|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Летний сезон** | | | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
| **День: первый** | | | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
| **№** | | **Наименование блюда** | | **Масса** | **Пищевые вещества (г)** | | | | | **Энергетическая** | | **Витамины** | | | | | **Минеральные вещества (мг)** | | | | | | |
| **рецепта** | | **порций** | **ценность** | | **(мг)** | | | | |
|  | |  | **белки** | **жиры** | | **углево­ды** | | **(ккал)** | | **В1** | | **С** | | **А** | **Са** | | **Р** | | **Mg** | | **Fe** |
|  | | **Завтрак** | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
| 181 | | Каша молочная из манной крупы со сливочным маслом 200/10 | | 210 | 6.10 | 11.30 | | 23.50 | | 260.00 | | 0.10 | | 2.40 | | 0.03 | 20.13 | | 179.66 | | 35.20 | | 1.50 |
| 3 | | Бутерброд с сыром и маслом сливочным 5/15/30 | | 50 | 5.90 | 8.50 | | 14.20 | | 157.00 | | 0.01 | | 0.24 | | 0.04 | 150.00 | | 81.00 | | 7.50 | | 0.17 |
| 376 | | Чай с сахаром 200/15 | | 215 | 0.10 | 0.00 | | 15.00 | | 60.00 | | 0.02 | | 0.00 | | 0.00 | 3.22 | | 11.06 | | 2.13 | | 0.16 |
| 338 | | Яблоко 1/150 | | 150 | 0.60 | 0.00 | | 18.90 | | 78.00 | | 0.03 | | 0.00 | | 0.00 | 4.95 | | 2.91 | | 8.55 | | 0.68 |
|  | | Мороженое «Пломбир» 1/80 | | 80 | 2.70 | 5.00 | | 20.40 | | 93.70 | | 0.00 | | 0.00 | | 0.00 | 3.39 | | 0.41 | | 2.26 | | 0.05 |
|  | | Итого: | | 705.00 | 15.40 | 24.80 | | 92.00 | | 648.70 | | 0.16 | | 2.64 | | 0.07 | 181.69 | | 275.04 | | 55.64 | | 2.56 |
|  | |  | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
|  | | **Обед** | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
| 71 | | Огурец свежий порционно | | 60 | 0.50 | 0.00 | | 2.00 | | 9.00 | | 0.00 | | 1.40 | | 0.01 | 8.00 | | 12.00 | | 6.50 | | 0.15 |
| 102 | | Суп картофельный с горохом | | 200 | 6.06 | 4.28 | | 19.08 | | 131.00 | | 0.23 | | 12.38 | | 0.00 | 45.51 | | 107.93 | | 43.10 | | 1.98 |
| 295/331 | | Котлеты из мякоти кур с соусом 80/20 | | 100 | 21.80 | 15.52 | | 17.76 | | 257.60 | | 0.03 | | 0.00 | | 0.00 | 4.95 | | 2.91 | | 8.55 | | 0.68 |
| 309 | | Макароны отварные | | 150 | 5.30 | 4.80 | | 28.57 | | 179.40 | | 0.31 | | 65.05 | | 0.00 | 127.70 | | 171.8 | | 92.1 | | 2.68 |
| 1091 | | Хлеб пшеничный | | 30 | 2.66 | 1.00 | | 14.00 | | 79.80 | | 0.017 | | 0.20 | | 0.00 | 28.50 | | 20.60 | | 9.20 | | 0.96 |
| 1091 | | Хлеб ржаной | | 30 | 1.83 | 0.36 | | 11.97 | | 59.10 | | 0.02 | | 0.00 | | 0.00 | 3.22 | | 11.06 | | 2.13 | | 0.16 |
| 346 | | Компот из свежих фруктов | | 200 | 0.24 | 0.00 | | 28.80 | | 116.20 | | 0.03 | | 0.00 | | 0.00 | 4.95 | | 2.91 | | 8.55 | | 0.68 |
|  | | Итого обед: | | 770 | 38.39 | 25.96 | | 122.18 | | 832.1 | | 0.06 | | 79.03 | | 0 | 177.32 | | 157.41 | | 78.03 | | 6.61 |
|  | | Всего: | | 1475.00 | 53.79 | 50.76 | | 214.18 | | 1480.80 | | 0.22 | | 81.67 | | 0.07 | 359.01 | | 432.45 | | 133.67 | | 9.17 |
|  | |  | |  |  |  | |  | |  | |  | |  | |  |  | |  | |  | |  |
|  | |  | | | |  | |  | |  | |  | |  | | |  | |  | |  | | |