Отдел образования администрации Болховского района Орловской области

муниципальное бюджетное общеобразовательное учреждение «Гнездиловская средняя общеобразовательная школа»

(МБОУ «Гнездиловская СОШ»)

303161, Орловская область, Болховский район, село Гнездилово, улица Молодёжная, дом 2, телефон 8(48640)2-54-48

Утверждаю

Директор школы:\_\_\_\_\_\_\_\_\_\_\_\_/И.А. Лисёнкова/

Приказ по школе №95 – ОД от 31.08.2020

Меню

*Класс 5-11 классы*

Возрастная категория 12-18 лет

МБОУ «Гнездиловская СОШ»

День: первый

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe |
| 1 | | | 2 | | 3 | | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| ДЕНЬ 1 | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | |
| 302 | | Омлет натуральный | | 200 | | 11.9 | | 14.0 | | 6.4 | | 200 | 0.09 | 2.1 | 0.2 | 0.5 | 133.3 | 39.5 | 26.1 | 2.1 |
| 496 | | Какао с молоком | | 200 | | 3.6 | | 3.3 | | 25.0 | | 144 | 0.04 | 1.3 | 0.02 | 0.0 | 124 | 110 | 27 | 0.8 |
| 112 | | Яблоко | | 100 | | 0.4 | | 0.4 | | 9.8 | | 47 | 0.03 | 10.0 | 0.00 | 0.2 | 16 | 11 | 9 | 2.2 |
| 91 | | Бутерброд с сыром или маслом сливочным | | 15/15/5 | | 5.0 | | 8.1 | | 29.4 | | 123 | 0.02 | 0.1 | 0.06 | 0.3 | 100 | 99 | 10 | 0.3 |
| 108 | | Хлеб пшеничный | | 40 | | 3.0 | | 0.3 | | 19.68 | | 94 | 0.51 | 0..0 | 0.00 | 0.4 | 8 | 26 | 5.6 | 0.4 |
| 109 | | Хлеб ржаной | | 30 | | 2.0 | | 0.4 | | 10.0 | | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | 14 | 1.17 |
| Итого: | | | |  | | 25.9 | | 26.5 | | 100.28 | | 660 | 0.74 | 13.5 | 0.11 | 1.8 | 391.8 | 332.9 | 91.7 | 6.97 |
|  | Обед | | | | | | | | | | | | | | | | | | | |
|  | 107 | | Огурец соленый | | 100 | | 0.8 | | 0.1 | | 1.7 | 13 | 0.02 | 5.0 | 0.00 | 0.1 | 23 | 24 | 14 | 0.6 |
| 144 | | | Суп картофельный с бобовыми (горох) на м/к/б. | | 250 | | 6.3 | | 14.25 | | 15.21 | 108 | 0.19 | 8.67 | 0.04 | 0.22 | 19 | 65.75 | 25.5 | 0.92 |
| 414 | | | Рис отварной | | 180 | | 4.4 | | 7.3 | | 42.56 | 245.5 | 0.03 | 0.0 | 0.05 | 0.34 | 6.1 | 84.9 | 27.3 | 0.6 |
| 412 | | | Котлета куриная | | 100 | | 15.0 | | 10.7 | | 7.4 | 167 | 0.1 | 0.8 | 0.04 | 0.4 | 34.66 | 94.3 | 18.6 | 1.14 |
| 207  э/р | | | Компот из яблок с вит.С | | 200 | | 0.5 | | 0.2 | | 22.2 | 93 | 0.03 | 11.6 | 0.0 | 0.1 | 19 | 12 | 8 | 0.8 |
| 109 | | | Хлеб ржаной | | 80 | | 5.3 | | 0.96 | | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| 108 | | | Хлеб пшеничный | | 88 | | 6.7 | | 5.7 | | 43.30 | 208 | 0.09 | 0.0 | 0.00 | 1.0 | 17.6 | 57.2 | 12.32 | 1.0 |
| Итого: | | | | |  | | 39.00 | | 39.21 | | 159.15 | 973.7 | 0.6 | 26.07 | 0.13 | 3.26 | 147.36 | 464.55 | 143.32 | 8.18 |
| Всего: | | | | |  | | 64.9 | | 65.71 | | 259.43 | 1633.7 | 1.34 | 39.57 | 0.24 | 5.06 | 539.16 | 797.45 | 235.02 | 15.15 |

День: второй

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | |
| белки | | жиры | | углеводы | | В1 | | С | | А | | Е | | Са | | Р | | Mg | | Fe |
| 1 | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 |
| ДЕНЬ 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 266 | Каша молочная из хлопьев овсяных «Геркулес» жидкая | | 200 | | 17.95 | | 14.75 | | 36.0 | | 285.5 | | 0.21 | | | 1.92 | | 0.07 | | 0.67 | | 262.4 | | 80.5 | | 69.5 | | 1.55 |
| 493 | Чай с сахаром | | 200 | | 0.1 | | 0.0 | | 15.0 | | 60 | | 0.00 | | | 0.0 | | 0.0 | | 0.0 | | 11 | | 3 | | 1 | | 0.3 |
| 112 | Апельсин | | 100 | | 0.4 | | 0.3 | | 10.3 | | 47 | | 0.02 | | | 5.0 | | 0.00 | | 0.4 | | 1.9 | | 16 | | 12 | | 2.3 |
| 108;105 | Бутерброд с маслом сливочным | | 20/10 | | 1.57 | | 8.4 | | 9.92 | | 122 | | 0.02 | | | 0.0 | | 0.06 | | 0.32 | | 5.2 | | 14.9 | | 2.8 | | 0.24 |
| 108 | Хлеб пшеничный | | 40 | | 3.0 | | 0.3 | | 19.68 | | 94 | | 0.51 | | | 0..0 | | 0.00 | | 0.4 | | 8 | | 26 | | 5.6 | | 0.4 |
| 109 | Хлеб ржаной | | 30 | | 2.0 | | 0.4 | | 10.0 | | 52 | | 0.05 | | | 0.0 | | 0.00 | | 0.4 | | 10.5 | | 47.4 | | 14 | | 1.17 |
| Итого: | | |  | | 25.02 | | 24.15 | | 100.9 | | 660.5 | | 0.81 | | | 6.92 | | 0.13 | | 2.19 | | 299 | | 187.8 | | 104.9 | | 5.96 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Салат из белокочанной капусты с морковью | 100 | | 1.6 | | 10.1 | | 9.6 | | 136 | | 0.04 | | | 27.8 | | 0.00 | | 4.5 | | 44 | | 32 | | 17 | | 0.6 | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 134 | Рассольник ленинградский на м/ к/б | 250 | 2.0 | 5.2 | 16.2 | 121.25 | 0.09 | 7.7 | 0.00 | 2.3 | 15.5 | 63 | 26.2 | 0.9 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 429 | | Картофельное пюре | | 200 | | 4.2 | | 8.8 | | 21.8 | 184 | | | 0.18 | | 6.8 | | 0.06 | | 0.2 | | 38.3 | | 80 | | 38 | 1.4 | |
| 343 | | Рыба, тушенная в томате с овощами | | 140 | | 13.3 | | 7.2 | | 6.3 | 143 | | | 0.09 | | 4.7 | | 0.01 | | 4.2 | | 35 | | 203 | | 39 | 0.8 | |
| 510 | | Напиток лимонный | | 200 | | 0.1 | | 0.0 | | 18.9 | 73 | | | 0.00 | | 2.32 | | 0.0 | | 0.0 | | 3.44 | | 0.0 | | 0.0 | 0.08 | |
| 109 | Хлеб ржаной | | 80 | | 5.3 | | 0.96 | | 26.7 | | | 139.2 | 0.14 | | 0.0 | | 0.00 | | 1.1 | | 28 | | 126.4 | | 37.6 | | | 3.12 |
| 108 | Хлеб пшеничный | | 40 | | 3.04 | | 0.32 | | 19.68 | | | 94 | 0.04 | | 0.0 | | 0.00 | | 0.44 | | 8 | | 26 | | 5.6 | | | 0.44 |
| Итого: | | |  | | 29.54 | | 32.58 | | 119.18 | | | 890.45 | 0.58 | | 49.32 | | 0.07 | | 12.74 | | 172.24 | | 530.4 | | 163.4 | | | 6.54 |
| Всего: | | |  | | 54.56 | | 56.73 | | 220.08 | | | 1550.95 | 1.39 | | 56.24 | | 0.2 | | 14.93 | | 471.24 | | 718.2 | | 268.3 | | | 12.5 |

День: третий

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe | |
| 1 | | 2 | | 3 | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| ДЕНЬ 3 | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | |
| 325 | | Каша манная | | 250 | 7.75 | | 9.32 | | 38.57 | 269.25 | 0.097 | 1.7 | 0.06 | 0.65 | 166 | 151.5 | 25.25 | 0.55 | |
| 501 | Кофейный напиток с молоком | | 200 | | 3.2 | 2.7 | | 15.9 | | 79 | 0.04 | 1.3 | 0.02 | 0.0 | 126 | 90 | 14 | 0.1 | |
| 108 | Хлеб пшеничный | | 40 | | 3.0 | 0.3 | | 19.68 | | 94 | 0.51 | 0..0 | 0.00 | 0.4 | 8 | 26 | 5.6 | 0.4 | |
| 109 | Хлеб ржаной | | 30 | | 2.0 | 0.4 | | 10.0 | | 52 | 0.05 | 0.0 | 0.00 | 0.4 | 10.5 | 47.4 | 14 | 1.17 | |
| Итого: | | |  | | 16.85 | 12.92 | | 92.25 | | 537.25 | 0.737 | 63 | 0.08 | 1.65 | 344.5 | 337.9 | 71.85 | 2.52 | |
| Обед | | | | | | | | | | | | | | | | | | |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 142 | Свекольник на м/к/б | 250 | 2.17 | 4.45 | 12.02 | 97 | 0.06 | 9.17 | 0.04 | 2.25 | 37.75 | 69.25 | 31 | 1.52 |
| 237 | Каша гречневая рассыпчатая | 180 | 10.3 | 9.4 | 58.4 | 303.7 | 0.24 | 0.0 | 0.04 | 0.73 | 17.1 | 90 | 162.3 | 5.4 |
| 367 | Гуляш из отварной курицы | 120 | 15..6 | 14.0 | 15.2 | 297 | 0.07 | 1.3 | 0.04 | 0.7 | 17 | 215 | 30 | 3.2 |
| 493 | Чай с лимоном | 200 | 0.1 | 0.0 | 15.2 | 61 | 0.00 | 2.8 | 0.0 | 0.0 | 14.2 | 4 | 2 | 0.4 |
| 109 | Хлеб ржаной | 50 | 3.3 | 0.6 | 16.7 | 87 | 0.09 | 0.0 | 0.00 | 0.7 | 17.5 | 79 | 23.5 | 1.95 |
| 108 | Хлеб пшеничный | 20 | 1.5 | 0.16 | 13.0 | 46 | 0.02 | 0.0 | 0.00 | 0.21 | 4.0 | 12.9 | 2.8 | 0.21 |
| Итого: | |  | 27.78 | 31.72 | 125.58 | 903.8 | 0.3 | 14.67 | 0.05 | 11.66 | 151.95 | 391.8 | 122.7 | 8.38 |
| Всего: | |  | 44.63 | 44.64 | 217.83 | 1441.05 | 1.037 | 77.67 | 0.13 | 13.31 | 496.45 | 729.7 | 194.55 | 10.9 |

День: четвертый

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | | | | | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | |
| белки | жиры | | | углеводы | | | | В1 | | С | | | | А | | Е | | | Са | | Р | | | Mg | | Fe | |
| 1 | | 2 | | 3 | | | | | | | 4 | 5 | | | 6 | | | | 7 | | | 8 | | 9 | | | | 10 | | 11 | | | 12 | | 13 | | | 14 | | 15 | |
| ДЕНЬ 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 262 | | Омлет натуральный | | | 130 | | 11.2 | | | | | | 17.4 | | | 3 | | | | 212 | | | 0.08 | | | 0.4 | | | 0.3 | | 0.6 | | | 106 | | 200 | | | 16 | | 2.0 |
| 504 | | Чай с сахаром | | | 200 | | 0.1 | | | | | | 0.0 | | | 38.3 | | | | 154 | | | 0.00 | | | 0.1 | | | 0.00 | | 0.0 | | | 8 | | 8 | | | 2 | | 0.5 |
| 91 | | Бутерброд с сыром или маслом сливочным | | | 15/15/5 | | 5.0 | | | | | | 8.1 | | | 7.4 | | | | 123 | | | 0.02 | | | 0.1 | | | 0.06 | | 0.3 | | | 137 | | 99 | | | 10 | | 0.3 |
| 300 | | Яйцо вареное | | | 40(1шт) | | 5.1 | | | | | | 4.6 | | | 0.3 | | | | 63 | | | 0.03 | | | 0.0 | | | 0.10 | | 0.2 | | | 22 | | 77 | | | 5 | | 1.0 |
| 108 | | Хлеб пшеничный | | | 40 | | 3.0 | | | | | | 0.3 | | | 19.68 | | | | 94 | | | 0.51 | | | 0..0 | | | 0.00 | | 0.4 | | | 8 | | 26 | | | 5.6 | | 0.4 |
| 109 | | Хлеб ржаной | | | 30 | | 2.0 | | | | | | 0.4 | | | 10.0 | | | | 52 | | | 0.05 | | | 0.0 | | | 0.00 | | 0.4 | | | 10.5 | | 47.4 | | | 14 | | 1.17 |
| Итого: | | | | |  | | | | | 26.4 | | | | 30.08 | | | | 78.68 | | | 698 | | 0.69 | | 0.6 | | 0.46 | | | | | 1.9 | 291.5 | | 457.4 | | 52.6 | | | | 5.37 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 107;48 | | Салат из огурцов соленых с луком | | | 100 | | | 0.77 | | | | | 10.09 | | | 2.28 | | | | 104.6 | | 0.02 | | | 3.7 | | | 0.00 | | 4.47 | | | 17.2 | | 18.2 | | | 10.5 | | 0.5 |
|  | 131 | | Щи из свежей капусты с картофелем на м/к/б | | | 250 | | | 1.75 | | | | | 4.97 | | | 7.77 | | | | 83 | | 0.06 | | | 18.47 | | | 0.00 | | 2.37 | | | 34 | | 17.5 | | | 22.25 | | 0.8 |
|  | 406 | | Плов из отварной птицы | | | 210 | | | 16.0 | | | | | 15.9 | | | 37.9 | | | | 359 | | 0.03 | | | 1.3 | | | 0.01 | | 5.4 | | | 33 | | 133 | | | 31 | | 1.3 |
|  | 508 | | Компот из смеси сухофруктов с вит.С. | | | 200 | | | 0.5 | | | | | 0.0 | | | 27.0 | | | | 110 | | 0.01 | | | 0.5 | | | 0.00 | | 0.0 | | | 28 | | 19 | | | 7 | | 1.5 |
| 109 | | | Хлеб ржаной | | | 80 | | 5.3 | | | | | | 0.96 | | | 26.7 | | | | 139.2 | | 0.14 | | | 0.0 | | | 0.00 | | 1.1 | | | 28 | | 126.4 | | | 37.6 | | 3.12 |
| 108 | | | Хлеб пшеничный | | | 40 | | 3.04 | | | | | | 0.32 | | | 19.68 | | | | 94 | | 0.04 | | | 0.0 | | | 0.00 | | 0.44 | | | 8 | | 26 | | | 5.6 | | 0.44 |
| Итого: | | | | | |  | | 34.05 | | | | | | 34.63 | | | 134.66 | | | | 966.7 | | 0.3 | | | 28.27 | | | 0.08 | | 6.65 | | | 136.8 | | 486.4 | | | 161.85 | | 13.26 |
| Всего: | | | | | |  | | 60.45 | | | | | | 65.43 | | | 213.34 | | | | 1664.7 | | 0.99 | | | 28.87 | | | 0.54 | | 8.55 | | | 428.3 | | 943.8 | | | 314.45 | | 18.63 |

День: пятый

Сезон: осенне-зимний

Возрастная категория: 12- 18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | | Масса порции | | | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | | |  |
| белки | | | | | жиры | | | | углеводы | | | | В1 | | | | С | | | | А | | Е | | | | | | Са | | | | Р | | Mg | | | | | | Fe | | | |  |
| 1 | | | | 2 | | | 3 | | | 4 | | | | | 5 | | | | 6 | | | | 7 | | 8 | | | | 9 | | | | 10 | | 11 | | | | | | 12 | | | | 13 | | 14 | | | | | | 15 | | | |  |
| ДЕНЬ 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 268 | | Каша рисовая молочная жидкая | | | | | | 200 | | | 5.5 | | 8.6 | | | | | | | 32.4 | | 225 | | | | 0.06 | | | 1.5 | | | 0.05 | | | | | 0.18 | | | | 222.4 | | | | 51.8 | | | | | | 31.6 | | | 0.44 | | |  |
| 496 | | | Какао с молоком | | | 200 | | | | | 3.6 | | | 3.3 | | | | | | 25.0 | | | 144 | | 0.04 | | | | 1.3 | | | | 0.02 | | 0.0 | | | | | | 124 | | | | 110 | | 27 | | | | | | 0.8 | | | |  |
|  | 112 | Яблоко | | | | | | 100 | | | 1.5 | | | | | | 0.5 | | | 21 | | | 96 | | 0.04 | | | 10.0 | | | 0.00 | | | | | 0.4 | | | 8 | | | | 28 | | | | | | 42 | | | 0.6 | | | |  |  |
| 108 | | Хлеб пшеничный с колбасой вареной отварной | | | | | 40/36 | | | | 14.7 | | | | | 15.0 | | | | 19.68 | | | 170 | | 0.59 | | | 0..0 | | | 0.00 | | | | | 0.5 | | | | 19.16 | | | | 79.6 | | | | | | 12.08 | | | 1.0 | | | |  |
| 109 | | Хлеб ржаной | | | | | 30 | | | | 2.0 | | | | | 0.4 | | | | 10.0 | | | 52 | | 0.05 | | | 0.0 | | | 0.00 | | | | | 0.4 | | | | 10.5 | | | | 47.4 | | | | | | 14 | | | 1.17 | | | |  |
| Итого: | | | | | | |  | | | | 27.3 | | | | | 27.8 | | | | 108.08 | | | 687 | | 0.74 | | | 12.8 | | | 0.07 | | | | | 1.48 | | | | 384.06 | | | | 316.8 | | | | | | 126.68 | | | 4.01 | | | |  |
|  | Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 75 | | | | | Салат картофельный с солеными огурцами и зеленым горошком | | | | 100 | | | 1.8 | | | | | | 6.2 | | | 8.9 | | | 99 | | | 0.07 | | | 10.1 | | | | 0.00 | | | | 2.8 | | | | 16 | | | | 46 | | 18 | | | | | | | 0.7 | | |
| 128 | | | | | Борщ из свежей капусты на м/к/б. | | | | 250 | | | 1.82 | | | | | | 13 | | | 10.65 | | | 95 | | | 0.05 | | | 10.3 | | | | 0.00 | | | | 2.4 | | | | 34.5 | | | | 53 | | 26.25 | | | | | | | 1.2 | | |
| 291 | | | | | Макаронные изделия отварные | | | | 180 | | | 6.8 | | | | | | 0.8 | | | 34.8 | | | 173.88 | | | 0.07 | | | 0.02 | | | | 0.00 | | | | 0.95 | | | | 6.8 | | | | 42.8 | | 9.7 | | | | | | | 0.9 | | |
| 333 | | | | | Рыба жареная | | | | 100 | | | 13.2 | | | | | | 9.5 | | | 4.6 | | | 157 | | | 0.14 | | | 0.8 | | | | 0.02 | | | | 4.4 | | | | 69 | | | | 197 | | 37 | | | | | | | 0.8 | | |
| 207  э/р | | | | | Напиток лимонный | | | | 200 | | | 0.1 | | | | | | 0 | | | 18.9 | | | 73 | | | - | | | 2.32 | | | | - | | | | - | | | | 3.44 | | | | - | | - | | | | | | | 0.08 | | |
| 109 | | | | | Хлеб ржаной | | | | 80 | | | 5.3 | | | | | | 0.96 | | | 26.7 | | | 139.2 | | | 0.14 | | | 0.0 | | | | 0.00 | | | | 1.1 | | | | 28 | | | | 126.4 | | 37.6 | | | | | | | 3.12 | | |
| 108 | | | | | Хлеб пшеничный | | | | 88 | | | 6.7 | | | | | | 5.7 | | | 43.30 | | | 208 | | | 0.09 | | | 0.0 | | | | 0.00 | | | | 1.0 | | | | 17.6 | | | | 57.2 | | 12.32 | | | | | | | 1.0 | | |
| Итого: | | | | | | | | |  | | | 35.72 | | | | | | 36.16 | | | 147.85 | | | 945.08 | | | 0.56 | | | 23.54 | | | | 0.02 | | | | 12.65 | | | | 175.34 | | | | 522.4 | | 140.87 | | | | | | | 10.81 | | |
| Всего: | | | | | | | | |  | | | 63.02 | | | | | | 63.96 | | | 255.93 | | | 1632.08 | | | 1.3 | | | 36.34 | | | | 0.09 | | | | 14.1 | | | | 559.4 | | | | 839.2 | | 267.55 | | | | | | | 14.82 | | |

День: шестой

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | | | | Масса порции | | Пищевые вещества | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | |
| белки | | | жиры | | | углеводы | | | | В1 | | | С | | А | | | Е | | | | Са | | | | Р | | | Mg | | | | | | Fe | |
| 1 | | 2 | | | | | 3 | | 4 | | | 5 | | | 6 | | | | 7 | | | 8 | | | 9 | | 10 | | | 11 | | | | 12 | | | | 13 | | | 14 | | | | | | 15 | |
| ДЕНЬ 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 320 | | | Оладьи с маслом | | | 200 | | 19.0 | | 17.6 | | | | 41.2 | | 513.38 | | | | 0.1 | | | 0.5 | | | | 0.1 | 1.0 | | | | | 272.6 | | | | 174.2 | | | 42.6 | | | | | | 1.3 | | |
| 501 | | | Кофейный напиток с молоком | 200 | | | | 3.2 | | | 2.7 | | | 15.9 | | | 79 | | | 0.04 | | | | 1.3 | | | 0.02 | | 0.0 | | 126 | | | | 90 | | | | | | | 14 | | | | | | 0.1 |
| 108 | | | Хлеб пшеничный | | 20 | | | 1.5 | | 0.16 | | | | 10.0 | | 46 | | | | | 0.02 | | | 0.0 | | | 0.00 | | | 0.21 | | 4.0 | | | | 12.9 | | | | | | | 2.8 | | 0.21 | | | |
| 109 | | | Хлеб ржаной | | 20 | | | 1.3 | | 0.3 | | | | 6.6 | | 34 | | | | | 0.03 | | | 0.0 | | | 0.00 | | | 0.3 | | 7.0 | | | | 31.3 | | | | | | | 9 | | 0.8 | | | |
| Итого: | | | | |  | | | 25 | | 20.76 | | | | 73.7 | | 672.38 | | | | | 0.19 | | | 1.8 | | | 0.12 | | | 1.51 | | 409.6 | | | | 308.4 | | | | | | | 68.4 | | 2.41 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 776 | Огурец соленый | | | | | | 100 | 1.3 | | 10.8 | | | 6.8 | | | | | 130 | | 0.04 | | | | 8.4 | | 0.00 | | | 4.6 | | 23 | | | | 40 | | | | 18 | | | | | 0.8 | | | | |
| 1171471 | Суп картофельный с макаронными изд . на  м/к/б. | | | | | | 250 | 2.7 | | 2.85 | | | 28.8 | | | | | 111.25 | | 0.1 | | | | 8.25 | | 0.00 | | | 1.37 | | 15.25 | | | | 63.5 | | | | 24 | | | | | 0.95 | | | | |
| 3699 | Жаркое по-домашнему | | | | | | 210 | 20.0 | | 16.0 | | | 15.8 | | | | | 361.8 | | 0.16 | | | | 7.6 | | 0.04 | | | 0.8 | | 35 | | | | 266 | | | | 56 | | | | | 3.4 | | | | |
| 51010 | Компот из яблок с вит. С | | | | | | 200 | 0.5 | | 0.2 | | | 22.2 | | | | | 93 | | 0.03 | | | | 11.6 | | 0.0 | | | 0.1 | | 19 | | | | 12 | | | | 8 | | | | | 0.8 | | | | |
| 109119 | Хлеб ржаной | | | | | | 80 | 5.3 | | 0.96 | | | 26.7 | | | | | 139.2 | | 0.14 | | | | 0.0 | | 0.00 | | | 1.1 | | 28 | | | | 126.4 | | | | 37.6 | | | | | 3.12 | | | | |
| 108108 | Хлеб пшеничный | | | | | | 40 | 3.04 | | 0.32 | | | 19.68 | | | | | 94 | | 0.04 | | | | 0.0 | | 0.00 | | | 0.44 | | 8 | | | | 26 | | | | 5.6 | | | | | 0.44 | | | | |
| Итого: | | | | | | |  | 32.84 | | 31.13 | | | 119.98 | | | | | 929.25 | | 0.51 | | | | 35.85 | | 0.04 | | | 8.41 | | 128.25 | | | | 533.9 | | | | 149.2 | | | | | 9.51 | | | | |
| Всего: | | | | | | |  | 57.84 | | 51.89 | | | 193.68 | | | | | 1601.63 | | 0.6 | | | | 37.65 | | 0.16 | | | 9.92 | | 537.85 | | | | 842.3 | | | | 217.6 | | | | | 11.92 | | | | |

День: седьмой

Сезон: осенне-зимний

Возрастная категория: 12-18лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | | | |
| белки | | жиры | | углеводы | | | В1 | | С | | А | Е | | | Са | | Р | Mg | | | | Fe | |
| 1 | | | | 2 | | 3 | 4 | | 5 | | 6 | | | 7 | 8 | | 9 | | 10 | 11 | | | 12 | | 13 | 14 | | | | 15 | |
| ДЕНЬ 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 267 | | | Каша пшенная молочная жидкая | | | 200 | | 7.8 | 9.5 | | | | 35.8 | 283.6 | 0.19 | | 1.5 | | 0.06 | 0.16 | | | 181.8 | | 93 | | | 43 | | 1.2 | |
| 493 | | | Чай с лимоном | | | 200 | | 0.1 | 0.0 | | | | 15.2 | 61 | 0.00 | | 2.8 | | 0.0 | 0.0 | | | 14.2 | | 4 | | | 2 | | 0.4 | |
|  | 91 | | Хлеб пшеничный со сливочным маслом | | 40/36 | | | 14.7 | | 15.0 | | | 19.68 | 170 | 0.59 | 0.0 | | 0.00 | | | 0.5 | 19.16 | | 79.6 | | | 12.8 | | 1.0 | |  |
|  | 300 | | Яйцо вареное | | 40(1шт) | | | 5.1 | | 4.6 | | | 0.3 | 63 | 0.03 | 0.0 | | 0.10 | | | 0.2 | 22 | | 77 | | | 5 | | 1.0 | |  |
| 108 | | Хлеб пшеничный | | | 40 | | | 3.0 | | 0.3 | | | 19.68 | 94 | 0.51 | 0..0 | | 0.00 | | | 0.4 | 8 | | 26 | | | 5.6 | | 0.4 | | |
| 109 | | Хлеб ржаной | | | 30 | | | 2.0 | | 0.4 | | | 10.0 | 52 | 0.05 | 0.0 | | 0.00 | | | 0.4 | 10.5 | | 47.4 | | | 14 | | 1.17 | | |
| Итого: | | | | |  | | | 32.7 | | 29.8 | | | 100.66 | 723.6 | 1.37 | 4.3 | | 0.16 | | | 1.66 | 255.66 | | 327 | | | 81.68 | | 5.17 | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | Салат из белокочанной капусты с морковью | | 100 | 1.6 | | | 10.1 | | 9.6 | | 136 | 0.04 | | 27.8 | | 0.00 | 4.5 | | | 44 | | 32 | | | 17 | | 0.6 | |
| 143 | | | | Суп из овощей с фасолью на м/к/б. | | 250 | 5.9 | | | 2.2 | | 26 | | 96 | 0.09 | | 8 | | 0.010 | 0.49 | | | 30.4 | | 120.7 | | | 27.46 | | 0.9 | |
| 237 | | | | Макаронные изделия отварные | | 180 | 6.8 | | | 3.8 | | 33.8 | | 173.88 | 0.07 | | 0.02 | | 0.00 | 0.95 | | | 6.8 | | 22.8 | | | 9.7 | | 0.9 | |
| 405 | | | | Курица в соусе с томатом | | 120 | 13.6 | | | 13.5 | | 4.1 | | 192 | 0.02 | | 2.3 | | 0.03 | 0.5 | | | 34 | | 90 | | | 16 | | 1.0 | |
| 509 | | | | Компот из яблок с лимоном | | 200 | 0.3 | | | 0.2 | | 25.1 | | 103 | 0.01 | | 3.3 | | 0.00 | 0.1 | | | 11 | | 7 | | | 5 | | 1.2 | |
| 109 | | | | Хлеб ржаной | | 50 | 3.3 | | | 0.6 | | 16.7 | | 87 | 0.09 | | 0.0 | | 0.00 | 0.7 | | | 17.5 | | 79 | | | 23.5 | | 1.95 | |
| 108 | | | | Хлеб пшеничный | | 20 | 1.5 | | | 0.16 | | 13.0 | | 46 | 0.02 | | 0.0 | | 0.00 | 0.21 | | | 4.0 | | 12.9 | | | 2.8 | | 0.21 | |
| Итого: | | | | | |  | 33 | | | 30.56 | | 128.3 | | 833.88 | 0.34 | | 41.42 | | 0.04 | 7.45 | | | 147.7 | | 364.4 | | | 101.46 | | 6.76 | |
| Всего: | | | | | |  | 65.7 | | | 60.8 | | 228.96 | | 1557.48 | 1.71 | | 45.72 | | 0.2 | 9.11 | | | 403.36 | | 691.4 | | | 183.14 | | 11.93 | |

День: восьмой

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | Наименование блюда | | Масса порции | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | |  |
| белки | | | жиры | | | углеводы | | В1 | | С | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | Fe |  |
| 1 | | 2 | | 3 | | | 4 | | | 5 | | | 6 | | 7 | 8 | | 9 | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | 15 |  |
| ДЕНЬ 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 84 | | Каша молочная «Дружба» | | 205 | | 6.55 | | | | | | 8.33 | 39.09 | | 241.11 | 0.6 | 1.32 | | | | | 0.6 | | | | 0.2 | | | | 192.6 | | 40.4 | | | 30.6 | 0.56 | | | |
| 496 | | | Какао с молоком | | 200 | | | 3.6 | | | 3.3 | | | 25.0 | 144 | 0.04 | | 1.3 | | 0.02 | | | | 0.0 | | | | 124 | | | 110 | | | 27 | | | 0.8 | | |
| 108 | | | Бутерброд с сыром и сливочным маслом | | 15/15/15 | | | 5 | | | 8.1 | | | 7.4 | 123 | 0.02 | | 0..1 | | 0.06 | | | | 0.3 | | | | 137 | | | 99 | | | 10 | | | 0.3 | | |
| 109 | | | Хлеб ржаной | | 30 | | | 2.0 | | | 0.4 | | | 10.0 | 52 | 0.05 | | 0.0 | | 0.00 | | | | 0.4 | | | | 10.5 | | | 47.4 | | | 14 | | | 1.17 | | |
| 112 | | | Яблоко | | 100 | | | 0.4 | | | 0.3 | | | 10.3 | 47 | 0.02 | | 5.0 | | 0.00 | | | | 0.4 | | | | 1.9 | | | 16 | | | 12 | | | 2.3 | | |
| Итого: | | | | |  | | | 17.55 | | | 20.43 | | | 91.79 | 607.11 | 0.73 | | 7.72 | | 0.68 | | | | 1.3 | | | | 466 | | | 312.8 | | | 93.6 | | | 5.13 | | |
|  | Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 61 | | Огурец соленый | | 100 | | | 1.9 | | | 10.1 | | | 5.9 | 122 | 0.07 | | 4.6. | | 0.00 | | | | 4.7 | | | | 22 | | | 53 | | | 27 | | | 0.6 | | |
| 149 | | | Суп картофельный с фрикадельками мясными | | 250/25 | | | 2.2 | | | 12.9 | | | 14.7 | 94.2 | 0.12 | | 44.5 | | 0.00 | | | | 1.3 | | | | 16.2 | | | 71 | | | 29.2 | | | 1.1 | | |
| 291 | | | Каша гречневая рассыпчатая | | 180 | | | 10.3 | | | 9.4 | | | 46.4 | 303.7 | 0.24 | | 0.00 | | 0.04 | | | | 0.73 | | | | 17.1 | | | 110.2 | | | 162.3 | | | 5.4 | | |
| 345 | | | Сосиска | | 100 | | | 16.9 | | | 7.1 | | | 9.6 | 113 | 0.07 | | 0.4 | | 0.02 | | | | 1.0 | | | | 55 | | | 140 | | | 23 | | | 0.6 | | |
|  | 508 | | Компот из смеси сухофруктов с вит.С. | | 200 | | | | 0.5 | | 0.0 | | | 27.0 | 110 | 0.01 | 0.5 | | 0.00 | | | | 0.0 | | | | 28 | | | | 19 | | | 7 | | | 1.5 | | |
| 109 | | | Хлеб ржаной | | 80 | | | 5.3 | | | 0.96 | | | 26.7 | 139.2 | 0.14 | 0.0 | | 0.00 | | | | 1.1 | | | | 28 | | | | 126.4 | | | 37.6 | | | 3.12 | | |
| 108 | | | Хлеб пшеничный | | 88 | | | 6.7 | | | 5.7 | | | 43.30 | 208 | 0.09 | 0.0 | | 0.00 | | | | 1.0 | | | | 17.6 | | | | 57.2 | | | 12.32 | | | 1.0 | | |
| Итого: | | | | |  | | | 43.8 | | | 46.16 | | | 173.6 | 1090.1 | 1.38 | 50.0 | | 0.06 | | | | 9.83 | | | | 183.9 | | | | 576.8 | | | 298.72 | | | 13.32 | | |
| Всего: | | | | |  | | | 61.35 | | | 66.59 | | | 265.39 | 1697.21 | 2.11 | 57.72 | | 0.74 | | | | 11.13 | | | | 649.9 | | | | 889.6 | | | 392.02 | | | 18.45 | | |

День: девятый

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | № рец | | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | |  |
|  | белки | | | жиры | | | углеводы | | | | | В1 | | | С | А | | | | Е | | | Са | | | | | | Р | | Mg | | | Fe | |  |
|  | 1 | | | 2 | | 3 | 4 | | | 5 | | | 6 | | | | | 7 | | | 8 | | | 9 | 10 | | | | 11 | | | 12 | | | | | | 13 | | 14 | | | 15 | |  |
|  | ДЕНЬ 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | 319 | | | Оладьи с маслом | 150/10 | | | 12 | | | 20.2 | | 61.9 | | | | | 477 | 0.17 | | | 1.1 | | | | 0.09 | | | | 5.4 | | | 119 | | | 161 | | | | 26 | | | | 1.2 | |
|  | 493 | | Чай с лимоном | | 200 | | | | 0.1 | | | 0.0 | | | 15.0 | | 61 | | 0.00 | | | 2.8 | | | | | | 0.0 | | | 0.0 | | | | 14.2 | | 4 | | | | 2 | | | 0.4 | |
| 108 | | Хлеб пшеничный | | | 20 | | | 1.5 | | | 0.16 | | | 10.0 | | 46 | | | | 0.02 | | | 0.0 | | | | 0.00 | | | | 0.21 | | | 4.0 | | 12.9 | | | 2.8 | | | 0.21 | | | |
| 109 | | Хлеб ржаной | | | 20 | | | 1.3 | | | 0.3 | | | 6.6 | | 34 | | | | 0.03 | | | 0.0 | | | | 0.00 | | | | 0.3 | | | 7.0 | | 31.3 | | | 9 | | | 0.8 | | | |
| Итого: | | | | |  | | | 14.9 | | | 20.66 | | | 93.5 | | 618 | | | | 0.22 | | | 3.9 | | | | 0.09 | | | | 5.91 | | | 144.2 | | 209.2 | | | 39.8 | | | 2.61 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13626.9№136ч12222222 | Суп картофельный с крупой на м/ к / б. | 250 | 2.5 | 2.8 | 25 | 103.25 | 0.1 | 8.25 | - | - | 25.9 | - | - | 1.02 |
| 3377 | Плов из отварной курицы | 210 | 16 | 15.9 | 37.9 | 359 | 0.03 | 1.3 | 0.01 | 5.4 | 33 | 133 | 31 | 1.3 |
| 20207 э/р 7  э/р | Напиток лимонный | 200 | 0.1 | 0 | 18.9 | 73 | - | 2.32 | - | - | 3.44 | - | - | 0.08 |
| 191091 | Хлеб ржаной | 80 | 5.3 | 0.96 | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| 108 | Хлеб пшеничный | 87 | 6.6 | 5.6 | 42.4 | 207 | 0.08 | 0.0 | 0.00 | 0.98 | 17.2 | 56.0 | 12.07 | 0.98 |
| Итого: | |  | 32 | 30.76 | 159.3 | 970.45 | 0.37 | 17.57 | 0.01 | 9.78 | 115.54 | 353.4 | 99.67 | 7.8 |
| Всего: | |  | 46.9 | 51.42 | 252.8 | 1588.45 | 0.59 | 21.47 | 0.1 | 15.69 | 259.74 | 562.6 | 139.47 | 10.41 |

День: десятый

Сезон: осенне-зимний

Возрастная категория: 12 -18 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | Наименование блюда | | | | Масса порции | | | | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | |  |
| белки | | | | жиры | | | | углеводы | | | | | В1 | | | | С | | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | | | | Fe | |  |
| 1 | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | | 7 | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | | | | 15 | |  |
| ДЕНЬ 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 248 | | Каша гречневая молочная вязкая | | | | | 200 | | | 9.2 | | | | 10.9 | | | | 32.6 | | | | 283 | | 0.2 | | | 1.4 | | | | 0.08 | | | | 0.5 | | | 135.8 | | | | 44.5 | | | | | | 112.2 | | 3.4 | | | | |
| 504 | | Чай с сахаром | | | | | 200 | | | 0.1 | | | | 0.0 | | | | 38.3 | | | | 154 | | 0.00 | | | 0.1 | | | | 0.00 | | | | 0.0 | | | 8 | | | | 8 | | | | | | 2 | | 0.5 | | | | |
| 91 | | Бутерброд с сыром или маслом сливочным | | | | | 15/15/5 | | | 5.0 | | | | 8.1 | | | | 7.4 | | | | 123 | | 0.02 | | | 0.1 | | | | 0.06 | | | | 0.3 | | | 137 | | | | 99 | | | | | | 10 | | 0.3 | | | | |
| 300 | | Яйцо вареное | | | | | 40(1шт) | | | 5.1 | | | | 4.6 | | | | 0.3 | | | | 63 | | 0.03 | | | 0.0 | | | | 0.10 | | | | 0.2 | | | 22 | | | | 77 | | | | | | 5 | | 1.0 | | | | |
| 108 | | | | Хлеб пшеничный | | 20 | | | | | 1.5 | | | | 0.16 | | | | 10.0 | | 46 | | | | 0.02 | | | | 0.0 | | | | 0.00 | | | | 0.21 | | 4.0 | | | | 12.9 | | | | | | 2.8 | | 0.21 | | | |
| 109 | | | | Хлеб ржаной | | 20 | | | | | 1.3 | | | | 0.3 | | | | 6.6 | | 34 | | | | 0.03 | | | | 0.0 | | | | 0.00 | | | | 0.3 | | 7.0 | | | | 31.3 | | | | | | 9 | | 0.8 | | | |
| Итого: | | | | | |  | | | | | 22.2 | | | | 24..06 | | | | 95.2 | | 703 | | | | 0.3 | | | | 1.6 | | | | 0.24 | | | | 1.51 | | 313.8 | | | | 272.7 | | | | | | 141 | | 6.21 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | Салат картофельный с солеными огурцами и зеленым горошком | | | | | 100 | | | | 1.8 | | | | 6.2 | | | | 8.9 | | | 99 | | | 0.07 | | | | 10.1 | | | | 0.00 | | | 2.8 | | | | 16 | | | | 46 | | 18 | | | | | | 0.7 | |
| 147 | | | Суп картофельный с макаронными изд .на  м/к/б. | | | | | 250 | | | | 2.7 | | | | 2.85 | | | | 28.8 | | | 111.25 | | | 0.1 | | | | 8.25 | | | | 0.00 | | | 1.37 | | | | 15.25 | | | | 63.5 | | 24 | | | | | | 0.95 | |
| 423 | | | Капуста тушеная | | | | | 200 | | | | 7.4 | | | | 7.2 | | | | 7.8 | | | 126 | | | 0.08 | | | | 34 | | | | 0.06 | | | 1.4 | | | | 122 | | | | 110 | | 48 | | | | | | 2.0 | |
| 381 | | | Котлета из мяса птицы | | | | | 100 | | | | 13.8 | | | | 13.5 | | | | 14.3 | | | 253 | | | 0.09 | | | | 0.0 | | | | 0.04 | | | 0.5 | | | | 39 | | | | 185 | | 26 | | | | | | 2.8 | |
| 510 | | | Компот из яблок с вит. С | | | | | 200 | | | | 0.5 | | | | 0.2 | | | | 22.2 | | | 93 | | | 0.03 | | | | 11.6 | | | | 0.0 | | | 0.1 | | | | 19 | | | | 12 | | 8 | | | | | | 0.8 | |
| 109 | | | Хлеб ржаной | | | | | 80 | | | | 5.3 | | | | 0.96 | | | | 26.7 | | | 139.2 | | | 0.14 | | | | 0.0 | | | | 0.00 | | | 1.1 | | | | 28 | | | | 126.4 | | 37.6 | | | | | | 3.12 | |
| 108 | | | Хлеб пшеничный | | | | | 40 | | | | 3.04 | | | | 0.32 | | | | 19.68 | | | 94 | | | 0.04 | | | | 0.0 | | | | 0.00 | | | 0.44 | | | | 8 | | | | 26 | | 5.6 | | | | | | 0.44 | |
| Итого: | | | | | | | |  | | | | 34.54 | | | | 31.23 | | | | 128.38 | | | 915.45 | | | 0.55 | | | | 63.95 | | | | 0.1 | | | 7.71 | | | | 247.25 | | | | 568.9 | | 167.2 | | | | | | 10.81 | |
| Всего: | | | | | | | |  | | | | 56.74 | | | | 55.29 | | | | 223.58 | | | 1618.45 | | | 0.85 | | | | 65.55 | | | | 0.34 | | | 9.22 | | | | 561.05 | | | | 841.6 | | 308.2 | | | | | | 17.02 | |

**Технологические карты составлены на основании следующей**

**нормативной и технологической документации:**

1.«Сборник технологических нормативов, рецептур блюд и кулинарных изделий для школ, школ-интернатов, детских домов, детских оздоровительных учреждений, учреждений профессионального образования, специализированных учреждений для несовершеннолетних, нуждающихся в социальной реабилитации », г. Пермь-2013 г.

2. Сборник технологических нормативов, рецептур блюд и кулинарных изделий для дошкольных образовательных учреждений (1-2 часть), г Пермь -2004г.

3. «Сборник рецептур блюд и кулинарных изделий для предприятий общественного питания»,1994-1997 г издания.

4. Технологические карты (рецептуры) блюд и питательность [Электронный ресурс] // Программный центр. *Помощь образованию!:* [сайт] URL: http://pbprog.ru/databases/index.php