

Согласовано:

*Секретарь школы №1
Кирова О.И. Шибрисова*



“ 01 ” 10 2024г.

*Представитель
родительского
комитета Иванова Н.В.*

Утверждаю:

и.о. директора

МКУ “КП и СП”

Шуплецов В.В.



“ 16 ” 09 2024г.

МЕНЮ
для организованного питания
детей-инвалидов
с 12 лет и старше

| Прием пищи, наименование блюда | Вес блюда | Пищевые вещества | | | Энергетическая ценность | микроэлементы | | | | витамины | | № рецептуры |
|--------------------------------|---------------|------------------|--------------|---------------|-------------------------|----------------|----------------|---------------|--------------|-------------|--------------|-------------|
| | | белки | жиры | углеводы | | Na | K | Ca | Fe | B | C | |
| понедельник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша рисовая с маслом | 235/10 | 7,0 | 22,0 | 42,0 | 394,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 582 | 22,0 | 26,0 | 97,0 | 711,0 | 1022,0 | 379,0 | 583,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп карт.с рыбными консервами | 267,5 | 6,0 | 7,0 | 20,00 | 166,0 | 616,0 | 677,0 | 25,0 | 1,0 | 0,0 | 24,0 | 131/96 |
| котлета рубленая из птицы | 100 | 22,0 | 16,0 | 18,0 | 230,0 | 716,0 | 748,0 | 42,0 | 0,0 | 0,0 | 0,0 | 498/4 |
| рожки отварные | 180 | 4,0 | 7,0 | 46,0 | 274,0 | 1210,0 | 66,0 | 13,0 | 1,0 | 0,0 | 0,0 | 273/96 |
| напиток лимонный | 200 | 0,0 | 0,0 | 24,0 | 96,0 | 2,0 | 27,0 | 7,0 | 0,0 | 0,0 | 6,0 | 312.01 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 822,5 | 38,0 | 32,0 | 148,0 | 972,0 | 2778,0 | 1592,0 | 100,0 | 3,0 | 0,0 | 30,0 | |
| Всего | 1404,5 | 60,0 | 58,0 | 245,0 | 1683,0 | 3800,0 | 1971,0 | 683,0 | 5,0 | 0,0 | 31,0 | |
| вторник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,00 | 5,00 | 0,00 | 63,00 | 54,00 | 56,00 | 22,00 | 1,00 | 0,00 | 0,00 | 64/96 |
| каша ячневая с маслом | 250/10 | 13,00 | 16,00 | 50,00 | 345,00 | 458,00 | 296,00 | 197,00 | 1,00 | 0,00 | 0,00 | 257/96 |
| Какао на молоке | 200 | 4,0 | 4,0 | 26,0 | 141,0 | 51,0 | 214,0 | 123,0 | 1,0 | 0,0 | 1,0 | 693/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 575 | 30,00 | 27,00 | 116,00 | 755,00 | 797,0 | 640,0 | 355,0 | 4,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| борщ с капустой и картофелем | 250 | 2,00 | 4,00 | 13,00 | 98,00 | 600,00 | 330,00 | 44,00 | 1,00 | 0,00 | 20,00 | 110/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| биточек рубленый из свинины | 100 | 14,00 | 31,00 | 18,00 | 405,00 | 1281,00 | 71,00 | 47,00 | 2,00 | 0,00 | 0,00 | 416/96 |
| рис отварной | 180 | 16,0 | 7,0 | 37,0 | 267,0 | 392,00 | 528,00 | 78,00 | 4,00 | 0,00 | 0,00 | 465/96 |
| напиток из кураги | 200 | 1,00 | 0,00 | 28,00 | 116,00 | 3,0 | 265,0 | 25,0 | 1,0 | 0,0 | 1,0 | 651/96 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01 ттк |
| итого | 815 | 40,00 | 47,00 | 138,00 | 1125,00 | 2730,0 | 1371,0 | 227,0 | 10,0 | 0,0 | 21,0 | |
| Всего | 1390 | 70,00 | 74,00 | 254,00 | 1880,00 | 3527,00 | 2011,00 | 582,00 | 14,00 | 0,00 | 22,00 | |
| среда | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,0 | 14,0 | 14,0 | 143,0 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 34 |
| Каша пшенная с маслом | 250/10 | 9,0 | 13,0 | 47,0 | 319,0 | 456,0 | 292,0 | 170,0 | 2,0 | 0,0 | 0,0 | 627/96 |
| кофейный напиток | 200 | 3,0 | 2,0 | 23,0 | 114,0 | 25,0 | 74,0 | 60,0 | 0,0 | 0,0 | 1,0 | 692/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01 ттк |
| итого | 555 | 26,0 | 31,0 | 110,0 | 714,0 | 845,0 | 459,0 | 393,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп картофельный с бобовыми | 250 | 6,0 | 5,0 | 20,0 | 148,0 | 604,0 | 469,0 | 37,0 | 2,0 | 0,0 | 12,0 | 139/4 |
| шницель рубленый из говядины L | 100 | 15,0 | 17,0 | 19,0 | 294,0 | 707,0 | 298,0 | 49,0 | 2,0 | 5,0 | 1,0 | 283.33 |
| пюре картофельное по-домашнему | 180 | 4,0 | 7,0 | 23,0 | 180,0 | 809,0 | 1023,0 | 32,0 | 1,0 | 0,0 | 36,0 | 226.03 ттк |
| напиток из смеси сухофруктов | 200 | 3,0 | 0,0 | 26,0 | 171,0 | 0,0 | 1,0 | 0,0 | 0,0 | 0,0 | 0,0 | 588/96 |
| батон оздоровительный | 75 | 5,0 | 2,0 | 36,0 | 182,0 | 350,0 | 70,0 | 13,0 | 1,0 | 0,0 | 0,0 | 882.06 |
| итого | 805 | 33,0 | 31,0 | 124,0 | 975,0 | 2470,0 | 1861,0 | 131,0 | 6,0 | 5,0 | 48,0 | |
| Всего | 1360 | 59,0 | 62,0 | 234,0 | 1689,0 | 3315,0 | 2320,0 | 524,0 | 8,0 | 5,0 | 49,0 | |

| четверг | | | | | | | | | | | | |
|--|-------------|--------------|--------------|---------------|----------------|----------------|----------------|---------------|--------------|-------------|--------------|------------|
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 20 | 5,0 | 6,0 | 0,0 | 72,0 | 164,0 | 23,0 | 200,0 | 0,0 | 0,0 | 0,0 | 29/97 |
| каша манная с маслом | 250/10 | 11,0 | 12,0 | 40,0 | 302,0 | 455,0 | 245,0 | 171,0 | 1,0 | 0,0 | 0,0 | 262/96 |
| чай с молоком и сахаром | 200 | 2,0 | 2,0 | 30,0 | 86,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 685/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 555 | 24,00 | 22,00 | 110,00 | 666,00 | 879,0 | 440,0 | 449,0 | 3,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп крестьянский с рисом | 250 | 2,00 | 5,00 | 14,00 | 114,00 | 597,00 | 245,00 | 31,00 | 1,00 | 0,00 | 20,00 | 134/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629.00 |
| котлета рябушка | 100 | 22,00 | 10,00 | 18,00 | 262,00 | 733,00 | 88,00 | 46,00 | 1,00 | 0,00 | 1,00 | 526.06 |
| каша гречневая рассыпчатая | 180 | 7,00 | 12,00 | 34,00 | 266,00 | 700,00 | 204,00 | 20,00 | 4,00 | 0,00 | 0,00 | 465/96 |
| напиток яблочный | 200 | 2,0 | 0,0 | 27,0 | 111,0 | 7,00 | 70,00 | 4,00 | 1,00 | 0,00 | 4,00 | 190 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 40,00 | 32,00 | 135,00 | 992,00 | 2491,0 | 784,0 | 134,0 | 9,0 | 0,0 | 25,0 | |
| Всего | 1370 | 64,00 | 54,00 | 245,00 | 1658,00 | 3370,00 | 1224,00 | 583,00 | 12,00 | 0,00 | 26,00 | |
| пятница | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 64/96 |
| каша овсяная | 250 | 10,0 | 6,0 | 44,0 | 269,0 | 460,0 | 350,0 | 181,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 2,00 | 1,00 | 0,00 | 0,00 | 0,00 | 0,00 | 22/97 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 557 | 21,0 | 21,0 | 85,0 | 602,0 | 680,0 | 482,0 | 216,0 | 4,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| рассольник ленинградский с перловой крупой | 250 | 2,0 | 4,0 | 17,0 | 116,0 | 773,0 | 486,0 | 26,0 | 1,0 | 0,0 | 17,0 | 129/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629.00 |
| биточек рубленый из говядины | 100 | 17,00 | 16,00 | 18,00 | 280,00 | 664,0 | 72,0 | 642,0 | 0,0 | 0,0 | 3,0 | 451/4 |
| вермишель отварная | 180 | 6,00 | 6,00 | 43,00 | 253,00 | 126,00 | 77,00 | 24,00 | 1,00 | 0,00 | 0,00 | 273/96 |
| напиток из плодов шиповника | 200 | 0,0 | 0,0 | 20,0 | 96,0 | 0,0 | 27,0 | 7,0 | 0,0 | 0,0 | 0,0 | 311 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 32,0 | 31,0 | 140,0 | 984,0 | 2017,0 | 839,0 | 732,0 | 4,0 | 0,0 | 20,0 | |
| Всего | 1372 | 53,0 | 52,0 | 225,0 | 1586,0 | 2697,0 | 1321,0 | 948,0 | 8,0 | 0,0 | 20,0 | |
| суббота | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,00 | 12,00 | 0,00 | 144,00 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша дружба | 250 | 8,0 | 4,0 | 44,0 | 248,0 | 456,0 | 260,0 | 166,0 | 1,0 | 0,0 | 0,0 | 34/4 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 550 | 21,0 | 26,0 | 85,0 | 662,0 | 949,0 | 383,0 | 580,0 | 2,0 | 0,0 | 1,0 | |
| обед | | | | | | | | | | | | |
| суп из овощей | 250 | 2,0 | 4,0 | 11,0 | 97,0 | 629,0 | 367,0 | 30,0 | 1,0 | 0,0 | 21,0 | 132/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629.00 |
| котлета московская | 100 | 15,0 | 20,0 | 13,0 | 293,0 | 699,0 | 261,0 | 16,0 | 2,0 | 0,0 | 0,0 | 475/97 |
| пюре гороховое по-домашнему | 180 | 9,0 | 4,0 | 20,0 | 156,0 | 785,0 | 293,0 | 43,0 | 3,0 | 0,0 | 0,0 | 284.01 ттк |
| напиток апельсиновый | 200 | 0,0 | 0,0 | 26,0 | 100,0 | 3,0 | 44,0 | 8,0 | 0,0 | 0,0 | 13,0 | 312,0 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 815 | 32,0 | 32,0 | 110,0 | 868,0 | 2354,0 | 1051,0 | 119,0 | 7,0 | 0,0 | 34,0 | |
| Всего | 1365 | 53,0 | 58,0 | 195,0 | 1530,0 | 3303,0 | 1434,0 | 699,0 | 9,0 | 0,0 | 35,0 | |
| итого за 6 дней | | | | | 10026,0 | | | | | | | |
| среднее значение за период | | | | | 1671,0 | | | | | | | |

| Прием пищи, наименование блюда | Вес блюда | Пищевые вещества | | | Энергетическая ценность | микроэлементы | | | | витамины | | № рецептуры |
|--------------------------------|-------------|------------------|--------------|--------------|-------------------------|---------------|---------------|--------------|-------------|------------|-------------|-------------|
| | | белки | жиры | углеводы | | Na | K | Ca | Fe | B | C | |
| 2 неделя | | | | | | | | | | | | |
| понедельник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,00 | 14,00 | 14,00 | 143,00 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 30/97 |
| Каша пшеничная с маслом | 250/10 | 9,0 | 13,0 | 47,0 | 319,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| Какао на молоке | 200 | 4,00 | 4,00 | 26,00 | 141,00 | 51,0 | 214,0 | 123,0 | 1,0 | 0,0 | 1,0 | 693/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 555 | 27,0 | 33,0 | 113,0 | 741,0 | 874,0 | 541,0 | 451,0 | 1,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп картофельный с бобовыми | 250 | 6,0 | 5,0 | 20,0 | 148,0 | 604,0 | 469,0 | 37,0 | 2,0 | 0,0 | 12,0 | 139/4 |
| котлета домашняя | 100 | 14,0 | 19,0 | 12,0 | 247,0 | 695,0 | 254,0 | 16,0 | 2,0 | 0,0 | 0,0 | 476/97 |
| рис отварной | 180 | 16,00 | 7,00 | 37,00 | 267,00 | 392,0 | 528,0 | 78,0 | 4,0 | 0,0 | 0,0 | 465/96 |
| Компот из изюма | 200 | 0,0 | 0,0 | 28,0 | 109,0 | 24,00 | 32,00 | 16,00 | 0,00 | 0,00 | 0,00 | 702/97 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 805 | 42,0 | 33,0 | 137,0 | 977,0 | 1949,0 | 1357,0 | 160,0 | 9,0 | 0,0 | 12,0 | |
| Всего | 1360 | 69,0 | 66,0 | 250,0 | 1718,0 | 2823,0 | 1898,0 | 611,0 | 10,0 | 0,0 | 13,0 | |
| вторник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,00 | 46,00 | 400,00 | 0,00 | 0,00 | 1,00 | 23/97 |
| каша манная | 250 | 11,00 | 4,00 | 40,00 | 227,00 | 454,0 | 243,0 | 170,0 | 1,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,00 | 8,00 | 0,00 | 75,00 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 557 | 24,0 | 26,0 | 81,0 | 641,0 | 947,0 | 366,0 | 584,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| борщ с капустой и картофелем | 250 | 2,00 | 4,00 | 13,00 | 98,00 | 600,00 | 330,00 | 44,00 | 1,00 | 0,00 | 20,00 | 110/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| зразы ленивые | 100 | 10,00 | 16,00 | 17,00 | 252,00 | 661,00 | 129,00 | 45,00 | 1,00 | 0,00 | 4,00 | 300.04 |
| каша гречневая рассыпчатая | 180 | 7,0 | 12,0 | 34,0 | 266,0 | 700,0 | 204,0 | 20,0 | 4,0 | 0,0 | 0,0 | 297/4 |
| напиток апельсиновый | 200 | 0,0 | 0,0 | 26,0 | 100,0 | 3,0 | 44,0 | 8,0 | 0,0 | 0,0 | 13,0 | 312 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 28,0 | 37,00 | 238,0 | 955,0 | 2418,0 | 884,0 | 150,0 | 8,0 | 0,0 | 37,0 | |
| Всего | 1372 | 50,0 | 63,0 | 319,0 | 1596,0 | 3365,0 | 1250,0 | 734,0 | 10,0 | 0,0 | 38,0 | |
| среда | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 29/97 |
| каша пшеничная | 250 | 9,0 | 5,0 | 47,0 | 244,0 | 455,0 | 290,0 | 169,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.02 ттк |
| итого | 575 | 22,0 | 20,0 | 102,0 | 645,0 | 674,0 | 423,0 | 205,0 | 4,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| суп из овощей | 250 | 2,0 | 4,0 | 11,0 | 97,0 | 629,0 | 367,0 | 30,0 | 1,0 | 0,0 | 21,0 | 132/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| кнели студенческие из горбуши | 100 | 18,0 | 9,0 | 7,0 | 185,0 | 505,0 | 46,0 | 31,0 | 0,0 | 0,0 | 0,0 | 729.04 |
| пюре картофельное по-домашнему | 180 | 4,0 | 6,0 | 29,0 | 191,0 | 809,0 | 1023,0 | 32,0 | 1,0 | 0,0 | 36,0 | 226.03ттк |
| напиток из смеси сухофруктов | 200 | 3,0 | 0,0 | 26,0 | 171,0 | 0,0 | 1,0 | 0,0 | 0,0 | 0,0 | 0,0 | 588/96 |
| батон оздоровительный | 75 | 5,0 | 2,0 | 36,0 | 182,0 | 350,0 | 70,0 | 13,0 | 1,0 | 0,0 | 0,0 | 882.06 |
| итого | 815 | 32,0 | 23,0 | 109,0 | 842,0 | 2297,0 | 1519,0 | 115,0 | 3,0 | 0,0 | 57,0 | |
| Всего | 1390 | 54,0 | 43,0 | 211,0 | 1487,0 | 2971,0 | 1942,0 | 320,0 | 7,0 | 0,0 | 57,0 | |

| четверг | | | | | | | | | | | | |
|--|-------------|-------------|-------------|--------------|---------------|---------------|---------------|---------------|------------|------------|-------------|-----------|
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша рисовая с маслом | 250/10 | 7,0 | 12,0 | 42,0 | 304,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| чай с молоком и сахаром | 200 | 2,0 | 2,0 | 30,0 | 86,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 685/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,0 | 50,0 | 8,0 | 0,0 | 0,0 | 0,0 | 35.01 |
| итого | 550 | 22,0 | 28,0 | 98,0 | 672,0 | 976,0 | 428,0 | 638,0 | 1,0 | 0,0 | 2,0 | |
| Обед | | | | | | | | | | | | |
| щи из свежей капусты и картофеля | 250 | 2,0 | 5,0 | 9,0 | 91,0 | 600,0 | 315,0 | 51,0 | 1,0 | 0,0 | 30,0 | 120/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| биточек рубленый из птицы | 100 | 19,0 | 10,0 | 18,0 | 234,0 | 788,0 | 311,0 | 54,0 | 2,0 | 0,0 | 0,0 | 498/4 |
| рожики отварные | 180 | 4,0 | 7,0 | 46,0 | 274,0 | 1210,0 | 66,0 | 13,0 | 1,0 | 0,0 | 0,0 | 273/96 |
| напиток из кураги | 200 | 1,0 | 0,0 | 28,0 | 116,0 | 3,0 | 265,0 | 25,0 | 1,0 | 0,0 | 1,0 | 651/96 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 33,0 | 27,0 | 143,0 | 954,0 | 3055,0 | 1134,0 | 176,0 | 7,0 | 0,0 | 31,0 | |
| Всего | 1365 | 55,0 | 55,0 | 241,0 | 1626,0 | 4031,0 | 1562,0 | 814,0 | 8,0 | 0,0 | 33,0 | |
| пятница | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 64/96 |
| каша овсяная с маслом | 250/10 | 10,0 | 14,0 | 44,0 | 344,0 | 461,0 | 352,0 | 182,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| кофейный напиток | 200 | 3,0 | 2,0 | 23,0 | 114,0 | 25,0 | 74,0 | 60,0 | 0,0 | 0,0 | 1,0 | 692/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 575 | 26,0 | 23,0 | 107,0 | 727,0 | 774,0 | 556,0 | 277,0 | 4,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| рассольник ленинградский с перловой крупой | 250 | 2,0 | 4,0 | 17,0 | 116,0 | 773,0 | 486,0 | 26,0 | 1,0 | 0,0 | 17,0 | 129/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| котлета московская (К) | 100 | 16,00 | 19,00 | 13,00 | 283,00 | 707,00 | 211,00 | 20,00 | 1,00 | 0,00 | 1,00 | 379,23 |
| рис припущенный | 180 | 2,00 | 11,00 | 25,00 | 209,00 | 2,0 | 31,0 | 1,0 | 0,0 | 0,0 | 0,0 | 4,85 |
| напиток из плодов шиповника | 200 | 0,0 | 0,0 | 20,0 | 96,0 | 0,0 | 27,0 | 7,0 | 0,0 | 0,0 | 0,0 | 773/ттк |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 27,0 | 39,0 | 117,0 | 943,0 | 1936,0 | 932,0 | 87,0 | 4,0 | 0,0 | 18,0 | |
| Всего | 1390 | 53,0 | 62,0 | 224,0 | 1670,0 | 2710,0 | 1488,0 | 364,0 | 8,0 | 0,0 | 19,0 | |
| суббота | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,0 | 14,0 | 14,0 | 143,0 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 3/4 |
| каша манная с маслом | 250/10 | 11,0 | 12,0 | 40,0 | 302,0 | 455,0 | 245,0 | 171,0 | 1,0 | 0,0 | 0,0 | 262/96 |
| чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 555 | 25,0 | 28,0 | 95,0 | 640,0 | 820,0 | 363,0 | 339,0 | 2,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| суп карт.с макаронными изделиями (вермишель) | 250 | 3,0 | 3,0 | 21,0 | 124,0 | 606,0 | 476,0 | 23,0 | 1,0 | 0,0 | 17,0 | 140/4 |
| шницель рубленый из говядины | 100 | 13,0 | 16,0 | 18,0 | 290,0 | 498,0 | 72,0 | 642,0 | 0,0 | 0,0 | 3,0 | 451/4 |
| каша гречневая рассыпчатая | 180 | 7,0 | 12,0 | 34,0 | 266,0 | 700,0 | 204,0 | 20,0 | 4,0 | 0,0 | 0,0 | 297/4 |
| напиток яблочный | 200 | 2,0 | 0,0 | 27,0 | 111,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 190ттк |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 805 | 31,0 | 33,0 | 140,0 | 997,0 | 2064,0 | 924,0 | 763,0 | 7,0 | 0,0 | 21,0 | |
| Всего | 1360 | 56,0 | 61,0 | 235,0 | 1637,0 | 2884,0 | 1287,0 | 1102,0 | 9,0 | 0,0 | 21,0 | |
| итого за 6 дней | | | | | 9734,0 | | | | | | | |
| среднее значение за период | | | | | 1622,3 | | | | | | | |

Примечание:

Для приготовления блюд используются:

- соль йодированная

- рекицен "РД"

При составлении меню использована нормативная документация: сборники рецептов 1996г, 1997г, 2004г, ТТК.

В примерном меню допускается замена продуктов, блюд и кулинарных изделий на другие при условии их соответствия по пищевой ценности и в соответствии с таблицей замены пищевых продуктов.

главный технолог *Исупова Л.И.* Исупова Л.И.