|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ технол. карты** | | | **Наименование блюд и продуктов** | | **Выход**  (г) | | **Брутто**  (г) | | | **Нетто**  (г) | | | | | **Пищевые вещества** | | | | | | | | | | | | **Минер.вещества мг** | | | | | **Витамины ,мг** | | | | | |
| **Белки** | | | | **Жиры** | | | **Углеводы** | | **Энер. Ценность(ккал)** | | | **Са** | | **Fe** | | | **В 1** | | **В2** | | **С** | |
|  | | | **Завтрак** | |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
| **88** | | | **Каша манная молочная** | | **200** | |  | | |  | | | | | **7.32** | | | | **9.0** | | | **41.36** | | **239.8** | | | **180** | | **0,15** | | | **0,08** | | **0,28** | | **1,5** | |
|  | | | молоко | |  | | 150 | | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.05 | | 87 | | | 180 | | 0.15 | | | 0.07 | | 0.28 | | 1.5 | |
|  | | | Крупа манная | |  | | 20 | | | 20 | | | | | 3.09 | | | | 0.3 | | | 20.27 | | 98.4 | | |  | |  | | |  | |  | |  | |
|  | | | Сахар | |  | | 5 | | | 5 | | | | | - | | | | - | | | 4.99 | | 18.95 | | |  | |  | | |  | |  | |  | |
|  | | | Масло сливочное | |  | | 5 | | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | 35.45 | | |  | |  | | |  | |  | |  | |
| **130** | | | **Какао на молоке** | | **200** | |  | | |  | | | | | **4.2** | | | | **4.8** | | | **18.9** | | **132.8** | | | **180** | | **0,15** | | | **0,07** | | **0,28** | | **1,5** | |
|  | | | молоко | |  | | 150 | | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | 87.0 | | | 180 | | 0.15 | | | 0.07 | | 0.28 | | 1.5 | |
|  | | | какао | |  | | 2 | | | 2 | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
|  | | | сахар | |  | | 12 | | | 12 | | | | |  | | | |  | | | 11.9 | | 45.48 | | |  | |  | | |  | |  | |  | |
| **16** | | | **Хлеб\масло** | | **50\5** | |  | | |  | | | | | **3.88** | | | | **5.4** | | | **24.95** | | **166.45** | | | **14** | | **1.0** | | | **0,05** | | **0,03** | | **0** | |
|  | | | Масло сливочное | |  | | 5 | | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | 35.45 | | | 14 | | 1.0 | | | 0.05 | |  | |  | |
|  | | | Хлеб | |  | | 50 | | | 50 | | | | | 3.85 | | | | 1.5 | | | 24.9 | | 131 | | |  | |  | | |  | |  | |  | |
|  | | | **Итого за завтрак** | | **455** | |  | | |  | | | | | **15.4** | | | | **19.2** | | | **85.21** | | **539.05** | | | **374** | | **1.3** | | | **0.2** | | **0,59** | | **3.0** | |
| 368 | | | **Второй завтрак** | |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
|  | | | **Фрукты** | | **100** | |  | | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | **44** | | | **16** | | **2,2** | | | **0,03** | | **0,02** | | **10** | |
|  | | | Яблоко | |  | | 114 | | | 100 | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
|  | | | **Итого за завтрак** | | **100** | |  | | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | **44** | | | **16** | | **2,2** | | | **0,03** | | **0,02** | | **10** | |
|  | | |  | |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
|  | | | **Обед** | |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
| **41** | | | **Свекольник** | | **230** | |  | | |  | | | | | **7.22** | | | | **5.25** | | | **26.41** | | **172.38** | | | **41.2** | | **2.23** | | | **0.14** | | **0.06** | | **13.15** | |
|  | | | Картофель | |  | | 80 | | |  | | | | | 1.8 | | | | 0.36 | | | 15.57 | | 72.0 | | | 7.2 | | 0.81 | | | 0.06 | | 0.03 | | 6.75 | |
|  | | | Свекла | |  | | 70 | | |  | | | | | 1.05 | | | | 0.07 | | | 7.0 | | 29.4 | | | 15.4 | | 0.77 | | | 0.01 | | 0.02 | | 5.6 | |
|  | | | Морковь | |  | | 20 | | |  | | | | | 0.26 | | | | 0.02 | | | 1.68 | | 6.8 | | | 6.8 | | 0.12 | | | 0.01 | | 0.01 | | 0.8 | |
|  | | | Сметана | |  | | 8 | | |  | | | | | 0.22 | | | | 1.6 | | | 1.25 | | 16.48 | | | 6.8 | |  | | | 0.04 | |  | |  | |
|  | | | Лук | |  | | 10 | | |  | | | | | 0.14 | | | |  | | | 0.91 | | 4.1 | | | 3.2 | | 0.07 | | | 0.01 | | 0.01 | | 0.84 | |
|  | | | Мясо | |  | | 20 | | |  | | | | | 3.75 | | | | 3.2 | | |  | | 43.6 | | | 1.8 | | 0.46 | | | 0.01 | | 0.02 | |  | |
| **26** | | | **Плов** | | **250** | |  | | |  | | | | | **16.88** | | | | **15.49** | | | **35.44** | | **352.6** | | | **32.7** | | **2.37** | | | **0.1** | | **0.15** | | **3.3** | |
|  | | | Мясо | |  | | 60 | | | 60 | | | | | 13.0 | | | | 11.0 | | |  | | 150.0 | | | 6.3 | | 1.6 | | | 0.05 | | 0.09 | |  | |
| **211** | | | Рис | |  | | 40 | | | 40 | | | | | 3.1 | | | | 0.4 | | | 31.1 | | 147.1 | | | 13.0 | | 0.52 | | |  | | 0.01 | |  | |
|  | | | Морковь | |  | | 30 | | | 30 | | | | | 0.39 | | | | 0.03 | | | 2.52 | | 10.2 | | | 10.2 | | 0.18 | | | 0.01 | | 0.01 | | 1.2 | |
|  | | | Лук | |  | | 10 | | | 10 | | | | | 0.14 | | | |  | | | 0.9 | | 4.1 | | | 3.2 | | 0.07 | | | 0.02 | | 0.03 | | 0.8 | |
|  | | | Томат | |  | | 5 | | | 5 | | | | | 0.24 | | | |  | | | 0.9 | | 4.8 | | |  | |  | | | 0.02 | | 0.01 | | 1.3 | |
|  | | | Масло слив. | |  | | 2 | | | 2 | | | | | 0.01 | | | | 1.56 | | | 0.02 | | 14.1 | | |  | |  | | |  | |  | |  | |
|  | | | Масло раст. | |  | | 2 | | | 2 | | | | |  | | | | 2.5 | | |  | | 22.3 | | |  | |  | | |  | |  | |  | |
| **126** | | | **Компот из с\ф** | | **200** | |  | | |  | | | | | **0,9** | | | | **0** | | | **24,26** | | **96,69** | | | **37,02** | | **0,06** | | | **0,02** | | **0,03** | | **0,72** | |
|  | | | Сухофрукты | |  | | 14 | | | 14 | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
|  | | | сахар | |  | | 14 | | | 14 | | | | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |
| **147** | | | **Хлеб** | | **60** | |  | | |  | | | | | **5.39** | | | | **2.1** | | | **34.89** | | **183.4** | | | **19.6** | | **1.4** | | | **0.07** | | **0.05** | | **0** | |
|  | | | Хлеб пшеничный | |  | | 60 | | | 60 | | | | | 5.39 | | | | 2.1 | | | 34.89 | | 183.4 | | | 19.6 | | 1.4 | | | 0.07 | | 0.05 | |  | |
|  | | | **Итого за обед** | |  | |  | | |  | | | | | **30.39** | | | | **22.84** | | | **86.11** | | **805.07** | | | **130.52** | | **6.06** | | | **0,33** | | **0,29** | | **17.17** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | **Полдник** |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  |  | | |  | |
| **314** | | | | **Ватрушка с повидлом** | **80** | |  | | |  | | | | | **6.48** | | | | **6.87** | | | **48.76** | | **278.15** | | | **57.2** | | **1.74** | | | **0.18** | **0.2** | | | **0.3** | |
|  | | | | Мука |  | | 40 | | | 40 | | | | | 4.24 | | | | 0.52 | | | 27.08 | | 132.4 | | | 11.6 | | 0.8 | | | 0.07 | 0.05 | | |  | |
|  | | | | Сахар |  | | 5 | | | 5 | | | | |  | | | |  | | | 4.99 | | 18.95 | | |  | |  | | |  |  | | |  | |
|  | | | | Масло сливочное |  | | 2 | | | 2 | | | | | 0.02 | | | | 2.3 | | | 0.03 | | 17.5 | | |  | |  | | |  |  | | |  | |
|  | | | | Яйцо |  | | 4.7 | | | 4.7 | | | | | 1.3 | | | | 1.1 | | | 0.06 | | 15.3 | | | 4.0 | | 0.19 | | | 0.01 | 0.06 | | |  | |
|  | | | | Молоко |  | | 30 | | | 30 | | | | | 0.84 | | | | 0.96 | | | 1.4 | | 17.4 | | | 36.0 | | 0.03 | | | 0.01 | 0.05 | | | 0.3 | |
|  | | | | Масло раст. |  | | 2 | | | 2 | | | | |  | | | | 1.99 | | |  | | 17.9 | | |  | |  | | |  |  | | |  | |
|  | | | | Повидло |  | | 20 | | | 20 | | | | | 0.08 | | | |  | | | 15.2 | | 58.7 | | | 5.6 | | 0.72 | | |  |  | | |  | |
|  | | | | Дрожжи |  | | 0.02 | | | 0.02 | | | | |  | | | |  | | |  | |  | | |  | |  | | | 0.09 | 0.04 | | |  | |
| **943** | | | | **Чай с сахаром** | **200** | |  | | |  | | | | | **0,2** | | | |  | | | **11.9** | | **45.8** | | |  | |  | | |  |  | | |  | |
|  | | | | Чай |  | | 0.2 | | | 0.2 | | | | |  | | | |  | | |  | |  | | |  | |  | | |  |  | | |  | |
|  | | | | Сахар |  | | 12 | | | 12 | | | | |  | | | |  | | | 11.9 | | 45.8 | | |  | |  | | |  |  | | |  | |
|  | | | | **Итого за полдник** |  | |  | | |  | | | | | **6.68** | | | | **6.87** | | | **60.66** | | **323.95** | | | **57.2** | | **1.74** | | | **0.18** | **0.2** | | | **0.3** | |
|  | | | | **Итого за день** |  | |  | | |  | | | | | **52.47** | | | | **48.91** | | | **231.98** | | **1668.07** | | | **561.72** | | **10.0** | | | **0.71** | **0.51** | | | **27.47** | |
|  | | | |  |  | |  | | |  | | | | |  | | | |  | | |  | |  | | |  | |  | | |  |  | | |  | |
| **2-ой день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ технолог**  **.карты** | | | | **Наименование блюд и продуктов** | | **Выход**  **(г)** | | **Брутто**  **(Г)** | | | **Нетто**  **(г)** | | | **Пищевые вещества** | | | | | | | | | | | | | **Минеральные вещества , мг** | | | | | **Витамины, мг** | | | | | |
| **Белки (г)** | | | | **Жиры (г)** | | | | **Углеводы (г)** | | **Энергетическая ценность (ккал)** | | | **Са** | **Fe** | | | | **В1** | | **В 2** | | **С** | |
|  | | | | **Завтрак** | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
| **173** | | | | **Каша гречневая,молочная** | | **200** | |  | | |  | | | **7.08** | | | | **9.39** | | | | **31.81** | | **240.1** | | | **198.7** | **0.7** | | | | **0.22** | | **0.34** | | **1,5** | |
|  | | | | Греча | |  | | 30 | | | 30 | | | 2.85 | | | | 0.69 | | | | 19.77 | | 98.7 | | | 18.7 | 0.55 | | | | 0.15 | | 0.06 | |  | |
|  | | | | Молоко | |  | | 150 | | | 150 | | | 4.2 | | | | 4.8 | | | | 7.0 | | 87.0 | | | 180 | 0.15 | | | | 0.07 | | 0.28 | | 1.5 | |
|  | | | | Сахар | |  | | 5 | | | 5 | | |  | | | |  | | | | 4.99 | | 18.95 | | |  |  | | | |  | |  | |  | |
|  | | | | Масло сливочное | |  | | 5 | | | 5 | | | 0.03 | | | | 3.9 | | | | 0.05 | | 35.45 | | |  |  | | | |  | |  | |  | |
|  | | | |  | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
| **397** | | | | **Кофейный напиток** | | **200** | |  | | |  | | | **4,2** | | | | **4,8** | | | | **18.9** | | **132.48** | | | **180** | **0,15** | | | | **0,07** | | **0,28** | | **1.5** | |
|  | | | | Кофейный напиток | |  | | 2 | | | 2 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | Сахар | |  | | 12 | | | 12 | | |  | | | |  | | | | 11.9 | | 45.48 | | |  |  | | | |  | |  | |  | |
|  | | | | Молоко | |  | | 150 | | | 150 | | | 4.2 | | | | 4.8 | | | | 7.0 | | 87.0 | | | 180 | 0.15 | | | | 0.07 | | 0.28 | | 1.5 | |
| **16** | | | | **Хлеб с маслом сливочным** | | **50\5** | |  | | |  | | | **3.88** | | | | **5.4** | | | | **24.95** | | **166.45** | | | **14** | **1.0** | | | | **0,05** | | **0,03** | |  | |
|  | | | | Хлеб пшеничный | |  | | 50 | | | 50 | | | 3.85 | | | | 1.5 | | | | 24.9 | | 131 | | | 14 | 1.0 | | | | 0.05 | | 0.03 | |  | |
|  | | | | Масло сливочное | |  | | 5 | | | 5 | | | 0.03 | | | | 3.9 | | | | 0.05 | | 35.45 | | |  |  | | | |  | |  | |  | |
|  | | | | **Итого за завтрак** | | 415 | |  | | |  | | | **15.16** | | | | **19.59** | | | | **75.66** | | **539.03** | | | **392.7** | **1.85** | | | | **0.12** | | **0.62** | | **3.0** | |
| **339 г** | | | | **Второй завтрак** | | **150** | |  | | |  | | | **0,75** | | | | **0** | | | | **15,15** | | **64** | | | **12,6** | **2,52** | | | | **0,018** | | **0,018** | | **3,6** | |
|  | | | | Сок | |  | | 150 | | | 150 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | **Итого за завтрак** | |  | |  | | |  | | | **0,75** | | | | **-** | | | | **15,15** | | **64** | | | **12,6** | **2,52** | | | | **0,018** | | **0,018** | | **3,6** | |
|  | | | | **Обед** | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
| **43** | | | | **Салат из свежей капусты и моркови** | | **50** | |  | | |  | | | **0,98** | | | | **2.05** | | | | **5.55** | | **43.08** | | | **26.5** | **0.58** | | | | **0,03** | | **0,02** | | **13.3** | |
|  | | | | Капуста | |  | | 40 | | | 40 | | | 0.72 | | | | 0.04 | | | | 1.88 | | 10.8 | | | 19.7 | 0.46 | | | | 0.02 | | 0.01 | | 12.5 | |
|  | | | | Морковь | |  | | 20 | | | 20 | | | 0.26 | | | | 0.02 | | | | 1.68 | | 6.8 | | | 6.8 | 0.12 | | | | 0.01 | | 0.01 | | 0.8 | |
|  | | | | Масло растительное | |  | | 2 | | | 2 | | |  | | | | 1.99 | | | |  | | 17.9 | | |  |  | | | |  | |  | |  | |
|  | | | | сахар | |  | | 2 | | | 2 | | |  | | | |  | | | | 1.99 | | 7.58 | | |  |  | | | |  | |  | |  | |
| **39** | | | | **Суп крестьянский** | | **200** | |  | | |  | | | **7.33** | | | | **9.74** | | | | **26.08** | | **215.88** | | | **28.8** | **1.54** | | | | **0.11** | | **0.08** | | **8.39** | |
|  | | | | Картофель | |  | | 90 | | | 90 | | | 1.8 | | | | 0.36 | | | | 15.57 | | 72.0 | | | 7.2 | 0.81 | | | | 0.06 | | 0.03 | | 6.75 | |
|  | | | | Морковь | |  | | 20 | | | 20 | | | 0.26 | | | | 0.02 | | | | 1.68 | | 6.8 | | | 6.8 | 0.12 | | | | 0.01 | | 0.01 | | 0.8 | |
|  | | | | Лук | |  | | 10 | | | 10 | | | 0.14 | | | |  | | | | 0.91 | | 4.1 | | | 3.2 | 0.07 | | | | 0.01 | | 0.01 | | 0.84 | |
|  | | | | Пшено | |  | | 10 | | | 10 | | | 1.15 | | | | 0.33 | | | | 6.65 | | 34.8 | | | 3.0 | 0.07 | | | | 0.01 | | 0.01 | |  | |
|  | | | | сметана | |  | | 8 | | | 8 | | | 0.22 | | | | 1.6 | | | | 1.25 | | 16.48 | | | 6.8 | 0.01 | | | | 0.01 | |  | |  | |
|  | | | | Мясо | |  | | 20 | | | 20 | | | 3.75 | | | | 3.2 | | | |  | | 43.6 | | | 1.8 | 0.46 | | | | 0.01 | | 0.02 | |  | |
|  | | | | Масло растител. | |  | | 2 | | | 2 | | |  | | | | 1.99 | | | |  | | 17.9 | | |  |  | | | |  | |  | |  | |
|  | | | | Масло сливоч. | |  | | 2 | | | 2 | | | 0.01 | | | | 2.24 | | | | 0.02 | | 20.2 | | |  |  | | | |  | |  | |  | |
| **511** | | | | **Котлета мясная,соус** | | **80** | |  | | |  | | | **12.6** | | | | **11.73** | | | | **9.04** | | **192.65** | | | **13.2** | **1.68** | | | | **0.1** | | **0.11** | | **2.34** | |
|  | | | | Мясо | |  | | 60 | | | 60 | | | 11.1 | | | | 9.6 | | | |  | | 130.8 | | | 5.4 | 1.38 | | | | 0.05 | | 0.07 | |  | |
|  | | | | Лук | |  | | 10 | | | 10 | | | 0.14 | | | |  | | | | 0.91 | | 4.1 | | | 3.2 | 0.07 | | | | 0.01 | | 0.01 | | 0.84 | |
|  | | | | Соль йодированная | |  | | 0,8 | | | 0,8 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | Масло растительное | |  | | 3 | | | 3 | | |  | | | | 2.0 | | | |  | | 18.1 | | |  |  | | | |  | |  | |  | |
|  | | | | Мука | |  | | 10 | | | 10 | | | 1.06 | | | | 0.12 | | | | 6.76 | | 33.0 | | | 2.9 | 0.2 | | | | 0.02 | | 0.01 | |  | |
|  | | | | Морковь | |  | | 5 | | | 5 | | | 0.06 | | | | 0.01 | | | | 0.42 | | 1.7 | | | 1.7 | 0.03 | | | | 0.01 | | 0.01 | | 0.2 | |
|  | | | | Томат | |  | | 5 | | | 5 | | | 0.24 | | | |  | | | | 0.95 | | 4.95 | | |  |  | | | | 0.01 | | 0.01 | | 1.3 | |
| **206** | | | | **Пюре картофельное** | | **150** | |  | | |  | | | **4.87** | | | | **5.75** | | | | **36.06** | | **213.75** | | | **52.0** | **2.1** | | | | **0.15** | | **0,13** | | **15.3** | |
|  | | | | картофель | |  | | 200 | | | 200 | | | 4.0 | | | | 0.8 | | | | 34.6 | | 160 | | | 16.0 | 1.8 | | | | 0.14 | | 0.08 | | 15.0 | |
|  | | | | Масло сливочное | |  | | 5 | | | 5 | | | 0.03 | | | | 3.9 | | | | 0.05 | | 35.45 | | |  |  | | | |  | |  | |  | |
|  | | | | Молоко | |  | | 30 | | | 30 | | | 0.84 | | | | 1.05 | | | | 1.41 | | 18.3 | | | 36.0 | 0.3 | | | | 0.01 | | 0.05 | | 0.3 | |
| **126** | | | | **Компот из с\фруктов** | | **200** | |  | | |  | | | **0,9** | | | | **---** | | | | **24,26** | | **96,69** | | | **37,02** | **0,61** | | | | **0,02** | | **0,04** | | **0,72** | |
|  | | | | Сухофрукты | |  | | 14 | | | 14 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | Сахар | |  | | 14 | | | 14 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
| **147** | | | | **Хлеб** | | **60** | |  | | |  | | | **5.39** | | | | **2.1** | | | | **34.86** | | **183.4** | | | **19.6** | **1.4** | | | | **0.07** | | **0.05** | |  | |
|  | | | | Хлеб пшеничный | |  | | 60 | | | 60 | | | 5.39 | | | | 2.1 | | | | 34.86 | | 183.4 | | | 19.6 | 1.4 | | | | 0.07 | | 0.05 | |  | |
|  | | | | **Итого за обед** | |  | |  | | |  | | | **32.07** | | | | **31.37** | | | | **135.85** | | **945.45** | | | **177.12** | **7.91** | | | | **0.48** | | **0.43** | | **40.05** | |
|  | | | | **Полдник** | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
| **423** | | | | **Запеканка творожная с джемом** | | **130\10** | |  | | |  | | | **20.1** | | | | **13.95** | | | | **33.84** | | **423.17** | | | **199.07** | **0.7** | | | | **0.04** | | **0.66** | | **0,4** | |
|  | | | | Молоко | |  | | 40 | | | 40 | | | 1.1 | | | | 1.2 | | | | 1.8 | | 23.2 | | | 48.0 | 0.04 | | | | 0.02 | | 0.07 | | 0.4 | |
|  | | | | Творог | |  | | 100 | | | 100 | | | 16.7 | | | | 9.0 | | | | 2.0 | | 205.0 | | | 140.0 |  | | | |  | | 0.5 | |  | |
|  | | | | Сахар | |  | | 10 | | | 10 | | |  | | | |  | | | | 9.98 | | 37.9 | | |  |  | | | |  | |  | |  | |
|  | | | | Масло сливочное | |  | | 3 | | | 3 | | | 0.02 | | | | 2.34 | | | | 0.03 | | 21.27 | | |  |  | | | |  | |  | |  | |
|  | | | | Манка | |  | | 7 | | | 7 | | | 0.72 | | | | 0.07 | | | | 4.75 | | 22.9 | | | 2.87 | 0.11 | | | | 0.01 | | 0.01 | |  | |
|  | | | | Яйцо | |  | | 11.7 | | | 11.7 | | | 1.48 | | | | 1.34 | | | | 0.08 | | 18.3 | | | 5.0 | 0.24 | | | | 0.01 | | 0.08 | |  | |
|  | | | | Джем | |  | | 10 | | | 10 | | | 0.08 | | | |  | | | | 15.2 | | 94.6 | | | 3.2 | 0.31 | | | |  | |  | |  | |
| **943** | | | | **Чай с сахаром** | | **200** | |  | | |  | | | **0,2** | | | |  | | | | **11.9** | | **45.8** | | | **6** | **0,04** | | | |  | |  | |  | |
|  | | | | Чай | |  | | 0.2 | | | 0.2 | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | Сахар | |  | | 12 | | | 12 | | |  | | | |  | | | | 11.9 | | 45.8 | | |  |  | | | |  | |  | |  | |
|  | | | |  | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | |  | |  | |  | | |  | | |  | | | |  | | | |  | |  | | |  |  | | | |  | |  | |  | |
|  | | | | **Итого за полдник** | |  | |  | | |  | | | **20.3** | | | | **13.95** | | | | **45.74** | | **468.97** | | | **205.07** | **0.74** | | | | **0.04** | | **0.66** | | **0.4** | |
|  | | | | **Итого за день** | |  | |  | | |  | | | **68.28** | | | | **64.91** | | | | **272.4** | | **2017.45** | | | **787.49** | **13.02** | | | | **0.658** | | **1.728** | | **47.05** | |
| **3-й день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| № технол. карты | | | | Наименование блюд и продуктов | | Выход  (г) | | | Брутто  (г) | | Нетто (г) | | | | Пищевые вещества | | | | | | | | | | | | Минеральные вещества , мг | | | | Витамины мг | | | | | | |
| Белки | | | | Жиры | | | Углеводы | | | Энергет.ценность (ккал) | | Са | | | Fе | В 1 | | | | В 2 | | С |
|  | | | | **Завтрак** | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **93** | | | | **Каша пшенная,молочная** | | **200** | | |  | |  | | | | **7.68** | | | | **9.69** | | | **32.04** | | | **245.8** | | **189.7** | | | **0.34** | **0.16** | | | | **0.3** | | **1,5** |
|  | | | | Пшено | |  | | | 30 | | 30 | | | | 3.45 | | | | 0.99 | | | 19.95 | | | 104.4 | | 9.7 | | | 0.19 | 0.09 | | | | 0.02 | |  |
|  | | | | Молоко | |  | | | 150 | | 150 | | | | 4.2 | | | | 4.8 | | | 7.05 | | | 87.0 | | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | | | Сахар | |  | | | 5 | | 5 | | | |  | | | |  | | | 4.99 | | | 18.95 | |  | | |  |  | | | |  | |  |
|  | | | | Масло сливочное | |  | | | 5 | | 5 | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 | |  | | |  |  | | | |  | |  |
|  | | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **130** | | | | **Какао на молоке** | | **200** | | |  | |  | | | | **4.2** | | | | **4.8** | | | **18.9** | | | **132.48** | | **180.0** | | | **0.15** | **0,07** | | | | **0,28** | | **1,5** |
|  | | | | Какао | |  | | | 2 | | 2 | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | | Молоко | |  | | | 150 | | 150 | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | | | Сахар | |  | | | 12 | | 12 | | | |  | | | |  | | | 11.9 | | | 45.48 | |  | | |  |  | | | |  | |  |
| **16** | | | | **Хлеб с маслом** | | **50\5** | | |  | |  | | | | **3.88** | | | | **5.4** | | | **24.95** | | | **166.45** | | **14.0** | | | **1.0** | **0,05** | | | | **0,03** | |  |
|  | | | | Хлеб пшеничный | |  | | | 50 | | 50 | | | | 3.85 | | | | 1.5 | | | 24.9 | | | 131.0 | | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | | | Масло сливочное | |  | | | 5 | | 5 | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 | |  | | |  |  | | | |  | |  |
|  | | | | **Итого за завтрак** | |  | | |  | |  | | | | **15.76** | | | | **19.89** | | | **75.89** | | | **544.73** | | **383.7** | | | **1,49** | **0,28** | | | | **0,61** | | **3,0** |
|  | | | | **Второй завтрак** | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **156** | | | | **Фрукты** | | **95** | | |  | |  | | | | **0,5** | | | | **1,5** | | | **21** | | | **69** | | **0,6** | | | **8.0** | **0,04** | | | | **0,05** | | **10.0** |
|  | | | | банан | |  | | | **120** | | **95** | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | | **Итого за завтрак** | |  | | |  | |  | | | | **0,5** | | | | **1,5** | | | **21** | | | **69** | | **0.6** | | | **8.0** | **0.04** | | | | **0.05** | | **10.0** |
|  | | | | **Обед** | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **21** | | | | **Салат из зеленого горошка** | | **30** | | |  | |  | | | | **1.44** | | | | **2.08** | | | **2.93** | | | **35.9** | | **6,32** | | | **0,21** | **0,03** | | | | **0,02** | | **2,94** |
|  | | | | Горошек консервированный | |  | | | 45 | | 30 | | | | 1.44 | | | | 0.09 | | | 2.93 | | | 18.0 | | 6.32 | | | 0.21 | 0.03 | | | | 0.02 | | 2.94 |
|  | | | | Масло растительное | |  | | | 2 | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 | |  | | |  |  | | | |  | |  |
| **34** | | | | **Суп картофельный со сметаной** | | **200** | | |  | |  | | | | **6.36** | | | | **9.55** | | | **20.17** | | | **190.15** | | **26.6** | | | **1.73** | **0.14** | | | | **0.08** | | **8.74** |
|  | | | | Картофель | |  | | | 100 | | 100 | | | | 2.0 | | | | 0.4 | | | 17.3 | | | 80.0 | | 8.0 | | | 1.0 | 0.07 | | | | 0.04 | | 7.1 |
|  | | | | Мясо | |  | | | 20 | | 20 | | | | 3.72 | | | | 3.2 | | |  | | | 43.6 | | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | | | Морковь | |  | | | 20 | | 20 | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | | | Лук репчатый | |  | | | 10 | | 10 | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | | | Масло сливочное | |  | | | 3 | | 3 | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 | |  | | |  |  | | | |  | |  |
|  | | | | Масло растительное | |  | | | 2 | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 | |  | | |  |  | | | |  | |  |
|  | | | | Соль | |  | | | 1,3 | | 1,3 | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | | Сметана | |  | | | 8 | | 8 | | | | 0.22 | | | | 1.6 | | | 0.25 | | | 16.48 | | 6.8 | | | 0.08 | 0.04 | | | |  | |  |
| **304** | | | | **Тефтели мясные в соусе** | | **80** | | |  | |  | | | | **14.6** | | | | **14.89** | | | **9.48** | | | **230.25** | | **15.8** | | | **1.93** | **0.09** | | | | **0.13** | | **2.54** |
|  | | | | Мясо | |  | | | 70 | | 70 | | | | 13.02 | | | | 11.2 | | |  | | | 152.6 | | 6.3 | | | 1.6 | 0.05 | | | | 0.09 | |  |
|  | | | | Лук | |  | | | 10 | | 10 | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | | | Мука | |  | | | 10 | | 10 | | | | 1.06 | | | | 0.12 | | | 6.76 | | | 33.0 | | 2.9 | | | 0.2 | 0.01 | | | | 0.01 | |  |
|  | | | | Морковь | |  | | | 10 | | 10 | | | | 0.13 | | | | 0.01 | | | 0.84 | | | 3.4 | | 3.4 | | | 0.06 | 0.01 | | | | 0.01 | | 0.4 |
|  | | | | Масло растительное | |  | | | 3 | | 3 | | | |  | | | | 2.0 | | |  | | | 18.1 | |  | | |  |  | | | |  | |  |
|  | | | | Томатная паста | |  | | | 5 | | 5 | | | | 0.24 | | | |  | | | 0.95 | | | 4.95 | |  | | |  | 0.01 | | | | 0.01 | | 1.3 |
|  | | | | Масло сливочное | |  | | | 2 | | 2 | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 | |  | | |  |  | | | |  | |  |
| **233** | | | | **Макароны отварные** | | **150** | | |  | |  | | | | **4.82** | | | | **3.68** | | | **30.74** | | | **179.09** | | **15.3** | | | **0,67** | **0.02** | | | |  | |  |
|  | | | | Макароны | |  | | | 45 | | 45 | | | | 4.8 | | | | 0.58 | | | 30.7 | | | 150.7 | | 15.3 | | | 0.67 | 0.02 | | | |  | |  |
|  | | | | Масло сливочное | |  | | | 4 | | 4 | | | | 0.02 | | | | 3.1 | | | 0.04 | | | 28.39 | |  | | |  |  | | | |  | |  |
|  | | | | **Компот из с\ф** | | **200** | | |  | |  | | | |  | | | |  | | | **11.9** | | | **45.48** | | **8.3** | | | **0.61** |  | | | |  | |  |
|  | | | | с\ф | |  | | | 10 | | 10 | | | |  | | | |  | | |  | | |  | | 8.3 | | | 0.61 |  | | | |  | |  |
|  | | | | Сахар | |  | | | 12 | | 12 | | | |  | | | |  | | | 11.9 | | | 45.48 | |  | | |  |  | | | |  | |  |
|  | | | | **Хлеб пшеничный** | | **60** | | |  | |  | | | | **5.39** | | | | **2.1** | | | **34.86** | | | **183.4** | | **19.6** | | | **1.4** | **0.07** | | | | **0.05** | |  |
|  | | | | Хлеб | |  | | |  | |  | | | | 5.39 | | | | 2.1 | | | 34.86 | | | 183.4 | | 19.6 | | | 1.4 | 0.07 | | | | 0.05 | |  |
|  | | | | **Итого за обед** | |  | | |  | |  | | | | **32.61** | | | | **32.3** | | | **110.08** | | | **864.27** | | **91.92** | | | **6.55** | **0.35** | | | | **0.28** | | **14.22** |
|  | | | | **Полдник** | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **81** | | | | **Филе рыбы отварное,**  **запеч.под омлетом** | | **150** | | |  | |  | | | | **20.55** | | | | **10.12** | | | **6.08** | | | **198.16** | | **116.85** | | | **1.53** | **0.13** | | | | **0.48** | | **0,5** |
|  | | | | Рыба | |  | | | 80 | | 80 | | | | 12.7 | | | | 0.72 | | |  | | | 57.6 | | 35.2 | | | 0.4 | 0.04 | | | | 0.06 | |  |
|  | | | | Мука | |  | | | 5 | | 5 | | | | 0.53 | | | | 0.06 | | | 3.38 | | | 16.5 | | 1.45 | | | 0.1 | 0.01 | | | | 0.01 | |  |
|  | | | | Яйцо | |  | | | 47 | | 47 | | | | 5.9 | | | | 5.4 | | | 0.32 | | | 73.79 | | 20.2 | | | 0.98 | 0.06 | | | | 0.32 | |  |
|  | | | | Масло сливочное | |  | | | 3 | | 3 | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 | |  | | |  |  | | | |  | |  |
|  | | | | Молоко | |  | | | 50 | | 50 | | | | 1.4 | | | | 1.6 | | | 2.35 | | | 29.0 | | 60.0 | | | 0.05 | 0.02 | | | | 0.09 | | 0.5 |
|  | | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | |  | |  | | |  | |  | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
| **943** | | | | **Чай с сахаром** | | **200** | | |  | |  | | | | **0,2** | | | |  | | | **11.9** | | | **45.48** | | **6.0** | | | **0,04** |  | | | |  | |  |
|  | | | | Чай | |  | | | 0.2 | | 0.2 | | | |  | | | |  | | |  | | |  | |  | | |  |  | | | |  | |  |
|  | | | | Сахар | |  | | | 12 | | 12 | | | |  | | | |  | | | 11.9 | | | 45.48 | |  | | |  |  | | | |  | |  |
|  | | | | **Итого за полдник** | |  | | |  | |  | | | | **20.75** | | | | **10.12** | | | **17.98** | | | **243.64** | | **122.85** | | | **1.57** | **0.13** | | | | **0.48** | | **0.5** |
|  | | | | **Итого за день** | |  | | |  | |  | | | | **69.62** | | | | **63.81** | | | **224.95** | | | **1721.64** | | **599.07** | | | **17.61** | **0.8** | | | | **1.42** | | **27.72** |
| **4-й день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| № технол.карты | | **Наименование блюд и продуктов** | | | | **Выход** | | | **Брутто (г)** | | **Нетто (г)** | | | | | **Пищевые вещества** | | | | | | | | | | | **Минеральные вещества ,мг** | | | | **Витамины , мг** | | | | | | |
| Белки | | | | Жиры | | | углеводы | | | Энергетическая ценность (ккал) | Са | | | Fe | В 1 | | | | В 2 | | С |
|  | | **Завтрак** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **99** | | **Каша ячневая молочная** | | | | **200** | | |  | |  | | | | | **7.43** | | | | **9.4** | | | **29.24** | | | **236.7** | **191.5** | | | **0.6** | **0,14** | | | | **0,3** | | **1,5** |
|  | | Крупа ячневая | | | |  | | | 25 | | 25 | | | | | 3.2 | | | | 0.7 | | | 17.2 | | | 95.3 | 11.5 | | | 0.45 | 0.07 | | | | 0.02 | |  |
|  | | Молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 5 | | 5 | | | | |  | | | |  | | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **397** | | **Кофейный напиток** | | | | **200** | | |  | |  | | | | | **4,2** | | | | **4,8** | | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1.5** |
|  | | Кофейный напиток | | | |  | | | 2 | | 2 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 12 | | 12 | | | | |  | | | |  | | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
| **16** | | **Хлеб с маслом,сыром** | | | | **50\5\10** | | |  | |  | | | | | **6.18** | | | | **8.3** | | | **24.95** | | | **202.45** | **104.1** | | | **1.0** | **0,01** | | | | **0,07** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | 50 | | | | | 3.85 | | | | 1.5 | | | 24.9 | | | 131.0 | 14.0 | | | 1.0 |  | | | |  | |  |
|  | | Сыр твердый | | | |  | | | 10 | | 10 | | | | | 2.3 | | | | 2.9 | | |  | | | 36.0 | 90.1 | | |  | 0.01 | | | | 0.07 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **17.81** | | | | **22.5** | | | **73.09** | | | **571.63** | **475.6** | | | **1.75** | **0.22** | | | | **0.65** | | **3.0** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **339 г** | | **Второй завтрак** | | | | **150** | | |  | |  | | | | | **0,75** | | | | **0** | | | **15,15** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
|  | | Сок | | | |  | | | 150 | | 150 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **0,75** | | | | **-** | | | **15,15** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
|  | | **Обед** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **34\1** | | **Салат из отварной свеклы** | | | | **50** | | |  | |  | | | | | **1.05** | | | | **2.06** | | | **8.99** | | | **54.88** | **15.4** | | | **0.77** | **0.01** | | | | **0.02** | | **5.6** |
|  | | Свекла | | | |  | | | 70 | | 70 | | | | | 1.05 | | | | 0.07 | | | 7.0 | | | 29.4 | 15.4 | | | 0.77 | 0.01 | | | | 0.02 | | 5.6 |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 2 | | 2 | | | | |  | | | |  | | | 1.99 | | | 7.58 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **38** | | **Рассольник** | | | | **200** | | |  | |  | | | | | **6.24** | | | | **9.58** | | | **21.0** | | | **190.6** | **33.05** | | | **7.7** | **0.1** | | | | **0.07** | | **7.44** |
|  | | Картофель | | | |  | | | 80 | | 80 | | | | | 1.6 | | | | 0.32 | | | 13.84 | | | 64.0 | 6.3 | | | 6.7 | 0.05 | | | | 0.02 | | 5.8 |
|  | | Мясо | | | |  | | | 20 | | 20 | | | | | 3.75 | | | | 3.2 | | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | Морковь | | | |  | | | 20 | | 20 | | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Крупа перловая | | | |  | | | 5 | | 5 | | | | | 0.47 | | | | 0.11 | | | 3.29 | | | 16.45 | 2.05 | | | 0.1 | 0.01 | | | | 0.01 | |  |
|  | | Масло сливочное | | | |  | | | 3 | | 3 | | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Огурец консервирован. | | | |  | | | 20 | | 20 | | | | |  | | | |  | | |  | | |  | 6.1 | | | 0.24 |  | | | |  | |  |
|  | | Сметана | | | |  | | | 8 | | 8 | | | | | 0.22 | | | | 1.6 | | | 1.25 | | | 16.48 | 6.8 | | | 0.01 | 0.01 | | | |  | |  |
| **77** | | **Запеканка картофельная с мясом, соус** | | | | **250** | | |  | |  | | | | | **20.02** | | | | **20.63** | | | **38.19** | | | **417.46** | **83.95** | | | **4.02** | **0.23** | | | | **0.34** | | **14.94** |
|  | | Картофель | | | |  | | | 180 | | 180 | | | | | 3.6 | | | | 0.72 | | | 31.14 | | | 144.0 | 15.3 | | | 1.5 | 0.11 | | | | 0.07 | | 13.3 |
|  | | Мясо | | | |  | | | 70 | | 70 | | | | | 13.02 | | | | 11.2 | | |  | | | 152.6 | 7.6 | | | 2.1 | 0.06 | | | | 0.09 | |  |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Морковь | | | |  | | | 10 | | 10 | | | | | 0.13 | | | | 0.01 | | | 0.84 | | | 3.4 | 3.4 | | | 0.06 | 0.01 | | | | 0.01 | | 0.4 |
|  | | Масло сливочное | | | |  | | | 4 | | 4 | | | | | 0.02 | | | | 3.1 | | | 0.04 | | | 28.39 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 3 | | 3 | | | | |  | | | | 3.0 | | |  | | | 26.97 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 40 | | 40 | | | | | 1.1 | | | | 1.2 | | | 1.8 | | | 23.2 | 48.0 | | | 0.04 | 0.02 | | | | 0.07 | | 0.4 |
|  | | Мука | | | |  | | | 5 | | 5 | | | | | 0.53 | | | | 0.06 | | | 3.38 | | | 16.5 | 1.45 | | | 0.01 | 0.01 | | | | 0.01 | |  |
|  | | Яйцо | | | |  | | | 11.7 | | 11.7 | | | | | 1.48 | | | | 1.34 | | | 0.08 | | | 18.3 | 5.0 | | | 0.24 | 0.01 | | | | 0.08 | |  |
| **126** | | **Компот из с\фруктов** | | | | **200** | | |  | |  | | | | |  | | | |  | | | **14.9** | | | **56.85** | **8.3** | | | **0,61** |  | | | |  | |  |
|  | | Сухофрукты | | | |  | | | 10 | | 10 | | | | |  | | | |  | | |  | | |  | 8.3 | | | 0.61 |  | | | |  | |  |
|  | | Сахар | | | |  | | | 15 | | 15 | | | | |  | | | |  | | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | **60** | | |  | |  | | | | | **5.39** | | | | **2.1** | | | **34.86** | | | **183.4** | **19.6** | | | **1.4** | **0.07** | | | | **0.05** | |  |
|  | | Хлеб пшеничный | | | |  | | | 60 | | 60 | | | | | 5.39 | | | | 2.1 | | | 34.86 | | | 183.4 | 19.6 | | | 1.4 | 0.07 | | | | 0.05 | |  |
|  | | **Итого за обед** | | | |  | | |  | |  | | | | | **32.7** | | | | **34.37** | | | **117.94** | | | **903.19** | **160.3** | | | **14.5** | **0.41** | | | | **0.48** | | **27.98** |
|  | | Полдник | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **274** | | **Сырники со сгущ.молоком** | | | | **150** | | |  | |  | | | | | **22.46** | | | | **18.14** | | | **42.4** | | | **468.35** | **246.1** | | | **0.82** | **0,06** | | | | **0.71** | | **0,3** |
|  | | Творог | | | |  | | | 100 | | 100 | | | | | 16.7 | | | | 9.0 | | | 2.0 | | | 205.0 | 140.0 | | |  |  | | | | 0.5 | |  |
|  | | Яйцо | | | |  | | | 11.7 | | 11.7 | | | | | 1.48 | | | | 1.34 | | | 0.08 | | | 18.3 | 5.0 | | | 0.24 | 0.01 | | | | 0.08 | |  |
|  | | Масло растительное | | | |  | | | 5 | | 5 | | | | |  | | | | 5.0 | | |  | | | 44.95 |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | 10 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Молоко сгущенное | | | |  | | | 30 | | 30 | | | | | 2.16 | | | | 2.55 | | | 16.8 | | | 96.0 | 94.8 | | | 0.18 | 0.01 | | | | 0.1 | | 0.3 |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Мука | | | |  | | | 20 | | 20 | | | | | 2.12 | | | | 0.25 | | | 13.54 | | | 66.2 | 6.3 | | | 0.4 | 0.04 | | | | 0.03 | |  |
| **263** | | **Чай с сахаром** | | | | **200** | | |  | |  | | | | |  | | | |  | | | **9.98** | | | **37.9** |  | | |  |  | | | |  | |  |
|  | | Чай | | | |  | | | 0,6 | | 0,6 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | 10 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | **Итого за полдник** | | | |  | | |  | |  | | | | | **22.46** | | | | **18.14** | | | **52.38** | | | **506.25** | **246.1** | | | **0.82** | **0.06** | | | | **0.71** | | **0.3** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за день** | | | |  | | |  | |  | | | | | **73.72** | | | | **75.01** | | | **258.56** | | | **2045.07** | **894.6** | | | **19.59** | **0.7** | | | | **1.86** | | **34.88** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **5-й день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ технол. карты** | | **Наименование блюд и продуктов** | | | | **выход** | | | **Брутто** | | **Нетто** | | | | | **Пищевые вещества** | | | | | | | | | | | **Минеральные вещества , мг** | | | | **Витамина, мг** | | | | | | |
| **Белки** | | | | **Жиры** | | | **Углеводы** | | | **Энергет.ценность (ккал)** | **Са** | | | **Fe** | **В 1** | | | | **В 2** | | **с** |
|  | | **Завтрак** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **18\4** | | **Вермишель отварная на молоке** | | | | **200** | | |  | |  | | | | | **5.79** | | | | **8.87** | | | **22.44** | | | **191.95** | **185.7** | | | **0.35** | **0,07** | | | | **0,29** | | **1.5** |
|  | | Вермишель | | | |  | | | 15 | | 15 | | | | | 1.56 | | | | 0.17 | | | 10.4 | | | 50.55 | 5.7 | | | 0.2 |  | | | | 0.01 | |  |
|  | | Молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 5 | | 5 | | | | |  | | | |  | | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | | Соль | | | |  | | | 0,8 | | 0,8 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **130** | | **Какао на молоке** | | | | **200** | | |  | |  | | | | | **4.2** | | | | **4.8** | | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1,5** |
|  | | Какао | | | |  | | | 2 | | 2 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 12 | | 12 | | | | |  | | | |  | | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
| **16** | | **Хлеб с маслом, сыром** | | | | **50\5\10** | | |  | |  | | | | | **6.18** | | | | **8.3** | | | **24.95** | | | **202.45** | **104.1** | | | **1.0** | **0,06** | | | | **0,1** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | 50 | | | | | 3.85 | | | | 1.5 | | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | Сыр твердый | | | |  | | | 10 | | 10 | | | | | 2.3 | | | | 2.9 | | |  | | | 36.0 | 90.1 | | |  | 0.01 | | | | 0.07 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **16.17** | | | | **21.97** | | | **66.29** | | | **526.88** | **469.8** | | | **1.5** | **0.2** | | | | **0.67** | | **1.5** |
|  | | **Второй завтрак** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **368** | | **Фрукты** | | | | **100** | | |  | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | | **44** | **16** | | | **2,2** | **0,03** | | | | **0,02** | | **10** |
|  | | Яблоко | | | |  | | | 114 | | 100 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | | **44** | **16** | | | **2,2** | **0,03** | | | | **0,02** | | **10** |
|  | | **Обед** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **6\1** | | **Салат из моркови** | | | | **50** | | |  | |  | | | | | **0.78** | | | | **2.05** | | | **7.03** | | | **45.88** | **20.8** | | | **0,32** | **0,02** | | | | **0,02** | | **2.3** |
|  | | Морковь | | | |  | | | 60 | | 50 | | | | | 0.78 | | | | 0.06 | | | 5.04 | | | 20.4 | 20.8 | | | 0.32 | 0.02 | | | | 0.02 | | 2.3 |
|  | | Сахар | | | |  | | | 2 | | 2 | | | | |  | | | |  | | | 1.99 | | | 7.58 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **33** | | **Щи из свежей капусты** | | | | **200** | | |  | |  | | | | | **6.88** | | | | **8.74** | | | **20.05** | | | **180.48** | **46.0** | | | **1.83** | **0.11** | | | | **0,07** | | **21.24** |
|  | | Картофель | | | |  | | | 80 | | 80 | | | | | 1.6 | | | | 0.32 | | | 13.84 | | | 64.0 | 6.3 | | | 0.74 | 0.05 | | | | 0.02 | | 5.8 |
|  | | Мясо | | | |  | | | 20 | | 20 | | | | | 3.75 | | | | 3.2 | | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | Морковь | | | |  | | | 20 | | 20 | | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Капуста | | | |  | | | 50 | | 50 | | | | | 0.9 | | | | 0.05 | | | 2.35 | | | 13.5 | 21.1 | | | 0.43 | 0.02 | | | | 0.01 | | 13.8 |
|  | | Сметана | | | |  | | | 8 | | 8 | | | | | 0.22 | | | | 1.6 | | | 1.25 | | | 16.48 | 6.8 | | | 0.01 | 0.01 | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 2 | | 2 | | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
| **200** | | **Котлета рыбная, соус молочный** | | | | **80** | | |  | |  | | | | | **19.63** | | | | **5.45** | | | **10.52** | | | **170.52** | **74.1** | | | **0.89** | **0.08** | | | | **0.23** | | **1.09** |
|  | | Рыба филе | | | |  | | | 100 | | 100 | | | | | 15.9 | | | | 0.9 | | |  | | | 72.0 | 37.0 | | | 0.35 | 0.04 | | | | 0.06 | |  |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Масло растительное | | | |  | | | 3 | | 3 | | | | |  | | | | 2.0 | | |  | | | 18.1 |  | | |  |  | | | |  | |  |
|  | | Мука | | | |  | | | 12 | | 12 | | | | | 1.27 | | | | 0.16 | | | 8.12 | | | 39.72 | 2.9 | | | 0.2 | 0.01 | | | | 0.01 | |  |
|  | | Молоко | | | |  | | | 30 | | 30 | | | | | 0.84 | | | | 1.05 | | | 1.41 | | | 18.3 | 26.0 | | | 0.03 | 0.01 | | | | 0.07 | | 0.25 |
|  | | Яйцо | | | |  | | | 11.7 | | 11.7 | | | | | 1.48 | | | | 1.34 | | | 0.08 | | | 18.3 | 5.0 | | | 0.24 | 0.01 | | | | 0.08 | |  |
|  | | **Рис отварной** | | | | **150** | | |  | |  | | | | | **3.17** | | | | **2.79** | | | **32.16** | | | **169.77** | **13.05** | | | **0.58** |  | | | | **0.01** | |  |
|  | | Рис | | | |  | | | 45 | | 45 | | | | | 3.15 | | | | 0.45 | | | 32.13 | | | 148.5 | 13.05 | | | 0.58 |  | | | | 0.01 | |  |
|  | | Масло сливочное | | | |  | | | 3 | | 3 | | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
| **126** | | **Компот из с\фруктов** | | | | **200** | | |  | |  | | | | |  | | | |  | | | **14.9** | | | **56.85** | **8.3** | | | **0,61** |  | | | |  | |  |
|  | | Сухофрукты | | | |  | | | 10 | | 10 | | | | |  | | | |  | | |  | | |  | 8.3 | | | 0.61 |  | | | |  | |  |
|  | | Сахар | | | |  | | | 15 | | 15 | | | | |  | | | |  | | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | 60 | | |  | |  | | | | | **3,96** | | | | **0.72** | | | **20,52** | | | **108.6** | **12.0** | | | **1.0** | **0.06** | | | | **0.04** | |  |
|  | | Хлеб ржаной | | | |  | | | 60 | | 60 | | | | | 3.96 | | | | 0.72 | | | 20.52 | | | 108.6 | 12.0 | | | 1.0 | 0.06 | | | | 0.04 | |  |
|  | | **Итого за обед** | | | |  | | |  | |  | | | | | **34.42** | | | | **19.75** | | | **105.18** | | | **732.1** | **174.25** | | | **5.23** | **0.27** | | | | **0.37** | | **24.63** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Полдник** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **110** | | **Булочка домашняя** | | | | **80** | | |  | |  | | | | | **5.96** | | | | **6.59** | | | **38.92** | | | **240.05** | **61.6** | | | **0.94** | **0.19** | | | | **0.19** | | **0,4** |
|  | | Мука | | | |  | | | 40 | | 40 | | | | | 4.24 | | | | 0.52 | | | 27.08 | | | 132.4 | 11.6 | | | 0.8 | 0.07 | | | | 0.05 | |  |
|  | | Молоко | | | |  | | | 40 | | 40 | | | | | 1.1 | | | | 1.2 | | | 1.8 | | | 23.2 | 48.0 | | | 0.04 | 0.02 | | | | 0.07 | | 0.4 |
|  | | Масло сливочное | | | |  | | | 3 | | 3 | | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Яйцо | | | |  | | | 4.7 | | 4.7 | | | | | 0.6 | | | | 0.54 | | | 0.03 | | | 7.38 | 2.0 | | | 0.1 | 0.01 | | | | 0.03 | |  |
|  | | Дрожжи | | | |  | | | 0.02 | | 0.02 | | | | |  | | | |  | | |  | | |  |  | | |  | 0.09 | | | | 0.04 | |  |
|  | | Сахар | | | |  | | | 10 | | 10 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
| **263** | | **Кефир с сахаром** | | | | **200** | | |  | |  | | | | | **5.6** | | | | **6.4** | | | **18.18** | | | **149.9** |  | | |  |  | | | |  | |  |
|  | | Кефир | | | |  | | | 200 | | 200 | | | | | 5.6 | | | | 6.4 | | | 8.2 | | | 112.0 |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | 10 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за полдник** | | | |  | | |  | |  | | | | | **11.56** | | | | **12.99** | | | **57.1** | | | **389.95** | **61.6** | | | **0.94** | **0.19** | | | | **0.19** | | **0.4** |
|  | | **Итого за день** | | | |  | | |  | |  | | | | | **62.55** | | | | **55.11** | | | **238.37** | | | **1692.93** | **721.65** | | | **9.87** | **0.69** | | | | **1.25** | | **36.53** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **6-ой день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ технол. карты** | | Наименование блюд и продуктов | | | | Выход(г) | | | Брутто (г) | | | Нетто (г) | | | | **Пищевые вещества** | | | | | | | | | | | **Минеральные вещества, мг** | | | | **Витамины, мг** | | | | | | |
| **Белки** | | | | **Жиры** | | | **Углеводы** | | | **Энергит.ценносто (ккал)** | **Са** | | | **Fe** | **В 1** | | | | **В 2** | | **С** |
|  | | **Завтрак** | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **93** | | **Макароны с сыром** | | | | **200** | | |  | | |  | | | | **7.58** | | | | **8.69** | | | **27.41** | | | **223.45** | **119.3** | | | **0,06** | **0,01** | | | | **0,08** | |  |
|  | | Макароны | | | |  | | | 40 | | | 40 | | | | 4.1 | | | | 0.44 | | | 27.36 | | | 134.0 | 14.5 | | | 0.06 |  | | | | 0.01 | |  |
|  | | Сыр | | | |  | | | 15 | | | 15 | | | | 3.45 | | | | 4.35 | | |  | | | 54.0 | 104.8 | | |  | 0.01 | | | | 0.07 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | 5 | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **397** | | **Кофейный напиток на молоке** | | | | **200** | | |  | | |  | | | | **4.2** | | | | **4.8** | | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1,5** |
|  | | Кофейный напиток | | | |  | | | 2 | | | 2 | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 150 | | | 150 | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 12 | | | 12 | | | |  | | | |  | | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
| **16** | | **Хлеб с маслом** | | | | **50\5** | | |  | | |  | | | | **3.88** | | | | **5.4** | | | **24.95** | | | **166.45** | **14.0** | | | **1.0** | **0,05** | | | | **0,03** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | | 50 | | | | 3.85 | | | | 1.5 | | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | 5 | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | |  | | | | **15.66** | | | | **18.89** | | | **71.26** | | | **522.38** | **313.3** | | | **1.21** | **0.13** | | | | **0.39** | | **1.5** |
|  | | **Второй завтрак** | | | |  | | |  | | |  | | | | **0,75** | | | |  | | | **5,15** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
|  | | Сок | | | |  | | | 150 | | | 150 | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | |  | | | | **0,75** | | | | **-** | | | **15,15** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
|  | |  | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Обед** | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **53** | | **Салат из зеленого горошка** | | | | **50** | | |  | | |  | | | | **1.51** | | | | **2.08** | | | **3.39** | | | **37.95** | **7.92** | | | **0.25** | **0,03** | | | | **0,04** | | **3.36** |
|  | | Лук | | | |  | | | 5 | | | 5 | | | | 0.07 | | | |  | | | 0.46 | | | 2.05 | 1.6 | | | 0.04 | 0.01 | | | | 0.01 | | 0.42 |
|  | | Зеленый горошек | | | |  | | | 45 | | | 45 | | | | 1.44 | | | | 0.09 | | | 2.93 | | | 18.0 | 6.32 | | | 0.21 | 0.02 | | | | 0.03 | | 2.94 |
|  | | Масло растительное | | | |  | | | 2 | | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
| **83** | | **Борщ** | | | | **230** | | |  | | |  | | | | **7.72** | | | | **8.79** | | | **25.43** | | | **203.46** | **59.8** | | | **2.31** | **0.13** | | | | **0.09** | | **25.86** |
|  | | Картофель | | | |  | | | 80 | | | 80 | | | | 1.6 | | | | 0.32 | | | 13.84 | | | 64.0 | 6.3 | | | 0.74 | 0.05 | | | | 0.02 | | 5.8 |
|  | | Морковь | | | |  | | | 20 | | | 20 | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Лук | | | |  | | | 10 | | | 10 | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Свекла | | | |  | | | 50 | | | 50 | | | | 0.75 | | | | 0.05 | | | 5.0 | | | 21.0 | 13.8 | | | 0.48 | 0.01 | | | | 0.01 | | 4.1 |
|  | | Масло растительное | | | |  | | | 2 | | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | 2 | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Капуста | | | |  | | | 50 | | | 50 | | | | 0.9 | | | | 0.05 | | | 2.35 | | | 13.5 | 21.1 | | | 0.43 | 0.02 | | | | 0.01 | | 13.8 |
|  | | Сметана | | | |  | | | 8 | | | 8 | | | | 0.22 | | | | 1.6 | | | 1.25 | | | 16.48 | 6.8 | | | 0.01 | 0.01 | | | |  | |  |
|  | | Томат | | | |  | | | 2 | | | 2 | | | | 0.09 | | | |  | | | 0.38 | | | 1.98 |  | | |  | 0.01 | | | | 0.01 | | 0.52 |
|  | | Мясо | | | |  | | | 20 | | | 20 | | | | 3.75 | | | | 3.2 | | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
| **104** | | **Гуляш из мяса** | | | | **80** | | |  | | |  | | | | **12.21** | | | | **13.23** | | | **6.11** | | | **191.8** | **14.55** | | | **1.75** | **0,09** | | | | **0,13** | | **2.54** |
|  | | Мясо | | | |  | | | 60 | | | 60 | | | | 11.16 | | | | 9.6 | | |  | | | 130.8 | 6.5 | | | 1.52 | 0.05 | | | | 0.09 | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | 2 | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Лук репчатый | | | |  | | | 10 | | | 10 | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Морковь | | | |  | | | 10 | | | 10 | | | | 0.13 | | | | 0.01 | | | 0.84 | | | 3.4 | 3.4 | | | 0.06 | 0.01 | | | | 0.01 | | 0.4 |
|  | | Мука пшеничная | | | |  | | | 5 | | | 5 | | | | 0.53 | | | | 0.07 | | | 3.39 | | | 16.55 | 1.45 | | | 0.1 | 0.01 | | | | 0.01 | |  |
|  | | Томат | | | |  | | | 5 | | | 5 | | | | 0.24 | | | |  | | | 0.95 | | | 4.95 |  | | |  | 0.01 | | | | 0.01 | | 1.3 |
|  | | Масло растительное | | | |  | | | 2 | | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
| **195** | | **Греча отварная** | | | | **150** | | |  | | |  | | | | **4.3** | | | | **3.38** | | | **29.69** | | | **169.32** | **19.2** | | | **0,53** | **0,12** | | | | **0,07** | |  |
|  | | Греча | | | |  | | | 45 | | | 45 | | | | 4.28 | | | | 1.04 | | | 29.66 | | | 148.05 | 19.2 | | | 0.53 | 0.12 | | | | 0.07 | |  |
|  | | Масло сливочное | | | |  | | | 3 | | | 3 | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
| **126** | | **Компот из с\фруктов** | | | | **200** | | |  | | |  | | | |  | | | |  | | | **14.9** | | | **56.85** | **8.3** | | | **0,61** | **0,02** | | | | **0,04** | | **0,72** |
|  | | Сухофрукты | | | |  | | | 10 | | | 10 | | | |  | | | |  | | |  | | |  | 8.3 | | | 0.61 | 0.02 | | | | 0.04 | | 0.72 |
|  | | Сахар | | | |  | | | 15 | | | 15 | | | |  | | | |  | | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | **60** | | |  | | |  | | | | **4.62** | | | | **1,8** | | | **29.8** | | | **157.2** | **12.0** | | | **1.08** | **0.06** | | | | **0.04** | |  |
|  | | Хлеб пшеничный | | | |  | | | 60 | | | 60 | | | | 4.62 | | | | 1.8 | | | 29.8 | | | 157.2 | 12.0 | | | 1.08 | 0.06 | | | | 0.04 | |  |
|  | | **Итого за обед** | | | |  | | |  | | |  | | | | **30.36** | | | | **29.28** | | | **79.52** | | | **816.58** | **121.77** | | | **6.53** | **0.45** | | | | **0.41** | | **32.48** |
|  | | **Полдник** | | | |  | | |  | | |  | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **303** | | **Ватрушка с творогом** | | | | **80** | | |  | | |  | | | | **12.63** | | | | **9.41** | | | **39.71** | | | **314.88** | **121.6** | | | **0.13** | **0.19** | | | | **0.39** | | **0.4** |
|  | | Мука | | | |  | | | 40 | | | 40 | | | | 4.24 | | | | 0.52 | | | 27.08 | | | 132.4 | 11.6 | | | 0.8 | 0.07 | | | | 0.05 | |  |
|  | | Творог | | | |  | | | 40 | | | 40 | | | | 6.68 | | | | 3.6 | | | 0.8 | | | 82.0 | 60.0 | | |  |  | | | | 0.2 | |  |
|  | | Сахар | | | |  | | | 10 | | | 10 | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Дрожжи | | | |  | | | 0.02 | | | 0.02 | | | |  | | | |  | | |  | | |  |  | | |  | 0.09 | | | | 0.04 | |  |
|  | | Яйцо | | | |  | | | 4.7 | | | 4.7 | | | | 0.6 | | | | 0.54 | | | 0.03 | | | 7.38 | 2.0 | | | 0.1 | 0.01 | | | | 0.03 | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | 2 | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | 2 | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 40 | | | 40 | | | | 1.1 | | | | 1.2 | | | 1.8 | | | 23.2 | 48.0 | | | 0.04 | 0.02 | | | | 0.07 | | 0.4 |
| **263** | | **Чай с молоком** | | | | **200** | | |  | | |  | | | | **1.68** | | | | **2.1** | | | **38.18** | | | **74.5** | **41.0** | | |  | **0.01** | | | | **0.06** | | **0.3** |
|  | | Чай | | | |  | | | 0,6 | | | 0,6 | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | | 10 | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 60 | | | 60 | | | | 1.68 | | | | 2.1 | | | 28.2 | | | 36.6 | 41.0 | | |  | 0.01 | | | | 0.06 | | 0.3 |
|  | | **Итого за полдник** | | | |  | | |  | | |  | | | | **14.31** | | | | **11.51** | | | **77.89** | | | **389.38** | **162.6** | | | **0.13** | **0.2** | | | | **0.45** | | **0.7** |
|  | | **Итого за день** | | | |  | | |  | | |  | | | | **61.08** | | | | **59.68** | | | **243.82** | | | **1792.34** | **610.27** | | | **10.39** | **0.8** | | | | **1.27** | | **38.28** |
| **7-ой день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ технолог.карты** | | **Наименование блюд и продуктов** | | | | **Выход(г)** | | | **Брутто (г)** | | **Нетто (г)** | | | | | **Пищевые вещества** | | | | | | | | | | | **Минеральные вещества, мг** | | | | **Витамины , мг** | | | | | | |
| **Белки (г)** | | | | **Жиры (г)** | | | **Углеводы (г)** | | | **Энергетическая ценность (ккал)** | **Са** | | | **Fe** | **В 1** | | | | **В2** | | **С** |
|  | | **Завтрак** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **99** | | **Каша рисовая,молочная** | | | | **200** | | |  | |  | | | | | **6.33** | | | | **9.0** | | | **33.45** | | | **240.4** | **189.5** | | | **0.52** | **0,07** | | | | **0.29** | | **1,5** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Крупа рисовая | | | |  | | | 30 | | 30 | | | | | 2.1 | | | | 0.3 | | | 21.41 | | | 99.0 | 9.5 | | | 0.37 |  | | | | 0.01 | |  |
|  | | Молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 5 | | 5 | | | | |  | | | |  | | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
| **397** | | **Какао на молоке** | | | | **200** | | |  | |  | | | | | **4,2** | | | | **4,8** | | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1.5** |
|  | | Какао | | | |  | | | 2 | | 2 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 150 | | 150 | | | | | 4.2 | | | | 4.8 | | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 12 | | 12 | | | | |  | | | |  | | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
| **16** | | **Хлеб с маслом** | | | | **50** | | |  | |  | | | | | **3.88** | | | | **5.4** | | | **24.95** | | | **166.45** | **14.0** | | | **1.0** | **0,05** | | | | **0,03** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | 50 | | | | | 3.85 | | | | 1.5 | | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | 5 | | | | | 0.03 | | | | 3.9 | | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **14.41** | | | | **19.2** | | | **77.3** | | | **539.33** | **383.5** | | | **1.67** | **0.19** | | | | **0.6** | | **3.0** |
|  | | **Второй завтрак** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **368** | | **Фрукты** | | | | **100** | | |  | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | | **44** | **16** | | | **2,2** | **0,03** | | | | **0,02** | | **10** |
|  | | Яблоко | | | |  | | | 114 | | 100 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | |  | | | | | **0,4** | | | | **0,4** | | | **9,8** | | | **44** | **16** | | | **2,2** | **0,03** | | | | **0,02** | | **10** |
|  | | **Обед** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **24** | | **Огурец консервированный** | | | | **30** | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | | **6.6** | | **0.33** |
|  | | Огурец консервир. | | | |  | | | 30 | | 30 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | | 6.6 | | 0.33 |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **37** | | **Суп геркулесовый** | | | | **200** | | |  | |  | | | | | **6.53** | | | | **9.0** | | | **20.21** | | | **182.23** | **28.6** | | | **1.44** | **0,12** | | | | **0,07** | | **7.44** |
|  | | Картофель | | | |  | | | 80 | | 80 | | | | | 1.6 | | | | 0.32 | | | 13.84 | | | 64.0 | 6.3 | | | 0.74 | 0.05 | | | | 0.02 | | 5.8 |
|  | | Мясо | | | |  | | | 20 | | 20 | | | | | 3.75 | | | | 3.2 | | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Морковь | | | |  | | | 20 | | 20 | | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Геркулес | | | |  | | | 5 | | 5 | | | | | 0.55 | | | | 0.31 | | | 2.51 | | | 15.25 | 3.7 | | | 0.04 | 0.03 | | | | 0.01 | |  |
|  | | Масло сливочное | | | |  | | | 2 | | 2 | | | | | 0.01 | | | | 1.56 | | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Сметана | | | |  | | | 8 | | 8 | | | | | 0.22 | | | | 1.6 | | | 1.25 | | | 16.48 | 6.8 | | | 0.01 | 0.01 | | | |  | |  |
| **626** | | **Жаркое по-домашнему** | | | | **230** | | |  | |  | | | | | **15.36** | | | | **14.67** | | | **34.71** | | | **329.82** | **29.4** | | | **2.87** | **0,2** | | | | **0,16** | | **15.94** |
|  | | Мясо | | | |  | | | 60 | | 60 | | | | | 11.1 | | | | 9.6 | | |  | | | 130.8 | 5.4 | | | 1.38 | 0.05 | | | | 0.07 | |  |
|  | | Картофель | | | |  | | | 180 | | 180 | | | | | 3.6 | | | | 0.72 | | | 31.14 | | | 144.0 | 14.0 | | | 1.3 | 0.12 | | | | 0.06 | | 13.0 |
|  | | Лук | | | |  | | | 10 | | 10 | | | | | 0.14 | | | |  | | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Масло сливочное | | | |  | | | 3 | | 3 | | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | 2 | | | | |  | | | | 1.99 | | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Морковь | | | |  | | | 20 | | 20 | | | | | 0.26 | | | | 0.02 | | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Томат | | | |  | | | 5 | | 5 | | | | | 0.24 | | | |  | | | 0.95 | | | 4.95 |  | | |  | 0.01 | | | | 0.01 | | 1.3 |
| **126** | | **Компот из с\фруктов** | | | | **200** | | |  | |  | | | | | **0,3** | | | |  | | | **20.3** | | | **78.49** | **8.3** | | | **0,61** |  | | | |  | |  |
|  | | Сухофрукты | | | |  | | | 10 | | 10 | | | | | 0.3 | | | |  | | | 5.4 | | | 21.64 | 8.3 | | | 0.61 |  | | | |  | |  |
|  | | Сахар | | | |  | | | 15 | | 15 | | | | |  | | | |  | | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | **60** | | |  | |  | | | | | **4,62** | | | | **1,8** | | | **29,8** | | | **157.2** | **12.0** | | | **1.08** | **0.06** | | | | **0.04** | |  |
|  | | Хлеб пшеничный | | | |  | | | 60 | | 60 | | | | | 4.62 | | | | 1.8 | | | 29.8 | | | 157.2 | 12.0 | | | 1.08 | 0.06 | | | | 0.04 | |  |
|  | | **Итого за обед** | | | |  | | |  | |  | | | | | **26.81** | | | | **25.47** | | | **105.02** | | | **747.74** | **78.3** | | | **6.0** | **0.38** | | | | **6.87** | | **23.71** |
|  | | **Полдник** | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **314** | | **Пудинг творожный со сгущенным молоком** | | | | **150** | | |  | |  | | | | | **22.18** | | | | **16.5** | | | **35.44** | | | **424.57** | **290.67** | | | **0.57** | **0,05** | | | | **0.76** | | **0,7** |
|  | | Молоко | | | |  | | | 40 | | 40 | | | | | 1.1 | | | | 1.2 | | | 1.8 | | | 23.2 | 48.0 | | | 0.04 | 0.02 | | | | 0.07 | | 0.4 |
|  | | Творог | | | |  | | | 100 | | 100 | | | | | 16.7 | | | | 9.0 | | | 2.0 | | | 205.0 | 140.0 | | |  |  | | | | 0.5 | |  |
|  | | Крупа манная | | | |  | | | 7 | | 7 | | | | | 0.72 | | | | 0.07 | | | 4.75 | | | 22.9 | 2.87 | | | 0.11 | 0.01 | | | | 0.01 | |  |
|  | | Масло сливочное | | | |  | | | 3 | | 3 | | | | | 0.02 | | | | 2.34 | | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
|  | | Яйцо | | | |  | | | 11.7 | | 11.7 | | | | | 1.48 | | | | 1.34 | | | 0.08 | | | 18.3 | 5.0 | | | 0.24 | 0.01 | | | | 0.08 | |  |
|  | | сахар | | | |  | | | 7 | | 7 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Сгущенное молоко | | | |  | | | 30 | | 30 | | | | | 2.16 | | | | 2.55 | | | 16.8 | | | 96.0 | 94.8 | | | 0.18 | 0.01 | | | | 0.1 | | 0.3 |
| **263** | | **Чай с молоком** | | | | **200** | | |  | |  | | | | | **1.68** | | | | **2.1** | | | **38.18** | | | **74.5** | **41.0** | | |  | **0.01** | | | | **0.06** | | **0.3** |
|  | | Чай | | | |  | | | 0,6 | | 0,6 | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | 10 | | | | |  | | | |  | | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 60 | | 60 | | | | | 1.68 | | | | 2.1 | | | 28.2 | | | 36.6 | 41.0 | | |  | 0.01 | | | | 0.06 | | 0.3 |
|  | | **Итого за полдник** | | | |  | | |  | |  | | | | | **23.86** | | | | **18.6** | | | **73.62** | | | **499.07** | **331.67** | | | **0.57** | **0.06** | | | | **0.82** | | **1.0** |
|  | | **Итого за день** | | | |  | | |  | |  | | | | | **65.48** | | | | **63.67** | | | **265.74** | | | **1830.14** | **809.47** | | | **10.44** | **0.66** | | | | **8.31** | | **37.71** |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | |  | | | | |  | | | |  | | |  | | |  |  | | |  |  | | | |  | |  |
| **8-ой день** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ технол.карты** | | **Наименование блюд и продуктов** | | | | **Выход (г)** | | | **Брутто (г)** | | | | **Нетто (г)** | | | | **Пищевые вещества** | | | | | | | | | | **Минеральные вещества , мг** | | | | **Витамины , мг** | | | | | | |
| **Белки (г)** | | | | **Жиры (г)** | | **Углеводы (г)** | | | **Энергетическая ценность (ккал)** | **Са** | | | **Fe** | **В 1** | | | | **В 2** | | **С** |
|  | | **Завтрак** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **93** | | **Каша геркулесовая молочная** | | | | **200** | | |  | | | |  | | | | **6.98** | | | | **10.25** | | **24.57** | | | **217.65** | **196.5** | | | **1.1** | **0.2** | | | | **0.31** | | **1,5** |
|  | | Геркулес | | | |  | | | 25 | | | | 25 | | | | 2.75 | | | | 1.55 | | 12.53 | | | 76.25 | 16.5 | | | 0.95 | 0.13 | | | | 0.03 | |  |
|  | | Молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 5 | | | | 5 | | | |  | | | |  | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
| **130** | | **Коф.нап.на молоке** | | | | **200** | | |  | | | |  | | | | **4.2** | | | | **4.8** | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1,5** |
|  | | Коф.нап на молоке | | | |  | | | 2 | | | | 2 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 12 | | | | 12 | | | |  | | | |  | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
|  | | молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
| **16** | | **Хлеб с маслом** | | | | **50\5** | | |  | | | |  | | | | **3.88** | | | | **5.4** | | **24.95** | | | **166.45** | **14.0** | | | **1.0** | **0,05** | | | | **0,03** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | | | 50 | | | | 3.85 | | | | 1.5 | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **15.06** | | | | **20.45** | | **68.42** | | | **516.58** | **390.5** | | | **2.25** | **0.32** | | | | **0.62** | | **3.0** |
|  | | **Второй завтрак** | | | |  | | |  | | | |  | | | | **0,75** | | | | **0** | | **15,5** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
| **339г** | | Сок | | | |  | | | 150 | | | | 150 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **0,75** | | | |  | | **15,5** | | | **64** | **12,6** | | | **2,52** | **0,018** | | | | **0,018** | | **3,6** |
|  | | **Обед** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **20** | | **Салат из белокочанной капусты с морковью** | | | | **50** | | |  | | | |  | | | | **0.98** | | | | **2.05** | | **5.55** | | | **43.08** | **26.5** | | | **0.58** | **0.03** | | | | **0,02** | | **13.3** |
|  | | Капуста | | | |  | | | 40 | | | | 40 | | | | 0.72 | | | | 0.04 | | 1.88 | | | 10.8 | 19.7 | | | 0.46 | 0.02 | | | | 0.01 | | 12.5 |
|  | | Морковь | | | |  | | | 20 | | | | 20 | | | | 0.26 | | | | 0.02 | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Сахар | | | |  | | | 2 | | | | 2 | | | |  | | | |  | | 1.99 | | | 7.58 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
| **27** | | **Суп гороховый с гренками** | | | | **200** | | |  | | | |  | | | | **10.76** | | | | **8.05** | | **26.91** | | | **308.9** | **25.8** | | | **1.17** | **0,07** | | | | **0,07** | | **1.72** |
|  | | Говядина | | | |  | | | 20 | | | | 20 | | | | 3.75 | | | | 3.2 | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | Картофель | | | |  | | | 60 | | | | 60 | | | | 1.2 | | | | 0.24 | | 10.38 | | | 48.0 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.08 |
|  | | Морковь | | | |  | | | 20 | | | | 20 | | | | 0.26 | | | | 0.02 | | 1.68 | | | 68.0 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Горох | | | |  | | | 20 | | | | 20 | | | | 3.86 | | | | 0.44 | | 3.96 | | | 60.8 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Гренки | | | |  | | | 20 | | | | 20 | | | | 1.54 | | | | 0.6 | | 9.96 | | | 52.4 | 7.2 | | | 0.4 | 0.03 | | | | 0.02 | |  |
| **144** | | **Суфле рыбное,соус** | | | | **80** | | |  | | | |  | | | | **22.97** | | | | **12.3** | | **3.36** | | | **215.13** | **72.8** | | | **1.18** | **0.1** | | | | **0,22** | | **0.6** |
|  | | Рыба филе | | | |  | | | 100 | | | | 100 | | | | 21.0 | | | | 7.0 | |  | | | 147.0 | 39.6 | | | 0.45 | 0.06 | | | | 0.08 | |  |
|  | | Морковь | | | |  | | | 10 | | | | 10 | | | | 0.13 | | | | 0.01 | | 0.84 | | | 3.4 | 3.4 | | | 0.06 | 0.01 | | | | 0.01 | | 0.4 |
|  | | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.94 | | | 4.1 | 1.8 | | | 0.46 | 0.01 | | | | 0.01 | |  |
|  | | Яйцо | | | |  | | | 5.8 | | | | 5.8 | | | | 0.74 | | | | 0.67 | | 0.04 | | | 9.1 | 4.0 | | | 0.19 | 0.01 | | | | 0.06 | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 20 | | | | 20 | | | | 0.95 | | | | 1.07 | | 1.52 | | | 19.53 | 24.0 | | | 0.02 | 0.01 | | | | 0.06 | | 0.2 |
| **60** | | **Пюре картофельное** | | | | **150** | | |  | | | |  | | | | **4.07** | | | | **5.5** | | **29.13** | | | **180.85** | **48.4** | | | **1.38** | **0,11** | | | | **0.1** | | **11.8** |
|  | | Картофель | | | |  | | | 160 | | | | 160 | | | | 3.2 | | | | 0.64 | | 27.68 | | | 128.0 | 12.4 | | | 1.35 | 0.1 | | | | 0.05 | | 11.5 |
|  | | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 30 | | | | 30 | | | | 0.84 | | | | 0.96 | | 1.4 | | | 17.4 | 36.0 | | | 0.03 | 0.01 | | | | 0.05 | | 0.3 |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **122** | | **Компот из с\фруктов** | | | | **200** | | |  | | | |  | | | | **0.3** | | | | **5.4** | | **36.54** | | | **65.15** | **0.61** | | |  |  | | | |  | |  |
|  | | с\ф | | | |  | | | 10 | | | | 10 | | | | 0.3 | | | | 5.4 | | 21.64 | | | 8.3 | 0.61 | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 15 | | | | 15 | | | |  | | | |  | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | **40** | | |  | | | |  | | | | **3.08** | | | | **1.2** | | **19.92** | | | **104.8** | **10.0** | | | **0.92** | **0.04** | | | | **0.03** | |  |
|  | | Хлеб пшеничный | | | |  | | | 40 | | | | 40 | | | | 3.08 | | | | 1.2 | | 19.92 | | | 104.8 | 10.0 | | | 0.92 | 0.04 | | | | 0.03 | |  |
|  | | **Итого за обед** | | | |  | | |  | | | |  | | | | **42.16** | | | | **34.5** | | **121.41** | | | **917.91** | **184.11** | | | **5.23** | **0.35** | | | | **0.44** | | **27.42** |
|  | | **Полдник** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **81** | | **Омлет** | | | | **130** | | |  | | | |  | | | | **7.01** | | | | **10.15** | | **2.14** | | | **128.89** | **68.2** | | | **0,58** | **0,08** | | | | **0,39** | | **0,4** |
|  | | Яйцо | | | |  | | | 47 | | | | 47 | | | | 5.9 | | | | 5.4 | | 0.32 | | | 73.79 | 20.2 | | | 0.98 | 0.06 | | | | 0.32 | |  |
|  | | Молоко | | | |  | | | 50 | | | | 50 | | | | 1.1 | | | | 1.2 | | 1.8 | | | 23.2 | 48.0 | | |  | 0.02 | | | | 0.07 | | 0.4 |
|  | | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | **Печенье** | | | | **30** | | |  | | | |  | | | | **2.34** | | | | **2.43** | | **22.98** | | | **124.2** | **11.1** | | | **1.05** |  | | | |  | |  |
|  | | Печенье | | | |  | | | 30 | | | | 30 | | | | 2.34 | | | | 2.43 | | 22.98 | | | 124.2 | 11.1 | | | 1.05 |  | | | |  | |  |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **263** | | **Чай с сахаром** | | | | **200** | | |  | | | |  | | | |  | | | |  | | **11.9** | | | **45.48** |  | | |  |  | | | |  | |  |
|  | | Чай | | | |  | | | 0,6 | | | | 0,6 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 12 | | | | 12 | | | |  | | | |  | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за полдник** | | | |  | | |  | | | |  | | | | **9.35** | | | | **12.58** | | **37.02** | | | **298.57** | **79.3** | | | **1.63** | **0.08** | | | | **0.39** | | **0.4** |
|  | | **Итого за день** | | | |  | | |  | | | |  | | | | **67.32** | | | | **67.53** | | **242.35** | | | **1797.06** | **666.51** | | | **11.63** | **0.768** | | | | **1.468** | | **34.42** |
|  | | | | | | | | | | | | | | | | | | | | |  | |  | | | | | | | | | | | | | | |
| **9-й день** | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | |
| **№ технолог.карты** | | Наименование блюд и продуктов | | | | Выход (г) | | | Брутто (г) | | | | Нетто (г) | | | | **Питательные вещества** | | | | | | | | | | **Минеральные вещества, мг** | | | | **Витамины , мг** | | | | | | |
| **Белки (г)** | | | | **Жиры (г)** | | **Углеводы (г)** | | | **Энергетическая ценность (ккал)** | **Са** | | | **Fe** | **В 1** | | | | **В 2** | | **С** |
|  | | **Завтрак** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **173** | | **Каша «Дружба»** | | | | **200** | | |  | | | |  | | | | **7.36** | | | | **9.54** | | **31.9** | | | **242.95** | **197.6** | | | **0.6** | **0.19** | | | | **0.33** | | **1,5** |
|  | | Пшено | | | |  | | | 15 | | | | 15 | | | | 1.7 | | | | 0.49 | | 9.97 | | | 52.2 | 4.5 | | | 0.1 | 0.04 | | | | 0.01 | |  |
|  | | Молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | | Сахар | | | |  | | | 5 | | | | 5 | | | |  | | | |  | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | Греча | | | |  | | | 15 | | | | 15 | | | | 1.43 | | | | 0.35 | | 9.89 | | | 49.35 | 13.1 | | | 0.35 | 0.08 | | | | 0.04 | |  |
| **397** | | **Какао на молоке** | | | | **200** | | |  | | | |  | | | | **4,2** | | | | **4,8** | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1.5** |
|  | | Какао | | | |  | | | 2 | | | | 2 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 12 | | | | 12 | | | |  | | | |  | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
| **16** | | **Хлеб с маслом,сыром** | | | | **50\5\10** | | |  | | | |  | | | | **6.18** | | | | **8.3** | | **24.95** | | | **202.45** | **104.1** | | | **1.0** | **0,06** | | | | **0,1** | |  |
|  | | Хлеб пшеничный | | | |  | | | 50 | | | | 50 | | | | 3.85 | | | | 1.5 | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | | Сыр твердый | | | |  | | | 10 | | | | 10 | | | | 2.3 | | | | 2.9 | |  | | | 36.0 | 90.1 | | |  | 0.01 | | | | 0.07 | |  |
|  | | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **17.74** | | | | **22.64** | | **75.75** | | | **577.88** | **481.7** | | | **1.75** | **0.32** | | | | **0.71** | | **3.0** |
|  | | **Второй завтрак** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **153** | | **Фрукты** | | | | **100** | | |  | | | |  | | | | **0,5** | | | | **1,5** | | **21.0** | | | **69** | **0,6** | | | **8.0** | **0,04** | | | | **0,05** | | **10.0** |
|  | | Банан | | | |  | | | 120 | | | | 95 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **0,5** | | | | **1,5** | | **21.0** | | | **69.0** | **0.6** | | | **8.0** | **0.04** | | | | **0.05** | | **10.0** |
|  | | Обед | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **36** | | **Суп с вермишелью** | | | | **200** | | |  | | | |  | | | | **7.03** | | | | **7.26** | | **25.02** | | | **192.0** | **22.4** | | | **1.61** | **0,1** | | | | **0,07** | | **8.39** |
|  | | Мясо | | | |  | | | 20 | | | | 20 | | | | 3.75 | | | | 3.2 | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | | Картофель | | | |  | | | 80 | | | | 80 | | | | 1.8 | | | | 0.36 | | 15.57 | | | 72.0 | 7.2 | | | 0.81 | 0.06 | | | | 0.03 | | 6.75 |
|  | | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Морковь | | | |  | | | 20 | | | | 20 | | | | 0.26 | | | | 0.02 | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | | Вермишель | | | |  | | | 10 | | | | 10 | | | | 1.07 | | | | 0.13 | | 6.84 | | | 33.5 | 3.4 | | | 0.15 | 0.01 | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
| **608** | | **Голубцы ленивые в томатно-сметан.соусе** | | | | **250** | | |  | | | |  | | | | **19.81** | | | | **17.68** | | **29.43** | | | **357.2** | **107.25** | | | **4.59** | **0,14** | | | | **0,27** | | **49.76** |
|  | | Мясо | | | |  | | | 70 | | | | 70 | | | | 13.02 | | | | 11.2 | |  | | | 152.6 | 7.6 | | | 2.1 | 0.06 | | | | 0.09 | |  |
|  | | Капуста | | | |  | | | 200 | | | | 200 | | | | 3.6 | | | | 0.2 | | 9.4 | | | 54.0 | 76.0 | | | 1.8 | 0.1 | | | | 0.08 | | 48.0 |
|  | | Рис | | | |  | | | 20 | | | | 20 | | | | 1.4 | | | | 0.2 | | 14.28 | | | 66.0 | 5.8 | | | 0.26 | 0.1 | | | |  | |  |
|  | | Яйцо | | | |  | | | 5.8 | | | | 5.8 | | | | 0.74 | | | | 0.67 | | 0.04 | | | 9.1 | 4.0 | | | 0.19 | 0.01 | | | | 0.06 | |  |
|  | | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | | Морковь | | | |  | | | 10 | | | | 10 | | | | 0.13 | | | | 0.01 | | 0.84 | | | 3.4 | 3.4 | | | 0.06 | 0.01 | | | | 0.01 | | 0.4 |
|  | | Мука | | | |  | | | 5 | | | | 5 | | | | 0.53 | | | | 0.07 | | 3.39 | | | 16.55 | 1.45 | | | 0.1 | 0.01 | | | | 0.01 | |  |
|  | | Томатная паста | | | |  | | | 2 | | | | 2 | | | | 0.09 | | | |  | | 0.38 | | | 1.98 |  | | |  | 0.01 | | | | 0.01 | | 0.52 |
|  | | сметана | | | |  | | | 5 | | | | 5 | | | | 0.14 | | | | 1.0 | | 0.16 | | | 10.3 | 5.8 | | | 0.01 | 0.01 | | | |  | |  |
|  | | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | | Масло сливочное | | | |  | | | 3 | | | | 3 | | | | 0.02 | | | | 2.34 | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
| **126** | | **Компот из с\фруктов** | | | | **200** | | |  | | | |  | | | | **0,3** | | | | **5.4** | | **36.54** | | | **65.15** | **0.61** | | |  |  | | | |  | |  |
|  | | Сухофрукты | | | |  | | | 10 | | | | 10 | | | | 0.3 | | | | 5.4 | | 21.64 | | | 8.3 | 0.61 | | |  |  | | | |  | |  |
|  | | сахар | | | |  | | | 15 | | | | 15 | | | |  | | | |  | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | | **Хлеб** | | | | **60** | | |  | | | |  | | | | **4.62** | | | | **1.8** | | **29.8** | | | **157.2** | **12.0** | | | **1.08** | **0.06** | | | | **0.04** | |  |
|  | | Хлеб пшеничный | | | |  | | | 60 | | | | 60 | | | | 4.62 | | | | 1.8 | | 29.8 | | | 157.2 | 12.0 | | | 1.08 | 0.06 | | | | 0.04 | |  |
|  | | **Итого за обед** | | | |  | | |  | | | |  | | | | **31.76** | | | | **32.14** | | **120.79** | | | **771.55** | **142.26** | | | **7.28** | **0.3** | | | | **0.38** | | **58.15** |
|  | | **Полдник** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **110** | | **Салат овощной** | | | | **150** | | |  | | | |  | | | | **3.31** | | | | **5.38** | | **21.33** | | | **141.0** | **43.9** | | | **1.7** | **0.08** | | | | **0,07** | | **10.27** |
|  | | Картофель | | | |  | | | 60 | | | | 60 | | | | 1.2 | | | | 0.24 | | 10.38 | | | 48.0 | 4.0 | | | 0.45 | 0.02 | | | | 0.01 | | 3.75 |
|  | | Свекла | | | |  | | | 50 | | | | 50 | | | | 0.75 | | | | 0.05 | | 5.0 | | | 21.0 | 13.8 | | | 0.48 | 0.01 | | | | 0.01 | | 4.1 |
|  | | Морковь | | | |  | | | 50 | | | | 50 | | | | 0.65 | | | | 0.05 | | 4.2 | | | 17.0 | 14.8 | | | 0.31 | 0.03 | | | | 0.03 | | 1.8 |
|  | | Лук | | | |  | | | 5 | | | | 5 | | | | 0.07 | | | |  | | 0.45 | | | 2.05 | 1.6 | | | 0.03 | 0.01 | | | | 0.01 | | 0.42 |
|  | | Соленый огурец | | | |  | | | 20 | | | | 20 | | | |  | | | |  | |  | | |  | 6.4 | | | 0.32 |  | | | |  | |  |
|  | | Горошек зеленый | | | |  | | | 20 | | | | 20 | | | | 0.64 | | | | 0.04 | | 1.3 | | | 8.0 | 3.3 | | | 0.11 | 0.01 | | | | 0.01 | | 0.2 |
|  | | Масло растительное | | | |  | | | 5 | | | | 5 | | | |  | | | | 5.0 | |  | | | 44.95 |  | | |  |  | | | |  | |  |
| **263** | | **Вафля** | | | | **30** | | |  | | | |  | | | | **0.96** | | | | **0.84** | | **24.03** | | | **105.0** | **9.0** | | | **0,75** |  | | | |  | |  |
|  | | Вафля | | | |  | | | 30 | | | | 30 | | | | 0.96 | | | | 0.84 | | 24.03 | | | 105.0 | 9.0 | | | 0.75 |  | | | |  | |  |
|  | | **Чай с молоком** | | | | **200** | | |  | | | |  | | | | **1.68** | | | | **2.1** | | **38.18** | | | **74.5** | **41.0** | | |  | **0.01** | | | | **0.06** | | **0.3** |
| **147** | | Чай | | | |  | | | 0.2 | | | | 0.2 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | Сахар | | | |  | | | 10 | | | | 10 | | | |  | | | |  | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | | Молоко | | | |  | | | 60 | | | | 60 | | | | 1.68 | | | | 2.1 | | 28.2 | | | 36.6 | 41.0 | | |  | 0.01 | | | | 0.06 | | 0.3 |
|  | | **Итого за полдник** | | | |  | | |  | | | |  | | | | **5.95** | | | | **8.32** | | **83.54** | | | **320.5** | **93.9** | | | **2.45** | **0.09** | | | | **0.13** | | **10.57** |
|  | | **Итого за день** | | | |  | | |  | | | |  | | | | **55.95** | | | | **64.6** | | **301.0** | | | **1738.93** | **718.46** | | | **19.48** | **0.75** | | | | **1.27** | | **81.72** |
|  | |  | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **10-й день** | | | | | | | | | | | |
| **№ технолог.карты** | **Наименование блюд и продуктов** | | | | **Выход (г)** | | | **Брутто (г)** | | | | **Нетто (г)** | | | | **Пищевые вещества, мг** | | | | | | | | | | **Минеральные вещества , мг** | | | | **Витамины , мг** | | | | | | |
| **Белки (г)** | | | | **Жиры (г)** | | **Углеводы (г)** | | | **Энергетическая ценность** | **Са** | | | **Fe** | **В 1** | | | | **В 2** | | **С** |
|  | **Завтрак** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **96** | **Суп молочный с рисом** | | | | **200** | | |  | | | |  | | | | **5.28** | | | | **8.85** | | **22.75** | | | **190.9** | **184.9** | | | **0.34** | **0,07** | | | | **0,29** | | **1,5** |
|  | Рис | | | |  | | | 15 | | | | 15 | | | | 1.05 | | | | 0.15 | | 10.71 | | | 49.5 | 4.9 | | | 0.19 |  | | | | 0.01 | |  |
|  | Молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
|  | Сахар | | | |  | | | 5 | | | | 5 | | | |  | | | |  | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
| **397** | **Коф.нап.на молоке** | | | | **200** | | |  | | | |  | | | | **4.2** | | | | **4.8** | | **18.9** | | | **132.48** | **180.0** | | | **0,15** | **0,07** | | | | **0,28** | | **1,5** |
|  | Коф.напиток | | | |  | | | 2 | | | | 2 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | Сахар | | | |  | | | 12 | | | | 12 | | | |  | | | |  | | 11.9 | | | 45.48 |  | | |  |  | | | |  | |  |
|  | Молоко | | | |  | | | 150 | | | | 150 | | | | 4.2 | | | | 4.8 | | 7.0 | | | 87.0 | 180.0 | | | 0.15 | 0.07 | | | | 0.28 | | 1.5 |
| **16** | **Хлеб с маслом** | | | | **50\5** | | |  | | | |  | | | | **3.88** | | | | **5.4** | | **24.95** | | | **166.45** | **14.0** | | | **1.0** | **0,05** | | | | **0,03** | |  |
|  | Хлеб пшеничный | | | |  | | | 50 | | | | 50 | | | | 3.85 | | | | 1.5 | | 24.9 | | | 131.0 | 14.0 | | | 1.0 | 0.05 | | | | 0.03 | |  |
|  | Масло сливочное | | | |  | | | 5 | | | | 5 | | | | 0.03 | | | | 3.9 | | 0.05 | | | 35.45 |  | | |  |  | | | |  | |  |
|  | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **13.36** | | | | **19.05** | | **66.6** | | | **489.83** | **378.9** | | | **1.49** | **0.19** | | | | **0.6** | | **3.0** |
|  | **Второй завтрак** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **368** | **Фрукты** | | | | **100** | | |  | | | |  | | | | **0,4** | | | | **0,4** | | **9,8** | | | **44.0** | **16** | | | **2,2** | **0,03** | | | | **0,02** | | **10.0** |
|  | яблоко | | | |  | | | 114 | | | | 100 | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
|  | **Итого за завтрак** | | | |  | | |  | | | |  | | | | **0,4** | | | | **0,4** | | **9,8** | | | **44.0** | **16.0** | | | **2.2** | **0.03** | | | | **0.02** | | **10.0** |
|  | **Обед** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **21** | **Салат из моркови** | | | | **50** | | |  | | | |  | | | | **0,78** | | | | **2.05** | | **7.03** | | | **45.88** | **20.8** | | | **0,32** | **0,02** | | | | **0.02** | | **2.3** |
|  | Морковь | | | |  | | | 60 | | | | 50 | | | | 0.78 | | | | 0.06 | | 5.04 | | | 20.4 | 20.8 | | | 0.32 | 0.02 | | | | 0.02 | | 2.3 |
|  | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | Сахар | | | |  | | | 2 | | | | 2 | | | |  | | | |  | | 1.99 | | | 7.58 |  | | |  |  | | | |  | |  |
| **33** | **Суп овощной** | | | | **200** | | |  | | | |  | | | | **7.72** | | | | **8.82** | | **23.08** | | | **196.48** | **50.2** | | | **2.01** | **0.13** | | | | **0.09** | | **22.39** |
|  | Мясо | | | |  | | | 20 | | | | 20 | | | | 3.75 | | | | 3.2 | |  | | | 43.6 | 1.8 | | | 0.46 | 0.01 | | | | 0.02 | |  |
|  | Картофель | | | |  | | | 80 | | | | 80 | | | | 1.8 | | | | 0.36 | | 15.57 | | | 72.0 | 7.2 | | | 0.81 | 0.06 | | | | 0.03 | | 6.75 |
|  | Морковь | | | |  | | | 20 | | | | 20 | | | | 0.26 | | | | 0.02 | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | Зел.горошек | | | |  | | | 20 | | | | 20 | | | | 0.64 | | | | 0.04 | | 1.3 | | | 8.0 | 3.3 | | | 0.11 | 0.01 | | | | 0.01 | | 0.2 |
|  | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | Сметана | | | |  | | | 8 | | | | 8 | | | | 0.22 | | | | 1.6 | | 1.25 | | | 16.48 | 6.8 | | | 0.01 | 0.01 | | | |  | |  |
|  | Капуста | | | |  | | | 50 | | | | 50 | | | | 0.9 | | | | 0.05 | | 2.35 | | | 13.5 | 21.1 | | | 0.43 | 0.02 | | | | 0.01 | | 13.8 |
| **153** | **Суфле мясное, соус** | | | | **80** | | |  | | | |  | | | | **15.8** | | | | **16.71** | | **7.84** | | | **244.35** | **71.05** | | | **2.62** | **0,12** | | | | **0,25** | | **2.04** |
|  | Мясо | | | |  | | | 70 | | | | 70 | | | | 13.02 | | | | 11.2 | |  | | | 152.6 | 7.6 | | | 2.1 | 0.06 | | | | 0.09 | |  |
|  | Морковь | | | |  | | | 20 | | | | 20 | | | | 0.26 | | | | 0.02 | | 1.68 | | | 6.8 | 6.8 | | | 0.12 | 0.01 | | | | 0.01 | | 0.8 |
|  | Лук | | | |  | | | 10 | | | | 10 | | | | 0.14 | | | |  | | 0.91 | | | 4.1 | 3.2 | | | 0.07 | 0.01 | | | | 0.01 | | 0.84 |
|  | Яйцо | | | |  | | | 5.8 | | | | 5.8 | | | | 0.74 | | | | 0.67 | | 0.04 | | | 9.1 | 4.0 | | | 0.19 | 0.01 | | | | 0.06 | |  |
|  | Мука | | | |  | | | 5 | | | | 5 | | | | 0.53 | | | | 0.07 | | 3.39 | | | 16.55 | 1.45 | | | 0.1 | 0.01 | | | | 0.01 | |  |
|  | Молоко | | | |  | | | 40 | | | | 40 | | | | 1.1 | | | | 1.2 | | 1.8 | | | 23.2 | 48.0 | | | 0.04 | 0.02 | | | | 0.07 | | 0.4 |
|  | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | **Греча отварная** | | | | **150** | | |  | | | |  | | | | **4.3** | | | | **3.38** | | **29.69** | | | **169.32** | **19.2** | | | **0.53** | **0.12** | | | | **0.07** | |  |
|  | Греча | | | |  | | | 45 | | | | 45 | | | | 4.28 | | | | 1.04 | | 29.66 | | | 148.05 | 19.2 | | | 0.53 | 0.12 | | | | 0.07 | |  |
|  | Масло сливочное | | | |  | | | 3 | | | | 3 | | | | 0.02 | | | | 2.34 | | 0.03 | | | 21.27 |  | | |  |  | | | |  | |  |
| **126** | **Компот из с\фруктов** | | | | **200** | | |  | | | |  | | | | **5.4** | | | | **0.3** | | **36.54** | | | **65.15** | **0.61** | | |  |  | | | |  | |  |
|  | Сухофрукты | | | |  | | | 10 | | | | 10 | | | | 5.4 | | | | 0.3 | | 21.64 | | | 8.3 | 0.61 | | |  |  | | | |  | |  |
|  | сахар | | | |  | | | 15 | | | | 15 | | | |  | | | |  | | 14.9 | | | 56.85 |  | | |  |  | | | |  | |  |
| **147** | **Хлеб** | | | | **60** | | |  | | | |  | | | | **4,62** | | | | **1,8** | | **29,8** | | | **157.2** | **12.0** | | | **1.08** | **0.06** | | | | **0.04** | |  |
|  | Хлеб пшеничный | | | |  | | | 60 | | | | 60 | | | | 4.62 | | | | 1.8 | | 29.8 | | | 157.2 | 12.0 | | | 1.08 | 0.06 | | | | 0.04 | |  |
|  | **Итого за обед** | | | |  | | |  | | | |  | | | | **38.62** | | | | **33.06** | | **133.98** | | | **878.38** | **173.86** | | | **6.56** | **0.45** | | | | **0.47** | | **26.73** |
|  | **Полдник** | | | |  | | |  | | | |  | | | |  | | | |  | |  | | |  |  | | |  |  | | | |  | |  |
| **274** | **Пирожок с капустой** | | | | **80** | | |  | | | |  | | | | **6.73** | | | | **5.84** | | **35.89** | | | **224.25** | **62.7** | | | **1.45** | **0.2** | | | | **0,23** | | **14.05** |
|  | Капуста | | | |  | | | 50 | | | | 50 | | | | 0.9 | | | | 0.05 | | 2.35 | | | 13.5 | 21.1 | | | 0.43 | 0.02 | | | | 0.01 | | 13.8 |
|  | Сахар | | | |  | | | 5 | | | | 5 | | | |  | | | |  | | 4.99 | | | 18.95 |  | | |  |  | | | |  | |  |
|  | Масло сливочное | | | |  | | | 2 | | | | 2 | | | | 0.01 | | | | 1.56 | | 0.02 | | | 14.1 |  | | |  |  | | | |  | |  |
|  | Яйцо | | | |  | | | 5.8 | | | | 5.8 | | | | 0.74 | | | | 0.67 | | 0.04 | | | 9.1 | 4.0 | | | 0.19 | 0.01 | | | | 0.06 | |  |
|  | Масло растительное | | | |  | | | 2 | | | | 2 | | | |  | | | | 1.99 | |  | | | 17.9 |  | | |  |  | | | |  | |  |
|  | Мука | | | |  | | | 40 | | | | 40 | | | | 4.24 | | | | 0.52 | | 27.08 | | | 132.4 | 11.6 | | | 0.8 | 0.07 | | | | 0.05 | |  |
|  | Дрожжи | | | |  | | | 0.02 | | | | 0.02 | | | |  | | | |  | |  | | |  |  | | |  | 0.09 | | | | 0.04 | |  |
|  | Молоко | | | |  | | | 30 | | | | 30 | | | | 0.84 | | | | 1.05 | | 1.41 | | | 18.3 | 26.0 | | | 0.03 | 0.01 | | | | 0.07 | | 0.25 |
| **21** | **Кефир с сахаром** | | | | **200** | | |  | | | |  | | | | **5.6** | | | | **6.4** | | **18.18** | | | **149.9** |  | | |  |  | | | |  | |  |
|  | Кефир | | | |  | | | 200 | | | | 200 | | | | 5.6 | | | | 6.4 | | 8.2 | | | 112.0 |  | | |  |  | | | |  | |  |
|  | Сахар | | | |  | | | 10 | | | | 10 | | | |  | | | |  | | 9.98 | | | 37.9 |  | | |  |  | | | |  | |  |
|  | **Итого за полдник** | | | |  | | |  | | | |  | | | | **12.33** | | | | **12.24** | | **54.07** | | | **374.15** | **62.7** | | | **1.45** | **0.2** | | | | **0.23** | | **14.05** |
|  | **Итого за день** | | | |  | | |  | | | |  | | | | **64.71** | | | | **64.75** | | **264.45** | | | **1786.36** | **631.46** | | | **11.7** | **0.87** | | | | **1.32** | | **53.78** |