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| Утверждаю:  Директор МБОУ «н/ш-д/с «Вишенка» с. Старица | | | | | | | | | | | | | | | | | | | | | | | |
| \_\_\_\_\_\_\_\_\_\_\_Бачевская Е.В.  «\_\_\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_2023г | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | |
| **Примерное меню рационального питания для обучающихся с ограниченными возможностями здоровья МБОУ "н/ш-д/с «Вишенка» " с.Старица**  Составлено по сборнику рецептур на продукцию для обучающихся во всех образовательных учреждениях.  Разработчики ТутельянВ.А.,Могильный М.П. 2008 - 2011гг.Сборник методических рекомендаций по организации питания  детей и подростков в учреждениях образования Санкт-Петербурга. - СПб.: Речь, 2008. - 800 с.  Возрастная категория для детей 7 - 11 лет  Сезон осенне - зимний  Режим питания :пн-пт– завтрак с 08.45 до 10.45 | | | | | | | | | | | | | | | | | | | | | | | |
|
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КАША МАННАЯ ЖИДКАЯ | 200 | 5.9 | | 8.0 | 26.7 | 239.1 | 0.08 | 1.29 | 0.05 | 0.65 | 0.00 | | 0.00 | 136.75 | 19.35 | 113.53 | 1.29 | 0.00 | 0.00 | 0.00 | 0.00 | 189 | 2008 |
| БУТЕРБРОДЫ ГОРЯЧИЕ С СЫРОМ (БАТОН) | 30 | 3.5 | | 6.0 | 10.3 | 110.2 | 0.02 | 0.06 | 0.05 | 0.11 | 0.05 | | 0.04 | 80.73 | 5.65 | 57.04 | 0.30 | 26.60 | 0.00 | 0.00 | 0.00 | 7 | 2011 |
| КАКАО С МОЛОКОМ | 200 | 3.8 | | 3.0 | 14.4 | 96.1 | 0.03 | 0.52 | 0.02 | 0.00 | 0.00 | | 0.12 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 382 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **550** | **15.1** | | **17.5** | **71.3** | **540.0** | **0.19** | **11.92** | **0.13** | **1.78** | **0.05** | | **0.19** | **238.1** | **39.6** | **198.4** | **4.2** | **331.8** | **2.01** | **0.01** | **0.00** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 20 | 2.5 | | 1.3 | 9.4 | 80.5 | 0.02 | 0.01 | 0.02 | 0.07 | 0.04 | | 0.03 | 11.64 | 3.22 | 23.80 | 0.19 | 25.78 | 0.54 | 0.00 | 0.00 | ПР |  |
| СОК ЯБЛОЧНЫЙ | 180 | 0.9 | | 0.18 | 18.1 | 77.4 | 0.02 | 3.6 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.6 | 7.2 | 12.6 | 2.5 | 216 | 1.8 | 0.00 | 0.00 | 389 | 2011 |
| **Итого за прием пищи:** | **200** | **3.4** | | **1.48** | **27.5** | **158.4** | **0.04** | **3.61** | **0.02** | **0.07** | **0.04** | | **0.05** | **24.2** | **10.22** | **36.4** | **2.69** | **241.8** | **2.34** | **0.00** | **0.00** |  |  |
| **Всего за день:** | | **18.5** | | **19.0** | **98.8** | **698.4** | **0.23** | **15.53** | **0.15** | **1.85** | **0.09** | | **0.24** | **262.3** | **49.8** | **234.8** | **6.7** | **573.6** | **3.35** | **0.01** | **0.00** |  |  |
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| **2 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КОТЛЕТЫ РУБЛЕНЫЕ ИЗ ПТИЦЫ С СОУСОМ ТОМАТНЫМ | 120 | 16.7 | | 12.8 | 15.3 | 201.2 | 0.09 | 14.38 | 0.13 | 3.24 | 0.00 | | 0.00 | 73.73 | 34.16 | 147.46 | 1.80 | 0.00 | 0.00 | 0.00 | 0.00 | 314 | 2008 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 202 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2.3 | | 0.2 | 15.1 | 71.1 | 0.05 | 0.00 | 0.00 | 0.59 | 0.00 | | 0.02 | 6.90 | 9.90 | 25.20 | 0.60 | 38.70 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **500** | **25.4** | | **19.5** | **82.5** | **540.3** | **0.24** | **15.05** | **0.19** | **4.73** | **0.08** | | **0.09** | **131.50** | **78.10** | **248.10** | **4.84** | **209.30** | **0.40** | **0.01** | **0.01** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| ЧАЙ С ЛИМОНОМ | 180 | 0.3 | | 0.0 | 13.8 | 57.3 | 0.00 | 0.75 | 0.00 | 0.00 | 0.00 | | 0.02 | 21.12 | 9.22 | 11.98 | 1.15 | 45.56 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| **Итого за прием пищи:** | **210** | **4.1** | | **2.0** | **27.8** | **159.6** | **0.04** | **0.77** | **0.02** | **0.10** | **0.07** | | **0.07** | **38.57** | **14.06** | **47.67** | **1.44** | **84.23** | **0.82** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **29.5** | | **21.5** | **110.4** | **725.5** | **0.28** | **15.82** | **0.21** | **4.83** | **0.15** | | **0.16** | **170.07** | **92.16** | **295.77** | **6.28** | **293.53** | **1.22** | **0.02** | **0.02** |  |  |
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| **3 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАПЕКАНКА ИЗ ТВОРОГА С ЯБЛОКАМИ (С МОЛОКОМ СГУЩЕННЫМ) | 180 | 26.6 | | 13.6 | 24.2 | 332.0 | 0.08 | 0.00 | 0.00 | 0.80 | 0.00 | | 0.00 | 230.00 | 36.00 | 320.00 | 1.20 | 0.00 | 0.00 | 0.00 | 0.00 | 224 | 2008 |
| ЯЙЦА ВАРЕНЫЕ | 40 | 5.1 | | 4.6 | 0.3 | 63.0 | 0.03 | 0.00 | 0.10 | 0.20 | 0.00 | | 0.00 | 22.00 | 5.00 | 77.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 209 | 2011 |
| КОФЕЙНЫЙ НАПИТОК | 200 | 1.5 | | 1.3 | 22.4 | 107.0 | 0.02 | 1.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 61.00 | 7.00 | 45.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 432 | 2008 |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 1.2 | | 0.26 | 10.7 | 56.76 | 0.05 | 79.2 | 0.01 | 0.29 | 0.00 | | 0.04 | 44.88 | 17.2 | 30.36 | 0.40 | 260 | 2.64 | 0.03 | 0.00 | 338 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **540** | **35.9** | | **19.9** | **67.6** | **606.2** | **0.21** | **80.2** | **0.12** | **1.68** | **0.00** | | **0.05** | **362.4** | **71.8** | **489** | **4.0** | **285.8** | **2.64** | **0.03** | **0.00** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| МОЛОКО КИПЯЧЕНОЕ | 180 | 5.5 | | 4.8 | 9.1 | 102.6 | 0.08 | 2.47 | 0.05 | 0.00 | 0.00 | | 0.28 | 227.88 | 26.59 | 170.91 | 0.19 | 277.25 | 17.09 | 0.00 | 0.00 | 385 | 2011 |
| **Итого за прием пищи:** | **210** | **9.3** | | **6.7** | **23.2** | **204.8** | **0.12** | **2.49** | **0.07** | **0.10** | **0.07** | | **0.33** | **245.33** | **31.43** | **206.60** | **0.48** | **315.92** | **17.91** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **47.2** | | **17.3** | **107.7** | **799.0** | **0.30** | **13.79** | **0.13** | **3.27** | **0.18** | | **0.76** | **578.56** | **98.91** | **595.21** | **5.31** | **964.19** | **23.54** | **0.06** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **4 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| РЫБА, ТУШЕННАЯ В ТОМАТЕ С ОВОЩАМИ | 90 | 9.1 | | 4.9 | 2.9 | 92.5 | 0.07 | 1.43 | 0.52 | 2.23 | 0.00 | | 0.07 | 35.23 | 38.24 | 138.05 | 0.77 | 318.89 | 84.40 | 0.36 | 0.01 | 229 | 2011 |
| ПЮРЕ КАРТОФЕЛЬНОЕ/КАРТОФЕЛЬ ОТВАРНОЙ | 150 | 3.2 | | 5.2 | 21.4 | 245.7 | 0.12 | 10.38 | 0.04 | 0.25 | 0.08 | | 0.11 | 35.04 | 29.07 | 83.95 | 1.18 | 762.10 | 8.44 | 0.04 | 0.00 | 128 | 2011 |
| ЧАЙ С ЛИМОНОМ | 200 | 0.4 | | 0.0 | 15.4 | 63.7 | 0.00 | 0.84 | 0.00 | 0.00 | 0.00 | | 0.02 | 23.62 | 10.37 | 13.56 | 1.30 | 51.47 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ЙОГУРТ | 135 | 3.8 | | 3.4 | 6.1 | 76.3 | 0.04 | 0.95 | 0.03 | 0.00 | 0.00 | | 0.23 | 162.00 | 18.90 | 128.25 | 0.00 | 197.10 | 0.00 | 0.03 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **595** | **17.9** | | **13.6** | **55.7** | **525.5** | **0.26** | **13.60** | **0.59** | **2.87** | **0.08** | | **0.44** | **260.49** | **103.18** | **380.61** | **3.65** | **1 355.3** | **92.84** | **0.43** | **0.01** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| ЧАЙ С САХАРОМ | 180 | 0.2 | | 0.1 | 16.2 | 74.8 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 5.40 | 4.32 | 8.64 | 1.08 | 0.00 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| **Итого за прием пищи:** | **280** | **0.6** | | **0.5** | **26.1** | **122.0** | **0.03** | **10.05** | **0.01** | **0.63** | **0.00** | | **0.02** | **21.48** | **12.36** | **19.70** | **3.29** | **279.39** | **2.01** | **0.01** | **0.00** |  |  |
| **Всего за день:** | | **18.5** | | **14.1** | **81.8** | **647.3** | **0.29** | **24.1** | **0.60** | **3.50** | **0.08** | | **0.46** | **281.97** | **115.54** | **400.31** | **6.94** | **1 634.7** | **94.85** | **0.44** | **0.01** |  |  |
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| **5 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ, ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 60 | 0,48 | | 0.06 | 1.51 | 8.44 | 0.02 | 6.03 | 0.01 | 0.06 | 0.00 | | 0.02 | 13.87 | 8.44 | 25.3 | 0.60 | 85.02 | 1.81 | 0.01 | 0.00 | 71 | 2011 |
| ПЛОВ ИЗ ОТВАРНОЙ ГОВЯДИНЫ | 150 | 18.6 | | 18.2 | 37.9 | 389.1 | 0.06 | 0.36 | 0.16 | 2.86 | 0.00 | | 0.11 | 15.10 | 41.06 | 200.24 | 2.36 | 345.18 | 7.21 | 0.07 | 0.01 | 244 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| СОК ФРУКТОВЫЙ ( ИНД.УПАК.) | 200 | 1.0 | | 0.2 | 19.6 | 83.4 | 0.02 | 1.60 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.60 | 7.20 | 12.60 | 2.52 | 240.00 | 2.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **630** | **21.9** | | **18.5** | **84.2** | **590.4** | **0.13** | **8.06** | **0.17** | **3.31** | **0.00** | | **0.17** | **62.3** | **71.87** | **267.6** | **7.1** | **752.5** | **11.02** | **0.01** | **0.01** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| СНЕЖОК | 180 | 5.4 | | 0.2 | 7.2 | 55.8 | 0.07 | 1.80 | 0.00 | 0.00 | 0.00 | | 0.00 | 226.80 | 27.00 | 176.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 401 | 2011 |
| **Итого за прием пищи:** | **210** | **9.2** | | **2.2** | **21.2** | **158.1** | **0.11** | **1.82** | **0.02** | **0.10** | **0.07** | | **0.05** | **244.25** | **31.84** | **212.09** | **0.29** | **38.67** | **0.82** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **31.1** | | **20.7** | **105.4** | **748.5** | **0.26** | **9.88** | **0.19** | **3.41** | **0.07** | | **0.23** | **306.6** | **103.7** | **484.0** | **7.4** | **791.2** | **11.84** | **0.02** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **6 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| КАША "ДРУЖБА" | 200 | 4.6 | | 8.3 | 24.4 | 191.4 | 0.07 | 0.52 | 0.04 | 0.44 | 0.09 | | 0.12 | 111.38 | 24.13 | 107.72 | 0.46 | 178.52 | 9.59 | 0.01 | 0.00 | 190 | 2008 |
| БУТЕРБРОД С МАСЛОМ (БАТОН) | 30 | 1.6 | | 8.8 | 10.4 | 127.2 | 0.02 | 0.00 | 0.07 | 0.22 | 0.15 | | 0.02 | 5.00 | 2.60 | 14.90 | 0.22 | 19.90 | 0.00 | 0.00 | 0.00 | 1 | 2008 |
| КАКАО С МОЛОКОМ | 200 | 3.8 | | 3.0 | 24.4 | 141.0 | 0.03 | 0.52 | 0.02 | 0.00 | 0.00 | | 0.12 | 111.43 | 27.49 | 95.58 | 0.87 | 207.29 | 9.00 | 0.00 | 0.00 | 382 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **550** | **12.0** | | **20.6** | **79.1** | **554.2** | **0.18** | **11.09** | **0.14** | **1.68** | **0.24** | | **0.29** | **248.5** | **68.76** | **246.06** | **4.16** | **711.0** | **20.6** | **0.02** | **0.00** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| ЧАЙ С САХАРОМ | 180 | 0.3 | | 0.0 | 13.7 | 55.9 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 | | 0.02 | 14.40 | 7.60 | 11.12 | 1.11 | 38.16 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| **Итого за прием пищи:** | **210** | **4.1** | | **2.0** | **27.7** | **158.1** | **0.04** | **0.08** | **0.02** | **0.10** | **0.07** | | **0.07** | **31.85** | **12.44** | **46.81** | **1.40** | **76.83** | **0.82** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **16.7** | | **22.3** | **107.6** | **717.1** | **0.21** | **55.23** | **0.17** | **1.56** | **0.22** | | **0.25** | **321.15** | **90.36** | **331.29** | **4.45** | **504.95** | **11.60** | **0.03** | **0.01** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **7 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОМЛЕТ С СЫРОМ | 150 | 17.2 | | 29.7 | 2.5 | 347.3 | 0.07 | 0.24 | 0.38 | 2.37 | 2.41 | | 0.47 | 219.97 | 19.74 | 270.08 | 2.42 | 210.23 | 23.08 | 0.06 | 0.03 | 211 | 2011 |
| ЙОГУРТ | 135 | 3.8 | | 3.4 | 6.1 | 76.3 | 0.04 | 0.95 | 0.03 | 0.00 | 0.00 | | 0.23 | 162.00 | 18.90 | 128.25 | 0.00 | 197.10 | 0.00 | 0.03 | 0.00 | ПР |  |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **505** | **22.9** | | **33.2** | **33.9** | **533.0** | **0.14** | **1.26** | **0.41** | **2.76** | **2.41** | | **0.73** | **402.72** | **53.81** | **427.74** | **4.07** | **476.36** | **23.08** | **0.09** | **0.03** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| СОК ФРУКТОВЫЙ ИЛИ ЯГОДНЫЙ | 180 | 0.9 | | 0.2 | 18.2 | 77.4 | 0.02 | 3.60 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.60 | 7.20 | 12.60 | 2.52 | 216.00 | 1.80 | 0.00 | 0.00 | 389 | 2011 |
| **Итого за прием пищи:** | **210** | **4.7** | | **2.2** | **32.2** | **179.7** | **0.06** | **3.62** | **0.02** | **0.10** | **0.07** | | **0.07** | **30.05** | **12.04** | **48.29** | **2.81** | **254.67** | **2.62** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **27.6** | | **35.3** | **66.1** | **712.7** | **0.20** | **4.88** | **0.43** | **2.86** | **2.48** | | **0.80** | **432.77** | **65.85** | **476.03** | **6.88** | **731.03** | **25.70** | **0.10** | **0.04** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **8 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| РЫБА, ЗАПЕЧЕННАЯ С СОУСОМ СМЕТАННЫМ | 120 | 26.9 | | 16.0 | 4.4 | 170.2 | 0.02 | 0.02 | 0.02 | 1.89 | 0.00 | | 0.01 | 19.25 | 2.65 | 13.92 | 0.10 | 27.55 | 1.77 | 0.00 | 0.00 | 232 | 2011 |
| КАША РАССЫПЧАТАЯ С ОВОЩАМИ (ГРЕЧНЕВАЯ) | 150 | 8.8 | | 5.4 | 40.2 | 244.3 | 0.24 | 0.95 | 0.37 | 4.77 | 0.06 | | 0.13 | 24.92 | 130.85 | 200.26 | 4.61 | 321.39 | 3.58 | 0.03 | 0.00 | 166 | 2011 |
| ЧАЙ С ЛИМОНОМ | 200 | 0.4 | | 0.0 | 15.4 | 63.7 | 0.00 | 0.84 | 0.00 | 0.00 | 0.00 | | 0.02 | 23.62 | 10.37 | 13.56 | 1.30 | 51.47 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 1.2 | | 0.26 | 10.7 | 56.76 | 0.05 | 79.2 | 0.01 | 0.29 | 0.00 | | 0.04 | 44.88 | 17.2 | 30.36 | 0.40 | 260 | 2.64 | 0.03 | 0.00 | 338 | 2011 |
| **Итого за прием пищи:** | **590** | **38.8** | | **21.76** | **80.7** | **582.3** | **0.34** | **81.01** | **0.40** | **7.34** | **0.06** | | **0.20** | **116.48** | **169.8** | **290.04** | **6.81** | **709.0** | **9.5** | **0.06** | **0.00** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 30 | 3.8 | | 2.0 | 14.0 | 102.3 | 0.04 | 0.02 | 0.02 | 0.10 | 0.07 | | 0.05 | 17.45 | 4.84 | 35.69 | 0.29 | 38.67 | 0.82 | 0.01 | 0.01 | ПР |  |
| РЯЖЕНКА | 180 | 5.4 | | 1.8 | 7.6 | 72.0 | 0.04 | 0.90 | 0.00 | 0.00 | 0.00 | | 0.00 | 223.20 | 25.20 | 165.60 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 435 | 2008 |
| **Итого за прием пищи:** | **210** | **9.2** | | **3.8** | **21.6** | **174.3** | **0.08** | **0.92** | **0.02** | **0.10** | **0.07** | | **0.05** | **240.65** | **30.04** | **201.29** | **0.29** | **38.67** | **0.82** | **0.01** | **0.01** |  |  |
| **Всего за день:** | | **34.5** | | **12.0** | **100.3** | **670.8** | **0.46** | **13.61** | **0.43** | **6.22** | **0.21** | | **0.34** | **357.13** | **231.62** | **647.33** | **9.72** | **1 118.3** | **135.27** | **0.59** | **0.02** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **9 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ПУДИНГ ИЗ ТВОРОГА С ДЖЕМОМ | 180 | 24.5 | | 16.8 | 40.7 | 323.6 | 0.04 | 5.10 | 0.07 | 1.96 | 0.09 | | 0.28 | 206.48 | 30.87 | 254.85 | 0.78 | 220.07 | 1.88 | 0.03 | 0.03 | 224 | 2008 |
| КОФЕЙНЫЙ НАПИТОК | 200 | 1.5 | | 1.3 | 22.4 | 107.0 | 0.02 | 1.00 | 0.01 | 0.00 | 0.00 | | 0.00 | 61.00 | 7.00 | 45.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 432 | 2008 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| СОК ФРУКТОВЫЙ (ИНД.УПАК.) | 200 | 1.0 | | 0.2 | 19.6 | 83.4 | 0.02 | 1.60 | 0.00 | 0.00 | 0.00 | | 0.02 | 12.60 | 7.20 | 12.60 | 2.52 | 240.00 | 2.00 | 0.00 | 0.00 | ПР | 2011 |
| **Итого за прием пищи:** | **600** | **28.5** | | **18.4** | **92.7** | **561.4** | **0.11** | **7.7** | **0.08** | **2.35** | **0.09** | | **0.31** | **284.7** | **51.7** | **329.3** | **4.7** | **485.9** | **3.88** | **0.03** | **0.03** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| ФРУКТ (ЯБЛОКО, БАНАН, АПЕЛЬСИН ИЛИ МАНДАРИН) | 100 | 0.4 | | 0.4 | 9.9 | 47.2 | 0.03 | 10.05 | 0.01 | 0.63 | 0.00 | | 0.02 | 16.08 | 8.04 | 11.06 | 2.21 | 279.39 | 2.01 | 0.01 | 0.00 | 338 | 2011 |
| ЧАЙ С ЛИМОНОМ | 180 | 0.3 | | 0.0 | 13.8 | 57.3 | 0.00 | 0.75 | 0.00 | 0.00 | 0.00 | | 0.02 | 21.12 | 9.22 | 11.98 | 1.15 | 45.56 | 0.00 | 0.00 | 0.00 | 377 | 2011 |
| **Итого за прием пищи:** | **280** | **0.7** | | **0.4** | **23.7** | **104.5** | **0.03** | **10.75** | **0.01** | **0.63** | **0.00** | | **0.04** | **37.20** | **17.26** | **23.04** | **3.36** | **324.95** | **2.01** | **0.01** | **0.00** |  |  |
| **Всего за день:** | | **29.2** | | **18.8** | **116.4** | **665.9** | **0.14** | **18.45** | **0.09** | **2.98** | **0.09** | | **0.35** | **321.9** | **68.96** | **352.3** | **8.06** | **810.8** | **5.9** | **0.04** | **0.03** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **10 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Прием пищи, наименование блюда** | **Масса** **порции** | **Пищевые вещества** | | | | **Энергети-** **ческая** **ценность,** **ккал** | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | | | **№** **рецеп-** **туры** | **Сборник** **рецептур** |
| **Белки, г** | | **Жиры, г** | **Углевод** **ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Д, мкг** | | **В2, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** | **К, мг** | **I, мкг** | **F, мг** | **Se, мг** |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | |
| ОВОЩИ СВЕЖИЕ В НАРЕЗКЕ (ОГУРЕЦ, ПОМИДОР ИЛИ СЛАДКИЙ ПЕРЕЦ) | 60 | 0.7 | | 0.1 | 2.3 | 14.4 | 0.04 | 15.00 | 0.10 | 0.23 | 0.00 | | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 71 | 2011 |
| КОТЛЕТЫ ИЛИ БИТОЧКИ С СОУСОМ ТОМАТНЫМ | 120 | 20.3 | | 19.8 | 8.4 | 232.2 | 0.07 | 0.00 | 0.00 | 2.03 | 0.00 | | 0.12 | 12.69 | 24.84 | 181.00 | 2.76 | 368.41 | 7.52 | 0.06 | 0.00 | 268 | 2011 |
| МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | 150 | 5.7 | | 4.8 | 34.9 | 205.9 | 0.10 | 0.00 | 0.02 | 0.11 | 0.08 | | 0.04 | 30.88 | 22.97 | 58.61 | 1.08 | 94.88 | 0.00 | 0.01 | 0.01 | 202 | 2011 |
| ЧАЙ С САХАРОМ | 200 | 0.3 | | 0.0 | 15.2 | 62.1 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 | | 0.02 | 16.15 | 8.57 | 12.61 | 1.25 | 43.23 | 0.00 | 0.00 | 0.00 | 376 | 2011 |
| ХЛЕБ ПШЕНИЧНЫЙ | 20 | 1.5 | | 0.1 | 10.0 | 47.4 | 0.03 | 0.00 | 0.00 | 0.39 | 0.00 | | 0.01 | 4.60 | 6.60 | 16.80 | 0.40 | 25.80 | 0.00 | 0.00 | 0.00 | ПР |  |
| **Итого за прием пищи:** | **550** | **28.5** | | **24.8** | **70.8** | **562.0** | **0.24** | **15.07** | **0.12** | **2.76** | **0.08** | | **0.21** | **64.3** | **63.0** | **269.0** | **5.5** | **532.3** | **7.52** | **0.07** | **0.01** |  |  |
| **II ЗАВТРАК ( ОВЗ )** | | | | | | | | | | | | | | | | | | | | | | | |
| КОНДИТЕРСКОЕ ИЗДЕЛИЕ | 20 | 2.5 | | 1.3 | 9.4 | 89.5 | 0.02 | 0.01 | 0.02 | 0.07 | 0.04 | | 0.03 | 11.64 | 3.22 | 23.80 | 0.19 | 25.78 | 0.54 | 0.00 | 0.00 | ПР |  |
| МОЛОКО КИПЯЧЕНОЕ | 180 | 5.3 | | 4.6 | 8.9 | 99.5 | 0.05 | 0.99 | 0.03 | 0.00 | 0.00 | | 0.20 | 193.70 | 21.27 | 136.73 | 0.15 | 277.25 | 17.09 | 0.00 | 0.00 | 385 | 2011 |
| **Итого за прием пищи:** | **200** | **7.9** | | **5.9** | **18.2** | **189.0** | **0.07** | **1.00** | **0.05** | **0.07** | **0.04** | | **0.23** | **205.34** | **24.49** | **160.53** | **0.34** | **303.03** | **17.63** | **0.00** | **0.00** |  |  |
| **Всего за день:** | | **36.8** | | **33.7** | **90.4** | **781.7** | **0.30** | **7.70** | **0.17** | **2.72** | **0.12** | | **0.44** | **285.94** | **98.92** | **460.89** | **6.55** | **920.37** | **26.96** | **0.08** | **0.01** |  |  |
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