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|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | № рецеп. | Наименование блюда | масса | пищ вещ (г) |  |  | Эн. цен. | витам( мг) |  |  | Минер вещ (мг) |  |  |  | |  |  | порции | **Б** | **Ж** | **У** | **Ккал** | **В1** | **С** | **А** | **Са** | **Р** | **Мg** | **Fe** | |  | **Понедельник** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 306 | Котлета рубленная из индейки, запеченная с соусом молочным | 90 | 8,98 | 5,81 | 5,78 | 217,97 | 0,03 | 0,03 | 29 | 39,7 | 81,7 | 14 | 0,7 | | 317 | Макароны отварные | 150 | 5,51 | 4,51 | 26,44 | 201,45 | 0,05 | 0 | 21 | 4,86 | 37,17 | 21,12 | 1,1 | | 392 | Чай с сахаром | 200 | 0,06 | 0,02 | 9,99 | 44,45 | 0 | 0,03 | 0 | 10 | 2,5 | 1,36 | 0,3 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 500 | **18,51** | **11,06** | **62,25** | **567,87** | **0,19** | **0,06** | **50** | **75,56** | **216,17** | **64,68** | **4,44** | |  | **Вторник** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 304 | Плов из птицы | 250 | 129,37 | 19,69 | 35,69 | 485 | 0,26 | 1,01 | 64 | 40,3 | 209,5 | 46,8 | 2,03 | |  | Огурец свежий | 60 | 0,4 | 0 | 0,16 | 9 | 0,6 | 3,3 | 0,3 | 0,7 | 1,6 | 1,1 | 1 | | 372 | Компот из свежих фруктов | 200 | 0,16 | 0,16 | 23,88 | 97,6 | 0,01 | 1,72 | 0 | 14,48 | 4,4 | 3,6 | 0,94 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 570 | **133,89** | **20,57** | **79,77** | **695,6** | **0,98** | **6,03** | **64,3** | **76,48** | **310,3** | **79,7** | **6,31** | |  | **Среда** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 282 | Котлета мясная с соусом | 90/30 | 11,91 | 8,98 | 11,96 | 279,2 | 0,06 | 0 | 20 | 14,13 | 115,67 | 23,2 | 1,19 | | 313 | Греча отварная | 150 | 8,6 | 6,09 | 38,64 | 365,63 | 0,2 | 0 | 21 | 14,82 | 203,93 | 135,83 | 4,56 | | 375 | Напиток клюквенный | 200 | 0,3 | 0 | 25,4 | 140 | 0,03 | 5 | 0 | 17 | 18 | 10 | 0,7 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 530 | **24,77** | **15,79** | **96,04** | **888,83** | **0,4** | **5** | **41** | **66,95** | **432,4** | **197,23** | **8,79** | |  | **Четверг** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 255 | Биточек рыбный | 90 | 9,42 | 2,72 | 10,06 | 216,27 | 0,07 | 0,25 | 4 | 19,2 | 123,6 | 21,87 | 0,63 | | 321 | Пюре картофельное | 150 | 3,06 | 4,8 | 20,44 | 197,5 | 0,14 | 18,16 | 25,5 | 36,98 | 86,6 | 27,75 | 1 | |  | Огурец свежий | 60 | 0,4 | 0 | 0,16 | 9 | 0,6 | 3,3 | 0,3 | 0,7 | 1,6 | 1,1 | 1 | | 376 | Компот из сухофруктов | 200 | 0,44 | 0,02 | 27,77 | 122,2 | 0,05 | 4 | 0 | 31,82 | 15,4 | 6 | 1,25 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 560 | **17,28** | **8,26** | **78,47** | **648,97** | **0,97** | **25,71** | **29,8** | **109,7** | **322** | **84,92** | **6,22** | |  | **Пятница** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 301 | Гуляш из птицы | 100 | 18,08 | 13,6 | 0 | 228,3 | 0,32 | 0 | 32 | 26,4 | 124,8 | 15,2 | 1,28 | | 317 | Макароны отварные | 150 | 5,51 | 4,51 | 26,44 | 201,45 | 0,05 | 0 | 21 | 4,86 | 37,17 | 21,12 | 1,1 | | 376 | Компот из сухофруктов | 200 | 0,44 | 0,02 | 27,77 | 122,2 | 0,05 | 4 | 0 | 31,82 | 15,4 | 6 | 1,25 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 510 | **27,99** | **18,85** | **74,25** | **655,95** | **0,53** | **4** | **53** | **84,08** | **272,17** | **70,52** | **5,97** | |  | **Понедельник** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 168 | Каша пшенная молочная с маслом | 220 | 5,67 | 5,28 | 32,55 | 314,16 | 0,15 | 0 | 20 | 15,5 | 115,91 | 40,7 | 1,34 | | 480 | Булочка к чаю | 80 | 9,55 | 21,53 | 12,49 | 168 | 0 | 0,1 | 0 | 14,5 | 80,5 | 10 | 0,85 | | 392 | Чай с сахаром | 200 | 0,06 | 0,02 | 9,99 | 44,45 | 0 | 0,03 | 0 | 10 | 2,5 | 1,36 | 0,3 | |  | Фрукт | 100 | 2,7 | 0,9 | 37,8 | 172,8 | 0 | 17,4 | 6 | 10 | 44 | 54 | 0,6 | |  | **Итого** | 500 | **17,98** | **27,73** | **92,83** | **699,41** | **0,15** | **17,53** | **26** | **50** | **242,91** | **106,06** | **3,09** | |  | **Вторник** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 305 | Котлета куриная | 90 | 41,13 | 12,33 | 12,44 | 265,85 | 0,08 | 0,53 | 45,3 | 15,06 | 109,73 | 18,13 | 1,44 | | 321 | Пюре картофельное | 150 | 3,06 | 4,8 | 20,44 | 187,5 | 0,14 | 18,16 | 25,5 | 36,98 | 86,6 | 27,75 | 1 | |  | Огурец свежий | 60 | 0,4 | 0 | 0,16 | 9 | 0,6 | 3,3 | 0,3 | 0,7 | 1,6 | 1,1 | 1 | | 376 | Компот из сухофруктов | 200 | 0,44 | 0,02 | 27,77 | 122,2 | 0,05 | 4 | 0 | 31,82 | 15,4 | 6 | 1,25 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 560 | **7,86** | **5,54** | **68,41** | **688,55** | **0,9** | **25,46** | **25,8** | **90,5** | **198,4** | **63,05** | **5,59** | |  | **Среда** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 237 | Запеканка творожная с шоколадным соусом | 150\50 | 23,32 | 20,58 | 47,56 | 325 | 0,12 | 0,142 | 88 | 227,2 | 310,4 | 45,4 | 1,38 | | 393 | Чай "Витаминный" с фруктами | 200 | 0,12 | 0,02 | 10,2 | 45,5 | 0 | 2,83 | 0 | 12,8 | 4 | 2,2 | 0,32 | |  | Кондитерское изделие | 100 | 4,22 | 4,81 | 33,31 | 306 | 0,07 | 0,01 | 9 | 16,4 | 43,7 | 15,1 | 0,74 | |  | **Итого** | 500 | **27,66** | **25,41** | **91,07** | **676,5** | **0,19** | **2,982** | **97** | **256,4** | **358,1** | **62,7** | **2,44** | |  | **Четверг** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 282 | Шницель мясной с соусом | 90 | 17,6 | 27,9 | 6,5 | 208 | 0,04 | 0 | 0 | 11 | 65 | 14 | 1,4 | | 317 | Макароны отварные | 150 | 5,51 | 4,51 | 26,44 | 186 | 0,05 | 0 | 21 | 4,86 | 37,17 | 21,12 | 1,1 | | 372 | Компот из свежих фруктов | 200 | 0,16 | 0,16 | 23,88 | 97,6 | 0,01 | 1,72 | 0 | 14,48 | 4,4 | 3,6 | 0,94 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 500 | **27,23** | **33,29** | **76,86** | **595,6** | **0,21** | **1,72** | **21** | **51,34** | **201,37** | **66,92** | **5,78** | |  | **Пятница** |  |  | **Завтрак** |  |  |  |  |  |  |  |  |  | | 301 | Птица(индейка) запеченная | 90/30 | 14,71 | 14,58 | 3,52 | 193,75 | 0,02 | 0,01 | 25 | 28,9 | 123,7 | 14,6 | 0,91 | | 313 | Греча отварная | 150 | 8,6 | 6,09 | 38,64 | 243,75 | 0,2 | 0 | 21 | 14,82 | 203,93 | 135,83 | 4,56 | |  | Огурец свежий | 60 | 0,2 | 0 | 0,8 | 4,5 | 0,6 | 3,3 | 0,3 | 0,7 | 1,6 | 1,1 | 1 | | 375 | Напиток клюквенный | 200 | 0,3 | 0 | 25,4 | 140 | 0,03 | 5 | 0 | 17 | 18 | 10 | 0,7 | |  | Хлеб | 60 | 3,96 | 0,72 | 20,04 | 104 | 0,11 | 0 | 0 | 21 | 94,8 | 28,2 | 2,34 | |  | **Итого** | 590 | **27,77** | **21,39** | **88,4** | **686** | **0,96** | **8,31** | **46,3** | **82,42** | **442,03** | **189,73** | **9,51** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | Среднесуточная калорийность за 10 дней 680,30 |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |

Меню составлено в соответствии с нормативно- правовой и технико- технологической документацией

( пищевые вещества, витамины, минеральные вещества с учетам справочника « Химический состав российских пищевых продуктов» под ред. проф.Академика РАМН, И.М. Скурихина). Сборник рецептур блюд и кулинарных изделий для питания детей в дошкольных организациях 2012года.

Для приготовления блюд из сырых овощей допускается использовать овощи урожая прошлого года( строго до марта месяца).