  |  |  |
| Вермишель | 20 |  |  |  | |  |  |  |  |  |  |
| Картофель |  |  |  |  | |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  | |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  | |  |  |  |  |  |  |
| с 01.09 по 31.10 | 76 |  |  |  | |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  | |  |  |  |  |  |  |
| Морковь |  |  |  |  | |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  | |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  | |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  | |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  | |  |  |  |  |  |  |
| Вода | 200 |  |  |  | |  |  |  |  |  |  |
| Соль | 1 |  |  |  | |  |  |  |  |  |  |
| 112 | **Запеканка рисовая с курицей** | **150** | **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 | 40 |  |  |  | |  |  |  |  |  |  |
| Соль | 1 |  |  |  | |  |  |  |  |  |  |
| 14 | **Компот из кураги** | **200** | **0,81** | **-** | **23,52** | | **44.88** | **0,01** | **0,01** | **0.4** | **29.34** | **2.16** |
| Курага | 13 |  |  |  | |  |  |  |  |  |  |
| Вода | 200 |  |  |  | |  |  |  |  |  |  |
| Сахар | 12 |  |  |  | |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **14.15** | **21.63** | **102.84** | | **532.74** | **0.16** | **2.47** | **39.37** | **129.08** | **6.71** |
| **ПОЛДНИК** | | | | | | | | | | | | |
| 48 | **Печенье (пряники)** | **80** | **2,24** | **1.96** | **36.07** | | **157.00** | **0.02** | **0,28** | **-** | **7.00** | **0,12** |
| 8 | **Чай** | **180** | **0.36** | **-** | **13.42** | | **51.08** | **0.08** | **-** | **8.00** | **8.30** | **0.12** |
| Сахар | 12 |  |  |  | |  |  |  |  |  |  |
| Вода питьевая | 180 |  |  |  | |  |  |  |  |  |  |
| Чай | 3 |  |  |  | |  |  |  |  |  |  |
| 72 | **Апельсин** | **100** | **0.40** | **-** | **11.30** | | **46.00** | **0.01** | **0.03** | **13** | **16** | **2.20** |
|  | **ИТОГО:** |  | **3.00** | **1.96** | **98.45** | | **254.08** | **0.11** | **0.31** | **21.00** | **31.30** | **2.44** |
| **УЖИН** | | | | | | | | | | | | |
| 130 | **Капуста тушеная с маслом** | **200** | **4,03** | **0.12** | **27.66** | **148.48** | | **0,08** | **1.13** | **26,42** | **72.94** | **1,51** |
| Капуста | 180 |  |  |  |  | |  |  |  |  |  |
| Морковь |  |  |  |  |  | |  |  |  |  |  |
| с 01.01 по 31.08 | 36 |  |  |  |  | |  |  |  |  |  |
| с 01.09 по 31.12 | 33.5 |  |  |  |  | |  |  |  |  |  |
|  | 30 |  |  |  |  | |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  | |  |  |  |  |  |
| Масло растительное | 5 |  |  |  |  | |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  | |  |  |  |  |  |
| Томат | 3 |  |  |  |  | |  |  |  |  |  |
| Мука пшеничная | 3 |  |  |  |  | |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  | |  |  |  |  |  |
| Соль | 1 |  |  |  |  | |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.80** | **0,30** | **26.10** | **58.25** | | **0.03** | **0,06** | **-** | **10.00** | **0,45** |
| 8 | **Чай сладкий** | **200** | **0,60** | **0,18** | **14,15** | **50,52** | | **-** | **-** | **-** | **0,30** | **-** |
| Сахар | 12 |  |  |  |  | |  |  |  |  |  |
| Чай заварка | 0,6 |  |  |  |  | |  |  |  |  |  |
| Вода питьевая | 200 |  |  |  |  | |  |  |  |  |  |
|  | **ИТОГО:** |  | **8.43** | **0.60** | **67.91** | **257.25** | | **0.11** | **1.19** | **26.42** | **83.24** | **1.96** |
| ВСЕГО ЗА ДЕНЬ: | |  | **42.53** | **50.82** | **342.43** | **1439.05** | |  |  |  |  |  |

**2 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Вторник** |  | неделя | **первая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 76 | **Омлет с кукурузой** | **130**  **60** | **8.67** | **8.00** | **8.66** | **135.52** | **0.24** | **0.12** | **6.2** | **158.01** | **1.10** |
| Молоко | 100 |  |  |  |  |  |  |  |  |  |
| Яйцо 1 штука | 47 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Кукуруза конс. | 62 |  |  |  |  |  |  |  |  |  |
| 12 | **Коф.напиток на молоке** | **180** | **3,86** | **4,12** | **19,62** | **117,67** | **0,04** | **0,18** | **1,40** | **152,16** | **0,13** |
| Кофейный напиток | 2 |  |  |  |  |  |  |  |  |  |
| Молоко | 131.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 75 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный**  **с маслом** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,80** | **0** | **0** | **0** | **0** | **0** |
|  | **ИТОГО:** |  | **15.4** | **19.2** | **98.3** | **461.1** | **0.4** | **0.3** | **2.8** | **414.3** | **2.8** |
| **2-й ЗАВТРАК** | | | | | | | | | | | |
| 68 | **Сок апельсиновый** | **100** | **-** | **-** | **9,00** | **37,90** | **-** | **-** | **2,00** | **7,00** | **1,00** |
| **ОБЕД** | | | | | | | | | | | |
| 16 | **Салат из свежей капусты** | **60** | **3.10** | **4.06** | **21.36** | **125.87** | **0.12** | **1.40** | **55.00** | **99.40** | **2.50** |
| Капуста белокочанная | 60 |  |  |  |  |  |  |  |  |  |
| Морковь | 5 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 26 | **Борщ с мясом.** | **200** | **5.05** | **4.84** | **18.57** | **135.25** | **0.07** | **1.12** | **25.34** | **41.08** | **1.76** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Капуста белокочанная | 21 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Свекла |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 70 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 65 |  |  |  |  |  |  |  |  |  |
| Томат | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 5 |  |  |  |  |  |  |  |  |  |
| 72 | **Котлета мясная** | **70** | **4.50** | **8.58** | **11.01** | **198.52** | **0.11** | **0.09** | **0.80** | **12.53** | **1.94** |
| Мясо | 88.5 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  | **Рассольник со смет.** | **250** | **7,58** | **8,35** | **16,95** | **165,85** | **0,16** | **0,09** |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12.5 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 8 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 48 | **Пюре картофельное с маслом сливочным** | **150** | **5.13** | **5.12** | **31.84** | **188.90** | **0.10** | **2.27** | **-** | **36.10** | **4.01** |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 250 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 300 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 210 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 230 |  |  |  |  |  |  |  |  |  |
| Молоко | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из изюма** | **180** | **0.24** | **-** | **23.35** | **91.99** | **0.01** | **0.01** | **0.4** | **13.42** | **0.49** |
| Изюм | 13 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2.35** | **0.35** | **24.90** | **107.0** | **0** | **0.04** | **0.03** | **10.50** | **1.00** |
|  | **ИТОГО:** |  | **23.86** | **17.37** | **121.51** | **725.15** | **1.4** | **5.37** | **95.89** | **231.09** | **16.52** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 126 | **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 | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.4 |  |  |  |  |  |  |  |  |  |
| Сметана | 27 |  |  |  |  |  |  |  |  |  |
| 58 | **Снежок (Ряженка)** | **180** | **5,40** | **10,80** | **7,38** | **153,00** | **0,04** | **0,24** | **0,54** | **223,20** | **0,18** |
| 74 | **Яблоко** | **100** | **1.50** | **-** | **21.00** | **96.00** | **0.04** | **0.05** | **10.00** | **8.00** | **-** |
|  | **ИТОГО:** |  | **12.82** | **18.28** | **70.68** | **456.00** | **0,19** | **0,36** | **11.39** | **270.92** | **1,05** |
| **УЖИН** | | | | | | | | | | | |
| 26 | **Каша «Дружба» с маслом сливочным** | **200** | **8.51** | **5.61** | **34.82** | **238.23** | **0.16** | **0.21** | **1.46** | **180.66** | **0.74** |
| Рис | 15 |  |  |  |  |  |  |  |  |  |
| Пшено | 15 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 144 | **Чай сладкий с лимоном** | **200** | **0.84** | **0.96** | **8.79** | **46.1** | **0.06** | **0.07** | **1.35** | **1.15** | **2.32** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Лимон | 6 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.00** | **0.45** |
|  | **ИТОГО:** |  | **13.15** | **6.87** | **69.71** | **342.58** | **0.25** | **0.34** | **2.81** | **191.81** | **3.51** |
| **ВСЕГО ЗА ДЕНЬ:** | |  | **65.23** | **61.72** | **369.20** | **2022.73** |  |  |  |  |  |

**3 ДЕНЬ**

|  |  |  |  |  |  |  |  |
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| День | Среда |  | неделя | первая |  | Возрастная категория | 3-7лет |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 114 | **Запеканка творожная с маслом слив. , сгущ. молоком** | **150** | **8,72** | **21,15** | **37,88** | **470,66** | **0,09** | **0,09** | **0,88** | **276,72** | **1,33** |
| Творог 9% жирн. | 150 |  |  |  |  |  |  |  |  |  |
| Молоко | 35 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/8 |  |  |  |  |  |  |  |  |  |
| Манка | 10 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 7 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Сгущ. молоко | 20 |  |  |  |  |  |  |  |  |  |
| 6 | **Какао на молоке** | **200** | **3,86** | **4,12** | **19.62** | **117,67** | **0,04** | **0,18** | **1,40** | **152,16** | **0,13** |
| Какао-порошок | 1,2 |  |  |  |  |  |  |  |  |  |
| Молоко | 131.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный**  **с маслом** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,8** | **0** | **0** | **0** | **0** | **0** |
|  | **ИТОГО:** |  | **15.68** | **33.77** | **78.46** | **709.73** | **0.15** | **0.32** | **2.28** | **436.88** | **1.82** |
| **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** | **60** | **0.42** | **-** | **1.08** | **6.00** | **-** | **-** | **4.2** | **10.20** | **0.30** |
| Огурцы свежие | 64.5 |  |  |  |  |  |  |  |  |  |
| 86 | **Суп овощной со сметаной** | **200** | **5.19** | **4.03** | **21.50** | **141.13** | **0.12** | **0.13** | **31.93** | **36.73** | **1.29** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Капуста белок.свеж. | 29 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 105 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 114 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 90 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 97 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Зеленый горошек | 15.5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 200 |  |  |  |  |  |  |  |  |  |
| Сметана | 5 |  |  |  |  |  |  |  |  |  |
| 74 | **Тефтели мясные с соусом** | **80** | **4.50** | **8.58** | **11.01** | **198.52** | **0.11** | **0.09** | **0.80** | **12.53** | **1.94** |
| Мясо | 88.5 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12.5 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 8 |  |  |  |  |  |  |  |  |  |
| Томат | 2 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 111 | **Греча рассыпчатая с маслом слив.** | **130** | **4.32** | **5.98** | **15.21** | **191.11** | **0.12** | **0.20** | **33.43** | **56.88** | **1.51** |
| Греча | 50 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из яблок** | **180** | **0.20** | **-** | **16.48** | **63.28** | **0.01** | **0.01** | **5.20** | **6.70** | **0.90** |
| Яблоко | 46 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **16.58** | **18.36** | **93.70** | **766.76** | **0.25** | **1.11** | **56.26** | **140.78** | **8.89** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Булочка «Веснушка»** | **70** | **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 | 0,6 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| 124 | **Молоко** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| 73 | **Груша** | **100** |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **5.63** | **1.54** | **56.21** | **286.50** | **0.07** | **0.03** | **0.05** | **10.61** | **0.73** |
| **УЖИН** | | | | | | | | | | | |
| 94 | **Вермишель в молоке с маслом слив.** | **200** | **6.51** | **9.89** | **25.03** | **211.30** | **0.09** | **0.38** | **1.46** | **186.33** | **0.93** |
| Вермишель | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 60 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 8 | **Чай сладкий** | **200** | **0,01** | **-** | **24.14** | **87.93** | **-** | **-** | **-** | **3.00** | **0,36** |
| Чай заварка | 0.5 |  |  |  |  |  |  |  |  |  |
| Сахар | 7 |  |  |  |  |  |  |  |  |  |
| Вода | 170 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **50** | **3.80** | **0,30** | **26.10** | **58.25** | **0,03** | **0,06** | **-** | **10,00** | **0,45** |
|  | **ИТОГО:** |  | **10.32** | **10.19** | **75.27** | **357.48** | **0.12** | **0.44** | **1.46** | **199.33** | **1.74** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **48.71** | **63.89** | **317.64** | **2176.47** |  |  |  |  |  |
| Среднедневная сбалансир-ть | | 1 | 1 | 4 |  |  |  |  |  |  |  |

**4 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Четверг** |  | неделя | **первая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 98 | **Каша рисовая молочная с маслом** | **170** | **7.92** | **9.47** | **32.14** | **238.72** | **0.30** | **0.13** | **1.43** | **193.22** | **23.9** |
| Рис | 30 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 60 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 12 | **Кофейный напиток на молоке** | **180** | **3,86** | **4,12** | **19.62** | **117,67** | **0,04** | **0,18** | **1,40** | **152,16** | **0,13** |
| Кофейный напиток | 2 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 75 |  |  |  |  |  |  |  |  |  |
| 4 | **Хлеб пшеничный с**  **маслом , сыр** | **40,0** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,80** | **0** | **0,00** | **0** | **0** | **0** |
|  | **15** | **7.02** | **9.00** |  | **11.30** | **0.01** | **0.09** | **0.48** | **300.30** | **0.18** |
|  | **ИТОГО:** |  | **21.90** | **31.09** | **72.72** | **489.09** | **0.37** | **0.45** | **3.31** | **653.68** | **24.5** |
| **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** | | | | | | | | | | | |
| 113 | **Салат из конс. огурцов** | **50** | **2.98** | **4.06** | **24.25** | **85.61** | **0.02** | **0.20** | **10.00** | **38.75** | **0.92** |
| Огурец конс. | 37 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| 40 | **Суп крестьянский** | **200** | **6.08** | **6.26** | **26.68** | **180.36** | **0,15** | **0,20** | **16.00** | **28.00** | **2.44** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 113 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 123 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 97.5 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 104.5 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Крупа перловая | 15 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 60 | **Запеканка картофельная с мясом и маслом слив.** | **150** | **5.61** | **10.51** | **11.50** | **225.20** | **0.15** | **0.21** | **35.89** | **55.54** | **2.43** |
| Мясо | 94 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 167 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 178 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 138 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 151 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 19 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| соль | 1 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из кураги и изюма** | **180** | **0.54** | **-** | **23.49** | **93.99** | **0.01** | **0.01** | **0.4** | **22.02** | **2.32** |
| Курага | 6 |  |  |  |  |  |  |  |  |  |
| Изюм | 6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **11.57** | **27.96** | **75.96** | **497.49** | **0.27** | **0.34** | **42.72** | **105.25** | **6.45** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Плюшка** | **70** | **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 | 0,6 |  |  |  |  |  |  |  |  |  |
| Яйцо шт. | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 144 | **Чай сладкий с лимоном** | **200** | **0.73** | **0.18** | **17.69** | **66.75** | **-** | **-** | **6.00** | **6.30** | **0.09** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 15 |  |  |  |  |  |  |  |  |  |
| Лимон | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 74 | **Банан** | **100** | **0.40** | **-** | **10.70** | **42.00** | **19.00** | **12.00** | **2.30** | **0.02** | **5.00** |
|  | **ИТОГО:** |  | **10.67** | **7.76** | **54.98** | **366.81** | **19.13** | **12.29** | **5.60** | **250.79** | **5.74** |
| **УЖИН** | | | | | | | | | | | |
| 104 | **Каша молочная пшенная с маслом слив.** | **200** | **6.97** | **9.25** | **31.67** | **189.90** | **0.25** | **0,15** | **1.44** | **181.15** | **1.22** |
| Пшено | 25 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 54 | **Кисель** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| Варенье | 25 |  |  |  |  |  |  |  |  |  |
| Сахар | 7 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Крахмал | 15 |  |  |  |  |  |  |  |  |  |
| 39 | **Хлеб пшеничный** | **40** | **3,80** | **0,30** | **26.10** | **58.25** | **0,03** | **0,06** | **-** | **10,00** | **0,45** |
|  | **ИТОГО:** |  | **11.37** | **9.73** | **71.92** | **296.67** | **0.28** | **0.21** | **1.44** | **191.45** | **1.67** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **56.01** | **76.54** | **287.18** | **1709.06** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**5 ДЕНЬ**

|  |  |  |  |  |  |  |  |
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| День | Пятница |  | неделя | первая |  | Возрастная категория | 3-7лет |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 138 | **Суфле рыбное с зеленым горошком** | **150/50** | **8.87** | **12.37** | **17.93** | **251.58** | **0.11** | **1.85** | **0.53** | **89.1** | **2.93** |
| Рыба | 138 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/3. |  |  |  |  |  |  |  |  |  |
| Молоко | 30 |  |  |  |  |  |  |  |  |  |
| Рис | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Зеленый горошек | 30 |  |  |  |  |  |  |  |  |  |
| 6 | **Какао на молоке** | **180** | **3,84** | **4,16** | **18,90** | **117,67** | **0,03** | **0,13** | **1,00** | **152,16** | **0,13** |
| Какао-порошок | 1,2 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с**  **маслом сливочным** | **40** | **3,80** | **0,30** | **26,10** | **58,25** | **0,03** | **0,06** |  | **10,0** | **0,45** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,80** | **0** | **0** | **0** | **0** | **0** |
|  | **ИТОГО:** |  | **16.57** | **25.09** | **63.01** | **502.30** | **0.17** | **2.04** | **1.53** | **251.26** | **3.51** |
| **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 на м/к бул.** | **200** | **5.26** | **6.85** | **16.95** | **142.50** | **0.08** | **0.15** | **12.63** | **31.52** | **1.63** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Вермишель | 15 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 112 | **Помидор свежий** | **60** | **17.70** | **19.50** | **-** | **242.00** | **0.30** | **3.90** | **2.70** | **102.00** | **0.90** |
| Помидор свежий | 64.5 |  |  |  |  |  |  |  |  |  |
| 56 | **Шукрут с мясом и маслом слив.** | **150** | **6.20** | **6.37** | **12.36** | **268.56** | **0.28** | **0.12** | **31.05** | **36.70** | **3.02** |
| Мясо | 68 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12.5 |  |  |  |  |  |  |  |  |  |
| Капуста | 88 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 225.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 245.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 195 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 209.5 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 45 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 42 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Томат | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| 142 | **Напиток лимонный** | **200** | **0,36** | **-** | **13.42** | **51.08** | **0,08** | **0,01** | **8.00** | **33.05** | **0.12** |
| Лимон | 15 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **31.87** | **33.20** | **67.63** | **811.14** | **0.74** | **4.22** | **54.77** | **213.77** | **6.67** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Булочка «Снежинка»** | **70** | **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 | 0,6 |  |  |  |  |  |  |  |  |  |
| Яйцо шт. | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 10 | **Чай сладкий с молоком** | **200** | **1.44** | **1.14** | **15.56** | **67.92** | **0.01** | **0.04** | **0.30** | **40.30** | **0.07** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 170 |  |  |  |  |  |  |  |  |  |
| Молоко | 31.5 |  |  |  |  |  |  |  |  |  |
|  | **Йогурт в стаканчике** | **100** | **2.40** | **5.00** | **13.80** | **110.00** |  |  |  |  |  |
| Йогурт | 100 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **8.51** | **7.50** | **64.26** | **386.73** | **0.08** | **0.07** | **-** | **49.07** | **0.61** |
| **УЖИН** | | | | | | | | | | | |
| 44 | **Каша ячневая** | **200** | **6.27** | **4.66** | **13.14** | **236.60** | **0.04** | **0.73** | **-** | **11.90** | **0.73** |
| Крупа ячневая | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 8 | **Чай сладкий** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
|  | Чай заварка | 0,6 |  |  |  |  |  |  |  |  |  |
|  | Сахар | 12 |  |  |  |  |  |  |  |  |  |
|  | Вода | 200 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.00** | **0.45** |
|  | **ИТОГО:** |  | **11.07** | **7.14** | **55.59** | **372.87** | **0.07** | **0.79** | **5.00** | **27.20** | **1.33** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **68.72** | **72.93** | **263.76** | **2128.04** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**6 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Понедельник** |  | неделя | **вторая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 104 | **Каша пшённая на сухом молоке с маслом** | **180** | **2.68** | **4.48** | **19,26** | **123.62** | **0.06** | **0.12** | **0.07** | **5.94** | **1.29** |
| Пшено | 25 |  |  |  |  |  |  |  |  |  |
| Молоко сухое | 12 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 200 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 12 | **Кофейный напиток на сгущённом молоке** | **200** | **1.80** | **1.80** | **19.92** | **47.38** | **0.01** | **0.07** | **0.20** | **63.34** | **0.14** |
| Кофейный напиток | 2 |  |  |  |  |  |  |  |  |  |
| Сгущенное молоко | 45 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с**  **маслом** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,80** | **0** | **0,00** | **0** | **0,00** | **0,00** |
|  | **ИТОГО:** |  | **14.60** | **25.78** | **60.14** | **303.70** | **0.09** | **0.33** | **0.75** | **377.58** | **1.97** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 67 | **Сок виноградный** | **100** | **0,30** | **0** | **18,50** | **72,00** | **0,02** | **0,01** | **2,00** | **19,00** | **0,30** |
| **ОБЕД** | | | | | | | | | | | |
|  | **Кукуруза консервированная** | **45** | **1.02** | **4.19** | **11.48** | **73.60** | **0.02** | **0.01** | **6.00** | **22.20** | **0.84** |
| 38 | **Суп гороховый на курином бульоне** | **200** | **5.13** | **3.45** | **25.13** | **202.27** | **0.11** | **0.33** | **12.60** | **45.24** | **3.34** |
| Курица | 45 |  |  |  |  |  |  |  |  |  |
| Горох | 25 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 138 | **Суфле куриное с маслом** | **150** | **6.87** | **18.20** | **18.35** | **232.98** | **0.14** | **0.12** | **0.53** | **60.30** | **2.41** |
| Курица | 81.5 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/3 |  |  |  |  |  |  |  |  |  |
| Рис | 20 |  |  |  |  |  |  |  |  |  |
| Молоко | 35 |  |  |  |  |  |  |  |  |  |
| Сухое молоко (если нет молока) | 6 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из кураги и изюма** | **180** | **0,54** | **-** | **23,49** | **93,99** | **0,01** | **0,01** | **0.4** | **22,02** | **1,32** |
| Курага | 6 |  |  |  |  |  |  |  |  |  |
| Изюм | 6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **15.91** | **26.19** | **103.35** | **709.84** | **0.28** | **0.51** | **19.2** | **160.26** | **8.91** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 47 | **Вафли (Кексы)** | **40** | **2.82** | **2.58** | **20.52** | **106.40** | **0.06** | **0.30** | **-** | **18.00** | **0.60** |
| 72 | **Яблоко** | **100** | **0.40** | **-** | **11.30** | **46.00** | **0.01** | **0.03** | **13.00** | **16.00** | **2.20** |
|  | 113.6 |  |  |  |  |  |  |  |  |  |
| 142 | **Напиток лимонный** | **200** | **0.73** | **0.18** | **17.69** | **66.75** | **-** | **-** | **6.00** | **6.30** | **0.09** |
| Лимон | 10 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **3.95** | **2.76** | **49.51** | **219.15** | **0.07** | **0.33** | **19.00** | **40.30** | **2.89** |
| **УЖИН** | | | | | | | | | | | |
| 78 | **Рагу овощное** | **200** | **3.16** | **4.11** | **11.50** | **131.70** | **0.08** | **0.18** | **9.89** | **51.04** | **1.65** |
| Капуста | 88 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 167 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 178 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 138 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 151 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 25 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 22 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 19 |  |  |  |  |  |  |  |  |  |
| Фасоль консервированная | 22 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| Соль | 2 |  |  |  |  |  |  |  |  |  |
| 8 | **Чай сладкий** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| Чай заварка | 0,6 |  |  |  |  |  |  |  |  |  |
| Сахар | 9 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.00** | **0.45** |
|  | **ИТОГО:** |  | **7.56** | **4.59** | **51.75** | **240.47** | **0.11** | **0.24** | **9.93** | **61.34** | **2.10** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **42.32** | **59.32** | **283.25** | **1545.16** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**7 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Вторник** |  | неделя | **вторая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 76 | **Омлет с маслом слив. и зеленым горошком** | **150**  **50** | **6.27** | **4.66** | **13.14** | **236.60** | **0.04** | **0.73** | **-** | **11.90** | **0.73** |
| Молоко | 100 |  |  |  |  |  |  |  |  |  |
| Яйцо 1 штука | 47 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Зеленый горошек | 52 |  |  |  |  |  |  |  |  |  |
| 6 | **Какао с молоком** | **200** | **3,84** | **4,16** | **18,90** | **117,67** | **0,03** | **0,13** | **1,00** | **152,16** | **0,13** |
| Какао-порошок | 1,2 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с**  **маслом** | **40.0** | **3,04** | **0,24** | **20.88** | **46.60** | **0,02** | **0,05** | **-** | **8,00** | **0,36** |
| **7** | **0,16** | **8,20** | **0,08** | **74,00** | **-** | **-** | **-** | **2.20** | **0,02** |
|  | **ИТОГО:** |  | **18.50** | **21.96** | **53.29** | **539.07** | **0.12** | **1.09** | **1.00** | **196.75** | **2.34** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 66 | **Сок яблочный** | **100** | **0,50** | **-** | **11.70** | **57,00** | **0,01** | **0,01** | **2,00** | **8,00** | **0,20** |
| **ОБЕД** | | | | | | | | | | | |
| 30 | **Щи на м/к бул. со сметаной** | **200** | **2.67** | **15.10** | **13.87** | **46.80** | **0.11** | **0.08** | **1.40** | **12.19** | **0.55** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Картофель | 15 |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Капуста белокачанная | 60 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 17 | **Салат из моркови** | **60** | **0.73** | **4.06** | **3.92** | **54.44** | **0.04** | **0.56** | **2.28** | **28.56** | **0.67** |
| Морковь | 7 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| 96 | **Бефстроганов из отв. мяса** | **80** | **4.50** | **8.58** | **11.01** | **198.52** | **0.11** | **0.09** | **0.80** | **12.53** | **1.94** |
| Мясо | 75 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12.5 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 5 |  |  |  |  |  |  |  |  |  |
| Молоко | 10.5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Томат | 3 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 46 | **Рожки отварные со сливочным маслом** | **130** | **6.27** | **4.66** | **13.14** | **236.60** | **0.04** | **0.73** | **-** | **11.90** | **0.73** |
| Рожки | 60 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из изюма** | **180** | **0,24** | **-** | **23,35** | **91,99** | **0,01** | **0,01** | **-** | **13.42** | **0.49** |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Изюм | 13 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **19.28** | **21.68** | **97.82** | **829.68** | **0.32** | **1.56** | **35.04** | **113.64** | **6.12** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Булочка «Веснушка»** | **70** | **4.67** | **3.71** | **12.24** | **93.20** | **0.17** | **0.09** | **0.30** | **51.86** | **7.40** |
| Мука | 30 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.8 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 2 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 58 | **Йогурт питьевой** | **180** | **9.00** | **2.70** | **5.25** | **91.80** | **0.04** | **0.27** | **1.08** | **223.20** | **0.20** |
| 74 | **Апельсин** | **100** | **1.08** | **-** | **14.66** | **62.00** | **0.08** | **0.10** | **16.88** | **13.50** | **1.00** |
|  | **ИТОГО:** |  | **14.75** | **6.41** | **32.15** | **247.00** | **0.29** | **0.46** | **18.26** | **288.56** | **8.60** |
| **УЖИН** | | | | | | | | | | | |
| 29 | **Каша «Дружба» с маслом** | **200** | **7.92** | **9.47** | **32.14** | **238.72** | **0.30** | **0.13** | **1.43** | **193.22** | **23.91** |
| Греча | 15 |  |  |  |  |  |  |  |  |  |
| Рис | 15 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 60 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 8 | **Чай сладкий** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.0** | **0.45** |
|  | **ИТОГО:** |  | **12.32** | **9.95** | **72.39** | **347.49** | **0.43** | **0.19** | **1.43** | **203.52** | **24.36** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **65.35** | **60.00** | **267.35** | **2020.24** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**8 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Среда** |  | неделя | **вторая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 114 | **Пудинг творожный со сметанным соусом** | **150** | **8.72** | **21.15** | **37.88** | **470.66** | **0.09** | **0.09** | **0.88** | **276.72** | **1.33** |
| Творог 9% | 150 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 4 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/5 |  |  |  |  |  |  |  |  |  |
| Манка | 10 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Сметана | 25 |  |  |  |  |  |  |  |  |  |
| Сахар песок в соус | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 12 | **Кофейный напиток на молоке** | **200** | **3,86** | **4,12** | **19.62** | **117,67** | **0,04** | **0,18** | **1,40** | **152,16** | **0,13** |
| Кофейный напиток | 2 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
|  | Вода | 75 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с**  **маслом сливочным** | **40** | **3,04** | **0,24** | **20.88** | **46.60** | **0,02** | **0,04** | **-** | **8.00** | **0,36** |
|  | **7** | **0,16** | **8,20** | **0,08** | **74,00** | **-** | **-** | **-** | **2.20** | **0,02** |
|  | **ИТОГО:** |  | **15.78** | **33.71** | **78.38** | **708.93** | **0.15** | **0.31** | **2.28** | **439.08** | **1.84** |
| **2-Й ЗАВТРАК** | | | | | | | | | | | |
| 69 | **Сок абрикосовый** | **100** | **0.50** | **-** | **14.00** | **56.00** | **0.02** | **0.04** | **4.00** | **3.00** | **0.20** |
| **ОБЕД** | | | | | | | | | | | |
| 16 | **Салат из свежей капусты с морковью** | **60** | **3.10** | **4.06** | **21.36** | **125.87** | **0.12** | **1.40** | **55.00** | **99.40** | **2.50** |
| Капуста белокочанная | 60 |  |  |  |  |  |  |  |  |  |
| Морковь | 5 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 28 | **Рассольник на м/к бул. со сметаной** | **200** | **4.27** | **4.97** | **16.27** | **122.78** | **0.15** | **0.14** | **16.00** | **23.73** | **1.39** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Крупа перловая | 10 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Огурец конс. | 30 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 72 | **Котлета мясная (из индейки)** | **80** | **6.83** | **8.68** | **11.24** | **172.87** | **0.15** | **0.16** | **80.78** | **95.20** | **3.28** |
| Мясо (индейка) | 88 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12 |  |  |  |  |  |  |  |  |  |
| Хлеб пшеничный | 8 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 48 | **Пюре картофельное** | **130** | **4.32** | **5.98** | **15.21** | **191.11** | **0.12** | **0.20** | **33.43** | **56.88** | **1.51** |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 250 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 300 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 210 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 230 |  |  |  |  |  |  |  |  |  |
| Молоко | 20 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 100 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из кураги** | **180** | **0,81** | **-** | **23,52** | **44.88** | **0,01** | **0,01** | **-** | **29.34** | **2.16** |
| Курага | 13 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **2,35** | **0,35** | **24,90** | **107,00** | **-** | **0,04** | **0,03** | **10,50** | **1,00** |
|  | **ИТОГО:** |  | **14.66** | **16.00** | **78.13** | **475.03** | **0.30** | **0.35** | **101.81** | **163.77** | **7.98** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Ватрушка с творогом** | **70** | **5.67** | **3.71** | **12.44** | **93.60** | **0.17** | **0.09** | **0.30** | **61.86** | **7.40** |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.6 |  |  |  |  |  |  |  |  |  |
| Молоко | 20 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| Творог | 15 |  |  |  |  |  |  |  |  |  |
| Сахар | 3 |  |  |  |  |  |  |  |  |  |
| Яйцо | 1/10 |  |  |  |  |  |  |  |  |  |
| 124 | **Молоко** | **200** | **5.60** | **6.40** | **9.40** | **116.00** | **0.06** | **0.26** | **3.60** | **242.00** | **0.20** |
| 73 | **Банан** | **100** | **0.40** | **-** | **10.70** | **43.00** | **19.00** | **12.00** | **2.30** | **0.02** | **5.00** |
|  | **ИТОГО:** |  | **7.51** | **4.85** | **38.70** | **204.52** | **19.18** | **12.13** | **2.90** | **102.18** | **12.47** |
| **УЖИН** | | | | | | | | | | | |
| 100 | **Каша пшеничная молочная с маслом** | **200** | **6.97** | **9.25** | **31.67** | **189.90** | **0.25** | **0.15** | **1.44** | **181.15** | **1.22** |
| Крупа пшеничная | 25 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 39 | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.00** | **0.45** |
| 56 | **Чай сладкий с лимоном** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Лимон | 6 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **11.37** | **9.73** | **71.92** | **298.67** | **0.28** | **0.31** | **1.44** | **191.45** | **1.67** |
|  | **ВСЕГО ЗА ДЕНЬ** |  | **49.82** | **64.29** | **281.13** | **1743.15** |  |  |  |  |  |
| Среднедневная сбалансир-ть | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**9 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Четверг** |  | неделя | **вторая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 92 | **Каша манная смаслом слив., яйцо** | **200** | **8.67** | **8.00** | **8.66** | **135.52** | **0.24** | **0.12** | **6.2** | **158.01** | **1.10** |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Крупа манная | 25 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Яйцо 1 штука | 47 |  |  |  |  |  |  |  |  |  |
| **Какао на молоке** | **200** | **3,84** | **4,16** | **18,90** | **117,67** | **0,03** | **0,13** | **1,00** | **152,16** | **0,13** |
| Какао-порошок | 1,2 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с маслом** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
| 2 | **7** | **0,16** | **8,20** | **0,08** | **74,00** | **-** | **-** | **-** | **2.20** | **0,02** |
|  | **ИТОГО:** |  | **15.71** | **20.60** | **48.52** | **373.79** | **0.29** | **0.30** | **7.2** | **320.37** | **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 фасолевый на м/к бул.** | **200** | **3.85** | **2.97** | **17.71** | **138.97** | **0.07** | **0.09** | **12.60** | **17.27** | **1.14** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Фасоль конс. | 20 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Растительное масло | 4 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 21 | **Помидор свежий** | **60** | **0.42** | **-** | **1.08** | **6.00** | **-** | **-** | **4.20** | **10.20** | **0.30** |
| Помидор свежий | 64.5 |  |  |  |  |  |  |  |  |  |
| 96 | **Ежики мясные** | **80** | **6.19** | **7.79** | **8.44** | **89.39** | **0.09** | **0.05** | **1.65** | **20.67** | **1.58** |
| Мясо | 75 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12.5 |  |  |  |  |  |  |  |  |  |
| Рис | 8 |  |  |  |  |  |  |  |  |  |
| 130 | **Капуста тушеная с маслом** | **130** | **3.58** | **4.40** | **40.04** | **197.00** | **-** | **0.01** | **-** | **14.50** | **0.50** |
| Капуста | 180 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 25 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 22 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Томат | 3 |  |  |  |  |  |  |  |  |  |
| Мука пшеничная | 3 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| 14 | **Компот из кураги и изюма** | **180** | **0,36** | **-** | **13.42** | **51.08** | **0,08** | **-** | **8.00** | **8.30** | **0.12** |
| Курага | 6 |  |  |  |  |  |  |  |  |  |
| Изюм | 6 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **3.50** | **0.35** | **24.90** | **191.50** | **-** | **0.04** | **0.03** | **10.5** | **1.0** |
|  | **ИТОГО:** |  | **17.90** | **15.51** | **105.59** | **673.94** | **0.24** | **0.19** | **26.48** | **81.44** | **4.64** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Пирог слоеный с повидлом** | **70** | **3.97** | **3.13** | **27.28** | **158.24** | **0.06** | **0.05** | **0.01** | **30.51** | **0.44** |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/10 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 0.4 |  |  |  |  |  |  |  |  |  |
| Молоко | 27 |  |  |  |  |  |  |  |  |  |
| Повидло | 12 |  |  |  |  |  |  |  |  |  |
| 10 | **Чай сладкий с молоком** | **200** | **0.60** | **0.18** | **14.15** | **50.52** | **-** | **-** | **-** | **0.30** | **-** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Молоко | 90 |  |  |  |  |  |  |  |  |  |
| Вода | 110 |  |  |  |  |  |  |  |  |  |
| 73 | **Груша** | **100** | **0.40** | **-** | **10.70** | **42.00** | **19.00** | **12.00** | **2.30** | **0.02** | **5.00** |
|  | **ИТОГО:** |  | **4.57** | **3.31** | **41.43** | **208.47** | **0.06** | **0.05** | **0.01** | **30.81** | **0.44** |
| **УЖИН** | | | | | | | | | | | |
| 102 | **Каша гречневая с маслом сливочным** | **200** | **6,23** | **8.83** | **25.65** | **206.70** | **0,09** | **0,30** | **1.46** | **181.73** | **0.15** |
| Крупа гречневая | 30 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| 54 | **Кисель** | **200** | **0.01** | **-** | **24.04** | **87.93** | **-** | **-** | **-** | **3.00** | **0.36** |
| Варенье | 25 |  |  |  |  |  |  |  |  |  |
| Сахар | 7 |  |  |  |  |  |  |  |  |  |
| Вода | 170 |  |  |  |  |  |  |  |  |  |
| Крахмал | 15 |  |  |  |  |  |  |  |  |  |
| **2** | **Хлеб пшеничный** | **40** | **3.80** | **0.30** | **26.10** | **58.25** | **0.03** | **0.06** | **-** | **10.00** | **0.45** |
|  | **ИТОГО** |  | **10.04** | **9.13** | **75.79** | **352.88** | **0,12** | **0,36** | **1.46** | **194.73** | **0.96** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **48.72** | **48.55** | **285.33** | **1665.08** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |

**10 ДЕНЬ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| День | **Пятница** |  | неделя | **вторая** |  | Возрастная категория | **3-7лет** |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№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** | | | | | | | | | | | |
| 136 | **Рыба тушеная с луком** | **80** | **4.91** | **5.27** | **2.00** | **119.50** | **0.06** | **0.14** | **1.75** | **46.75** | **2.44** |
| Рыба | 129 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 44 | **Рис отварной с маслом** | **130** | **3.58** | **4.40** | **40.04** | **197.00** | **-** | **0.01** | **-** | **14.50** | **0.50** |
| Рис | 50 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 12 | **Коф.напиток на мол.** | **200** | **3,86** | **4,12** | **19,62** | **117,67** | **0,04** | **0,18** | **1,40** | **152,16** | **0,13** |
| Кофейный напиток | 2 |  |  |  |  |  |  |  |  |  |
| Молоко | 131,5 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 75 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный с**  **маслом** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **7** | **0,06** | **8,26** | **0,08** | **74,80** | **0,00** | **0,00** | **0,00** | **0,00** | **0,00** |
|  | **ИТОГО:** |  | **16.79** | **30.54** | **75.40** | **488.60** | **0.23** | **0.53** | **3.34** | **641.12** | **1.41** |
| **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.** | **200** | **4.75** | **3.45** | **25.02** | **200.85** | **0.10** | **0.77** | **12.60** | **43.97** | **3.24** |
| Мясо | 40 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 89 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 96 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 76 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 82 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 15 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 12 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 13 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Фасоль конс. | 50 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 21 | **Огурец свежий** | **60** | **2.98** | **4.06** | **24.25** | **85.61** | **0.02** | **0.20** | **10.00** | **38.75** | **0.92** |
| Огурец свежий | 64.5 |  |  |  |  |  |  |  |  |  |
| 68 | **Картофель тушеный по-домашнему с отварным мясом** | **150** | **4.91** | **5.27** | **2.00** | **119.50** | **0.06** | **0.14** | **1.75** | **46.75** | **2.44** |
| Мясо | 68 |  |  |  |  |  |  |  |  |  |
| Картофель |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 28.02 | 225.5 |  |  |  |  |  |  |  |  |  |
| с 01.03 по 31.08 | 245.5 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31. 10 | 195 |  |  |  |  |  |  |  |  |  |
| с 01.11 по 31.12 | 209.5 |  |  |  |  |  |  |  |  |  |
| Лук репчатый | 12 |  |  |  |  |  |  |  |  |  |
| Морковь |  |  |  |  |  |  |  |  |  |  |
| с 01.01 по 31.08 | 45 |  |  |  |  |  |  |  |  |  |
| с 01.09 по 31.12 | 42 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| Вода | 50 |  |  |  |  |  |  |  |  |  |
| 142 | **Напиток лимонный** | **200** | **0,20** | **-** | **16.48** | **63.28** | **-** | **-** | **5.20** | **6.70** | **0.90** |
| Лимон | 12 |  |  |  |  |  |  |  |  |  |
| Сахар | 15 |  |  |  |  |  |  |  |  |  |
| Вода | 200 |  |  |  |  |  |  |  |  |  |
| 40 | **Хлеб ржаной** | **50** | **3.50** | **0.35** | **24.90** | **191.50** | **-** | **0.04** | **0.03** | **10.5** | **1.0** |
|  | **ИТОГО:** |  | **21.99** | **21.92** | **109.52** | **831.36** | **0.35** | **0.78** | **66.41** | **187.58** | **9.21** |
| **ПОЛДНИК** | | | | | | | | | | | |
| 118 | **Булочка домашняя** | **70** | **4.67** | **3.71** | **12.24** | **93.20** | **0.17** | **0.09** | **0.30** | **51.86** | **7.40** |
| Мука пшеничная | 30 |  |  |  |  |  |  |  |  |  |
| Дрожжи | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар песок | 5 |  |  |  |  |  |  |  |  |  |
| Яйца | 1/10 |  |  |  |  |  |  |  |  |  |
| Соль | 0.4 |  |  |  |  |  |  |  |  |  |
| Молоко | 22 |  |  |  |  |  |  |  |  |  |
| Масло растительное | 4 |  |  |  |  |  |  |  |  |  |
| 10 | **Чай сладкий с молоком** | **200** | **1.44** | **1.14** | **15.58** | **67.92** | **0.01** | **0.04** | **0.30** | **40.30** | **0.07** |
| Чай заварка | 0,6 |  |  |  |  |  |  |  |  |  |
| Сахар | 12 |  |  |  |  |  |  |  |  |  |
| Молоко | 31.50 |  |  |  |  |  |  |  |  |  |
| Вода | 170 |  |  |  |  |  |  |  |  |  |
|  | **Йогурт в стаканчике** | **100** |  |  |  |  |  |  |  |  |  |
| йогурт | 100 | **2.40** | **5.00** | **13.80** | **110.00** |  |  |  |  |  |
|  | **ИТОГО:** |  | **7.67** | **8.89** | **40.19** | **253.72** | **0.17** | **0.09** | **0.30** | **52.16** | **7.40** |
| **УЖИН** | | | | | | | | | | | |
| 96 | **Каша геркулесовая молочная с маслом сливочным** | **200** | **7.69** | **6.59** | **52.53** | **241.50** | **0.34** | **0,08** | **1.46** | **181.55** | **0,15** |
| Крупа пшено | 30 |  |  |  |  |  |  |  |  |  |
| Молоко | 150 |  |  |  |  |  |  |  |  |  |
| Сахар | 5 |  |  |  |  |  |  |  |  |  |
| Масло сливочное | 5 |  |  |  |  |  |  |  |  |  |
| Вода питьевая | 60 |  |  |  |  |  |  |  |  |  |
| Соль | 1 |  |  |  |  |  |  |  |  |  |
| 8 | **Чай сладкий** | **200** | **0.01** | **-** | **24.04** | **87.93** | **-** | **-** | **-** | **3.00** | **0.36** |
| Чай заварка | 0.6 |  |  |  |  |  |  |  |  |  |
| Сахар | 7 |  |  |  |  |  |  |  |  |  |
| Вода | 170 |  |  |  |  |  |  |  |  |  |
| 2 | **Хлеб пшеничный** | **40** | **3.04** | **0.24** | **20.88** | **46.60** | **0.02** | **0.05** | **-** | **8.00** | **0.36** |
|  | **ИТОГО:** |  | **10.74** | **6.83** | **97.45** | **376.03** | **0.36** | **0.13** | **1.46** | **192.55** | **0.87** |
|  | **ВСЕГО ЗА ДЕНЬ:** |  | **57.52** | **68.18** | **340.06** | **2018.71** |  |  |  |  |  |
| Среднедневная сбалансированность | |  | 1 | 1 | 4 |  |  |  |  |  |  |
| **Средняя энергетическая ценность блюд за 10 дней** | |  | **54.50** | **62.62** | **303.73** | **1846.77** |  |  |  |  |  |