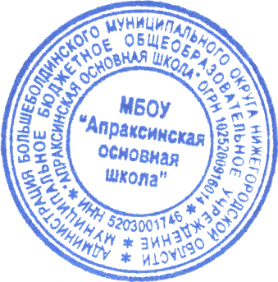
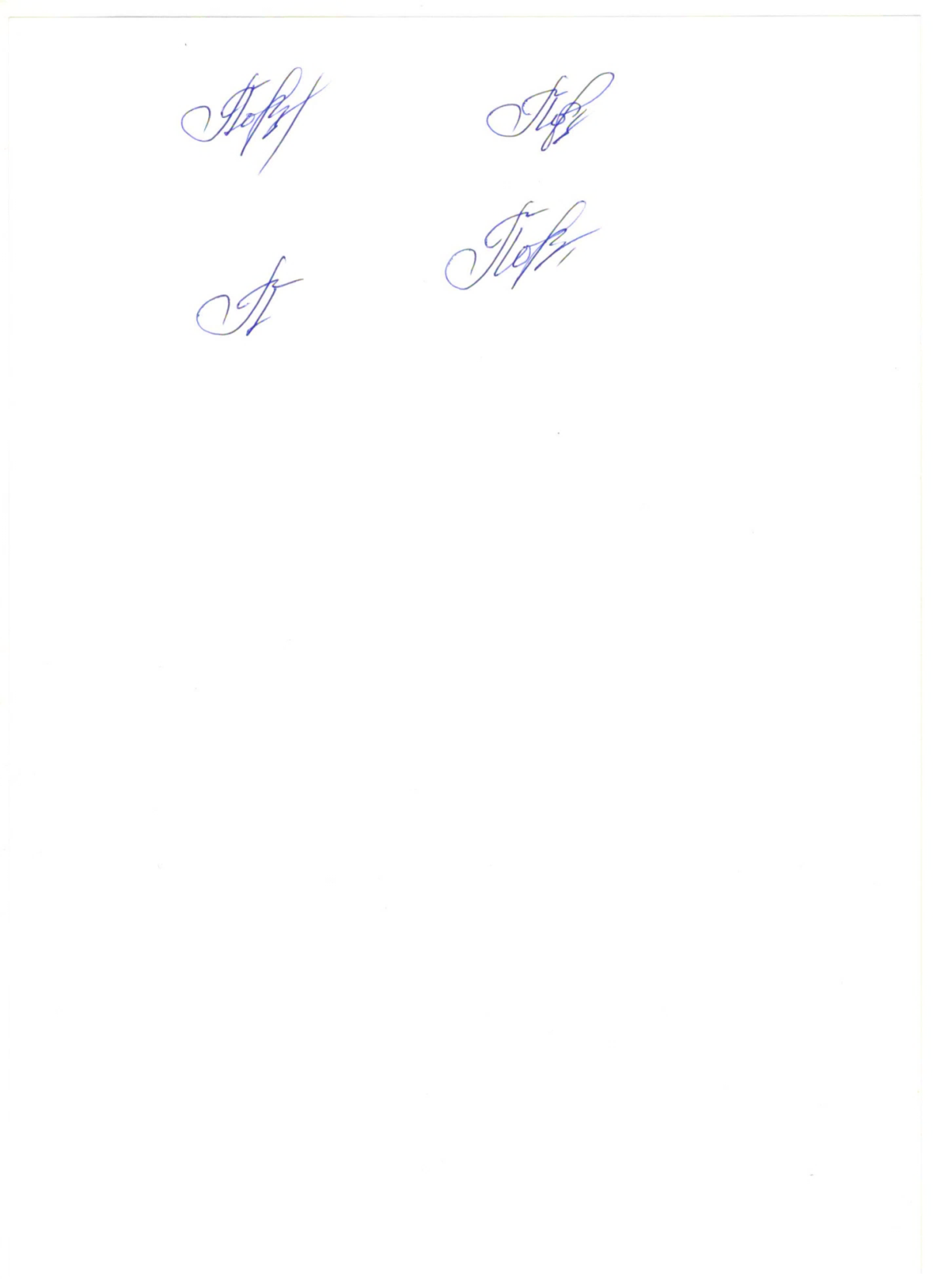
Муниципальное бюджетное общеобразовательное учреждение

«Апраксинская основная школа»

Большеболдинский муниципальный округ



Утверждаю

Директор \_\_\_\_\_\_\_ О.В. Пояскова

**ДЕСЯТИДНЕВНОЕ МЕНЮ ДЛЯ ОБУЧАЮЩИХСЯ 7-11 ЛЕТ**

**МБОУ «АПРАКСИНСКАЯ ОСНОВНАЯ ШКОЛА»**

**НА 2024-2025 УЧЕБНЫЙ ГОД**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак 7 - 11 лет** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ ре ц.** | **Наименование блюда** | | **Мас са пор ции** | | **Пищевые вещества (г)** | | | | | | | | | **Энер**  **гетическая цен-ность (ккал)** | | | | | | **Витамины (мг)** | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | |  | |
| **Б** | | | | | **Ж** | | **У** | |  | |
| В1 | | | С | | | | В2 | | Е | | | Са | | | Р | | | | Мg | | | | Fe | |  | |
|  | **1 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 181 | Каша геркулесовая, манная | | 200 | | 6,11 | | | | | 10,72 | | 32,38 | | 251 | | | | | | 0,04 | | | 0 | | | | 0,04 | | 0 | | | 31,72 | | | 0 | | | | 0 | | | | 0,95 | |  | |
| 15 | Сыр порциями | | 20 | | 4,64 | | | | | 5,90 | | 0 | | 108 | | | | | | 0,01 | | | 0,21 | | | | 0,09 | | 0,10 | | | 264,0 | | | 133,3 | | | | 10,5 | | | | 0,3 | |  | |
| 14 | Масло сливочное | | 10 | | 0,10 | | | | | 7,20 | | 0,13 | | 65,72 | | | | | | 0 | | | 0 | | | | 0,01 | | 0,10 | | | 2,40 | | | 3,00 | | | | 0 | | | | 0 | |  | |
| 379 | Кофейный напиток | | 200 | | 3,2 | | | | | 2,8 | | 13,8 | | 93,2 | | | | | | 0,04 | | | 1,3 | | | | 0,02 | | 0 | | | 125,8 | | | 0 | | | | 0 | | | | 0,1 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Яблоки свежие | | 100 | | 0,4 | | | | | 0,4 | | 9,8 | | 44,4 | | | | | | 0,026 | | | 10 | | | | 0,03 | | 0,2 | | | 16 | | | 11 | | | | 9 | | | | 22 | |  | |
|  | Итого | |  | | **17,61** | | | | | **27,42** | | **75,43** | | **655,84** | | | | | | **0,15** | | | **11,51** | | | | **0,19** | | **0,92** | | | **449,12** | | | **182,1** | | | | **32,7** | | | | **23,79** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **2 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 171 | Каша гречневая | | 150 | | 8,85 | | | | | 9,55 | | 39,86 | | 280 | | | | | | 0,21 | | | 0 | | | | 0,12 | | 0 | | | 26,39 | | | 0 | | | | 0 | | | | 4,73 | |  | |
| 294 | Котлета куриная | | 90 | | 18,77 | | | | | 19,03 | | 14,76 | | 303,8 | | | | | | 0,14 | | | 0,36 | | | | 36 | | 0,68 | | | 79,2 | | | 172,8 | | | | 46,8 | | | | 3,96 | |  | |
| 377 | Компот | | 200 | | 1,2 | | | | | 0,3 | | 43,7 | | 174,8 | | | | | | 0,02 | | | 0,8 | | | | 0,02 | | 0 | | | 5,8 | | | 0 | | | | 0 | | | | 0,96 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Яблоки свежие | | 100 | | 0,4 | | | | | 0,4 | | 9,8 | | 44,4 | | | | | | 0,026 | | | 10 | | | | 0,03 | | 0,2 | | | 16 | | | 11 | | | | 9 | | | | 22 | |  | |
|  | Итого | |  | | **32,38** | | | | | **29,68** | | **127,4 4** | | **896,52** | | | | | | **0,436** | | | **11,16** | | | | **36,17** | | **1,4** | | | **136,5 9** | | | **218,6** | | | | **69** | | | | **32,09** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **3 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 128 | Картофельное пюре | | 150 | | 3,26 | | | | | 9,6 | | 19 | | 182 | | | | | | 0,14 | | | 18,16 | | | | 0,11 | | 0 | | | 36,98 | | | 0 | | | | 0 | | | | 1,01 | |  | |
| 229 | Рыба тушеная с овощами | | 150 | | 17 | | | | | 4,35 | | 5,7 | | 154,5 | | | | | | 0,1 | | | 5,9 | | | | 0,1 | | 0 | | | 59,13 | | | 0 | | | | 0 | | | | 1,2 | |  | |
| 349 | Компот | | 200 | | 1,2 | | | | | 0,3 | | 43,7 | | 174,8 | | | | | | 0,02 | | | 0,8 | | | | 0,02 | | 0 | | | 5,8 | | | 0 | | | | 0 | | | | 0,96 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Апельсины свежие | | 100 | | 1,28 | | | | | 0,28 | | 11,6 | | 54 | | | | | | 0,053 | | | 85,72 | | | | 0,07 | | 0,28 | | | 48,6 | | | 35,52 | | | | 18,6 | | | | 54,0 | |  | |
|  | Итого | |  | | **25,9** | | | | | **14,93** | | **99,32** | | **658,82** | | | | | | **0,353** | | | **110,5 8** | | | | **0,3** | | **0,8** | | | **159,71** | | | **70,32** | | | | **31,8** | | | | **57,61** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **4 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 175 | Каша пшенно-рисовая | | 200 | | 6,08 | | | | | 11,18 | | 33,48 | | 260 | | | | | | 0,10 | | | 96 | | | | 0,14 | | 0 | | | 133,38 | | | 0 | | | | 0 | | | | 0,81 | |  | |
| 382 | Какао | | 200 | | 4,1 | | | | | 3,5 | | 16,7 | | 66,8 | | | | | | 0,06 | | | 1,6 | | | | 0,2 | | 0 | | | 152 | | | 0 | | | | 0 | | | | 0,5 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 14 | Масло сливочное | | 10 | | 0,10 | | | | | 7,20 | | 0,13 | | 65,72 | | | | | | 0 | | | 0 | | | | 0,01 | | 0,10 | | | 2,40 | | | 3,00 | | | | 0 | | | | 0 | |  | |
| 209 | Яйцо отварное | | 40 | | 5,08 | | | | | 4,6 | | 0,28 | | 62,84 | | | | | | 0,03 | | | 0 | | | | 0,04 | | 0,24 | | | 22,0 | | | 76,80 | | | | 4,80 | | | | 1,0 | |  | |
| 338 | Яблоки свежие | | 100 | | 0,4 | | | | | 0,4 | | 9,8 | | 44,4 | | | | | | 0,026 | | | 10 | | | | 0,03 | | 0,2 | | | 16 | | | 11 | | | | 9 | | | | 22 | |  | |
|  | Итого | |  | | **18,92** | | | | | **27,28** | | **79,71** | | **593,28** | | | | | | **0,25** | | | **107,6** | | | | **0,42** | | **1,06** | | | **334,98** | | | **125,6** | | | | **27** | | | | **24,75** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **5 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 304 | Рис | | 150 | | 3,7 | | | | | 5,4 | | 36,68 | | 209,7 | | | | | | 0,026 | | | 0 | | | | 0,02 | | 0 | | | 1,37 | | | 0 | | | | 0 | | | | 0,53 | |  | |
| 268 | Котлета | | 90 | | 13,77 | | | | | 19,89 | | 11,5 | | 279,9 | | | | | | 0,05 | | | 0 | | | | 0,01 | | 0 | | | 11,2 | | | 0 | | | | 0 | | | | 2,3 | |  | |
| 389 | Сок фруктовый или овощной | | 200 | | 0,27 | | | | | 0 | | 0 | | 22,80 | | | | | | 0 | | | 20,0 | | | | 0 | | 0,67 | | | 52,0 | | | 82,67 | | | | 30,0 | | | | 3,2 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Груши свежие | | 100 | | 0,040 | | | | | 0,30 | | 10,30 | | 47 | | | | | | 0,02 | | | 5,0 | | | | 0,03 | | 1,3 | | | 19 | | | 16,0 | | | | 12,0 | | | | 2,30 | |  | |
|  | Итого | |  | | **20,94** | | | | | **25,99** | | **77,8** | | **652,92** | | | | | | **0,136** | | | **25** | | | | **0,06** | | **2,49** | | | **92,77** | | | **133,4 7** | | | | **55,2** | | | | **8,77** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **6 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 206 | Макароны | | 258 | | 10,1 | | | | | 9,3 | | 28,6 | | 238 | | | | | | 0,06 | | | 0,13 | | | | 0,06 | | 0 | | | 95,4 | | | 0 | | | | 0 | | | | 1,4 | |  | |
| 209 | Яйцо | | 40 | | 5,08 | | | | | 4,60 | | 0,28 | | 63 | | | | | | 0,03 | | | 0 | | | | 0,18 | | 0 | | | 22 | | | 0 | | | | 0 | | | | 1 | |  | |
|  | Сыр (чередуем) | | 30 | | 6,96 | | | | | 8,85 | | 0 | | 108 | | | | | | 0,01 | | | 0,21 | | | | 0,09 | | 0 | | | 264 | | | 0 | | | | 0 | | | | 0,3 | |  | |
| 14 | Масло сливочное | | 10 | | 0,10 | | | | | 7,20 | | 0,13 | | 65,72 | | | | | | 0 | | | 0 | | | | 0,01 | | 0,10 | | | 2,40 | | | 3,00 | | | | 0 | | | | 0 | |  | |
| 352 | Кисель | | 200 | | 0,11 | | | | | 0,12 | | 23,1 | | 92,4 | | | | | | 0,01 | | | 1,8 | | | | 0,06 | | 0 | | | 11,5 | | | 0 | | | | 0 | | | | 0,57 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Груши свежие | | 100 | | 0,040 | | | | | 0,30 | | 10,30 | | 47 | | | | | | 0,02 | | | 5,0 | | | | 0,03 | | 1,3 | | | 19 | | | 16,0 | | | | 12,0 | | | | 2,30 | |  | |
|  | Итого | |  | | **25,55** | | | | | **30,77** | | **81,73** | | **707,64** | | | | | | **0,17** | | | **7,14** | | | | **0,43** | | **1,92** | | | **423,5** | | | **53,8** | | | | **25,2** | | | | **6,01** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **7 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 265 | Плов | | 200 | | 16,49 | | | | | 16,89 | | 26,02 | | 322 | | | | | | 0,11 | | | 1,28 | | | | 3,93 | | 0 | | | 39,29 | | | 0 | | | | 0 | | | | 0 | |  | |
| 389 | Сок фруктовый или овощной | | 200 | | 0,27 | | | | | 0 | | 0 | | 22,80 | | | | | | 0 | | | 20,0 | | | | 0 | | 0,67 | | | 52,0 | | | 82,67 | | | | 30,0 | | | | 3,2 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Яблоки свежие | | 100 | | 0,4 | | | | | 0,4 | | 9,8 | | 44,4 | | | | | | 0,026 | | | 10 | | | | 0,03 | | 0,2 | | | 16 | | | 11 | | | | 9 | | | | 22 | |  | |
|  | Итого | |  | | **20,32** | | | | | **17,69** | | **55,14** | | **482,72** | | | | | | **0,176** | | | **31,28** | | | | **3,96** | | **1,39** | | | **116,4 9** | | | **128,4 7** | | | | **52,2** | | | | **25,64** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **8 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 202 | Вермишель отварная | | 200 | | 7,5 | | | | | 0,89 | | 28,50 | | 152,01 | | | | | | 0,08 | | | 0 | | | | 0,02 | | 0 | | | 15 | | | 0 | | | | 0 | | | | 1,14 | |  | |
| 260 | Гуляш | | 80 | | 11,64 | | | | | 13,43 | | 2,31 | | 176,8 | | | | | | 0,024 | | | 0,74 | | | | 0,08 | | 0 | | | 17,45 | | | 0 | | | | 0 | | | | 2,45 | |  | |
| 349 | Компот | | 200 | | 1,2 | | | | | 0,3 | | 43,7 | | 182,3 | | | | | | 0,02 | | | 0,8 | | | | 0,02 | | 0 | | | 5,8 | | | 0 | | | | 0 | | | | 0,96 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Апельсины свежие | | 100 | | 1,28 | | | | | 0,28 | | 11,6 | | 54 | | | | | | 0,053 | | | 85,72 | | | | 0,07 | | 0,28 | | | 48,6 | | | 35,52 | | | | 18,6 | | | | 54,0 | |  | |
|  | Итого | |  | | **24,78** | | | | | **15,30** | | **105,43** | | **658,63** | | | | | | **0,217** | | | **87,26** | | | | **0,190** | | **0,80** | | | 96 | | | 70 | | | | **31,8** | | | | **59,0** | |  | |
|  |  | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
|  | **9 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 127 | Картофельное пюре | | 150 | | 3,27 | | | | | 5,8 | | 16 | | 135 | | | | | | 0,14 | | | 18,16 | | | | 0,11 | | 0 | | | 39,98 | | | 0 | | | | 0 | | | | 1,01 | |  | |
| 230 | Курица отварная | | 100 | | 24,7 | | | | | 19,1 | | 0,08 | | 322 | | | | | | 0,09 | | | 1,52 | | | | 0,12 | | 0 | | | 37,3 | | | 107,3 | | | | 13,52 | | | | 1,22 | |  | |
| 376 | Чай с сахаром | | 200 | | 0,07 | | | | | 0,02 | | 15 | | 60 | | | | | | 0 | | | 0,03 | | | | 0 | | 0 | | | 11,1 | | | 0 | | | | 0 | | | | 0,28 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Груши свежие | | 100 | | 0,040 | | | | | 0,30 | | 10,30 | | 47 | | | | | | 0,02 | | | 5,0 | | | | 0,03 | | 1,3 | | | 19 | | | 16,0 | | | | 12,0 | | | | 2,30 | |  | |
|  | Итого | |  | | **31,24** | | | | | **25,62** | | **60,7** | | **657,52** | | | | | | **0,29** | | | **24,71** | | | | **0,26** | | **1,82** | | | **116,5 8** | | | **158,1** | | | | **38,72** | | | | **5,25** | |  | |
|  | **10 день** | |  | |  | | | | |  | |  | |  | | | | | |  | | |  | | | |  | |  | | |  | | |  | | | |  | | | |  | |  | |
| 174 | Каша рисовая молочная | | 200 | | 5,6 | | | | | 7,56 | | 26,43 | | 194,6 | | | | | | 0,07 | | | 2,0 | | | | 0,04 | | 0,40 | | | 182,7 | | | 128 | | | | 26,7 | | | | 0,31 | |  | |
| 15 | Сыр порциями | | 20 | | 4,64 | | | | | 5,90 | | 0 | | 108 | | | | | | 0,01 | | | 0,21 | | | | 0,09 | | 0,10 | | | 264,0 | | | 133,3 | | | | 10,5 | | | | 0,3 | |  | |
| 14 | Масло сливочное | | 10 | | 0,10 | | | | | 7,20 | | 0,13 | | 65,72 | | | | | | 0 | | | 0 | | | | 0,01 | | 0,10 | | | 2,40 | | | 3,00 | | | | 0 | | | | 0 | |  | |
| 349 | Чай с сахаром | | 200 | | 0,07 | | | | | 0,02 | | 15 | | 60 | | | | | | 0 | | | 0,03 | | | | 0 | | 0 | | | 11,1 | | | 0 | | | | 0 | | | | 0,28 | |  | |
|  | Хлеб пшеничный | | 30 | | 3,16 | | | | | 0,4 | | 19,32 | | 93,52 | | | | | | 0,04 | | | 0 | | | | 0 | | 0,52 | | | 9,2 | | | 34,8 | | | | 13,2 | | | | 0,44 | |  | |
| 338 | Апельсины свежие | | 100 | | 1,28 | | | | | 0,28 | | 11,6 | | 54 | | | | | | 0,053 | | | 85,72 | | | | 0,07 | | 0,28 | | | 48,6 | | | 35,52 | | | | 18,6 | | | | 54,0 | |  | |
|  | Итого | |  | | **14,85** | | | | | **21,36** | | **72,48** | | **575,84** | | | | | | **0,173** | | | **87,96** | | | | **0,21** | | **1,4** | | | **518** | | | **334,6 2** | | | | **69** | | | | **55,33** | |  | |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |
|  | | **Пищевые вещества (г)** | | | | | | | | | **Энергети ческая ценность (ккал)** | | | | | **Витамины (мг)** | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | |  | |
| **Б** | | **Ж** | | | | **У** | | |  | |
| В1 | С | | | | В2 | | | | Е | | | | Са | | | | Р | | | | Мg | | | | Fe | | | |  | |
| **1 день** | | **17,61** | | **27,42** | | | | **75,43** | | | **655,84** | | | | | **0,15** | **11,51** | | | | **0,19** | | | | **0,92** | | | | **449,12** | | | | **182,1** | | | | **32,7** | | | | **23,79** | | | |  | |
| **2 день** | | **32,38** | | **29,68** | | | | **127,44** | | | **896,52** | | | | | **0,436** | **11,16** | | | | **36,17** | | | | **1,4** | | | | **136,59** | | | | **218,6** | | | | **69** | | | | **32,09** | | | |  | |
| **3 день** | | **25,9** | | **14,93** | | | | **99,32** | | | **658,82** | | | | | **0,353** | **110,58** | | | | **0,3** | | | | **0,8** | | | | **159,71** | | | | **70,32** | | | | **31,8** | | | | **57,61** | | | |  | |
| **4 день** | | **18,92** | | **27,28** | | | | **79,71** | | | **593,28** | | | | | **0,25** | **107,6** | | | | **0,42** | | | | **1,06** | | | | **334,98** | | | | **125,6** | | | | **27** | | | | **24,75** | | | |  | |
| **5 день** | | **20,94** | | **25,99** | | | | **77,8** | | | **652,92** | | | | | **0,136** | **25** | | | | **0,06** | | | | **2,49** | | | | **92,77** | | | | **133,47** | | | | **55,2** | | | | **8,77** | | | |  | |
| **6 день** | | **25,55** | | **30,77** | | | | **81,73** | | | **707,64** | | | | | **0,17** | **7,14** | | | | **0,43** | | | | **1,92** | | | | **423,5** | | | | **53,8** | | | | **25,2** | | | | **6,01** | | | |  | |
| **7 день** | | **20,32** | | **17,69** | | | | **55,14** | | | **482,72** | | | | | **0,176** | **31,28** | | | | **3,96** | | | | **1,39** | | | | **116,49** | | | | **128,47** | | | | **52,2** | | | | **25,64** | | | |  | |
| **8 день** | | **24,78** | | **15,30** | | | | **105,43** | | | **658,63** | | | | | **0,217** | **87,26** | | | | **0,190** | | | | **0.8** | | | | **96,00** | | | | **70,00** | | | | **31,8** | | | | **59,0** | | | |  | |
| **9 день** | | **31,24** | | **25,62** | | | | **60,7** | | | **657,52** | | | | | **0,29** | **24,71** | | | | **0,26** | | | | **1,82** | | | | **116,58** | | | | **158,1** | | | | **38,72** | | | | **5,25** | | | |  | |
| **10 день** | | **14,85** | | **21,36** | | | | **72,48** | | | **575,84** | | | | | **0,173** | **87,96** | | | | **0,21** | | | | **1,4** | | | | **518** | | | | **334,62** | | | | **69** | | | | **55,33** | | | |  | |
| **Итого за 10 дней** | | **232,49** | | **236,04** | | | | **835,18** | | | **6539,73** | | | | | **2,351** | **504,20** | | | | **42,190** | | | | **13,20** | | | | **2443,74** | | | | **1475,1** | | | | **432,62** | | | | **298,24** | | | |  | |
| **Среднедневной** | | **42,271** | | **42,916** | | | | **151,851** | | | **1189,042** | | | | | **0,4275** | **91,673** | | | | **7,6709** | | | | **2,640** | | | | **444,316** | | | | **268,20** | | | | **78,658** | | | | **54,225** | | | |  | |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |
|  |  |  | |  | |  |  | |  | | |  |  | |  | | |  |  | | |  | |  | |  | |  | |  |  | | |  | |  | |  | |  | |  | |  |  |  | |  |

**Обед 7-11 лет**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рец.** | **Наименование блюда** | | | **Мас са пор ции** | | **Пищевые вещества (г)** | | | | | | | | | | **Энергети ческая ценность (ккал)** | | | | **Витамины (мг)** | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | |
| **Б** | | **Ж** | | | | **У** | | | |
| В1 | | | | С | | | | В2 | | | | Е | | Са | | Р | | | Мg | | | | Fe | | | |
|  | **1 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 106 | Щи с рыбными консервами | | | 200 | | 1,8 | | 2,2 | | | | 12,3 | | | | 85,0 | | | | 0,1 | | | | 8,9 | | | | 0,1 | | | | 0 | | 19,3 | | 0 | | | 0 | | | | 0,9 | | | |
| 304 | Рис | | | 150 | | 3,67 | | 5,4 | | | | 36,68 | | | | 209,67 | | | | 0,026 | | | | 0 | | | | 0,02 | | | | 0 | | 1,37 | | 0 | | | 0 | | | | 0,53 | | | |
| 90 | Котлета | | | 90 | | 13,77 | | 19,89 | | | | 11,5 | | | | 279,9 | | | | 0,05 | | | | 0 | | | | 0,01 | | | | 0 | | 11,2 | | 0 | | | 0 | | | | 2,3 | | | |
| 349 | Компот | | | 200 | | 1,2 | | 0,3 | | | | 43,7 | | | | 182,3 | | | | 0,02 | | | | 0,8 | | | | 0,02 | | | | 0 | | 5,8 | | 0 | | | 0 | | | | 0,96 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **26,96** | | **28,85** | | | | **153,14** | | | | **988,33** | | | | **0,306** | | | | **9,7** | | | | **0,15** | | | | **1,06** | | **60,67** | | **98,4** | | | **28,2** | | | | **5,99** | | | |
|  | **2 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 102 | Суп гороховый с мясом | | | 200 | | 16,68 | | 14,03 | | | | 14,74 | | | | 261,2 | | | | 0,23 | | | | 4,71 | | | | 0,17 | | | | 0 | | 54,39 | | 100,0 6 | | | 13,5 | | | | 3,22 | | | |
| 202 | Макароны отварные | | | 158 | | 6,5 | | 0,7 | | | | 38,5 | | | | 180,4 | | | | 0,06 | | | | 0,13 | | | | 0,06 | | | | 0 | | 95,4 | | 0 | | | 0 | | | | 1,4 | | | |
| 15 | Сыр | | | 30 | | 6,96 | | 8,85 | | | | 0 | | | | 108,0 | | | | 0,01 | | | | 0,21 | | | | 0,09 | | | | 0 | | 264 | | 0 | | | 0 | | | | 0,3 | | | |
| 352 | Кисель | | | 200 | | 0,11 | | 0,12 | | | | 23,1 | | | | 93,92 | | | | 0,01 | | | | 1,8 | | | | 0,06 | | | | 0 | | 11,5 | | 0 | | | 0 | | | | 0,57 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **36,77** | | **24,76** | | | | **125,3** | | | | **871,12** | | | | **0,42** | | | | **6,85** | | | | **0,38** | | | | **1,06** | | **448,2 9** | | **198,4 6** | | | **41,7** | | | | **6,79** | | | |
|  | **3 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
|  | Рассольник со сметаной | | | 200 | | 1,7 | | 4,1 | | | | 10,0 | | | | 86,0 | | | | 0,07 | | | | 6,7 | | | | 0,04 | | | | 0 | | 22,4 | | 0 | | | 0 | | | | 0,72 | | | |
| 171 | Греча | | | 150 | | 8,0 | | 9,0 | | | | 37,8 | | | | 260,0 | | | | 0,21 | | | | 0 | | | | 0,12 | | | | 0 | | 26,39 | | 0 | | | 0 | | | | 4,73 | | | |
| 294 | Котлета куриная | | | 90 | | 18,77 | | 19,03 | | | | 14,76 | | | | 303,8 | | | | 0,14 | | | | 0,36 | | | | 36 | | | | 0,68 | | 74,2 | | 172,8 | | | 46,8 | | | | 3,96 | | | |
| 376 | Чай с сахаром | | | 200 | | 0 | | 0,02 | | | | 15 | | | | 60 | | | | 0 | | | | 0,03 | | | | 0 | | | | 0 | | 11,1 | | 0 | | | 0 | | | | 0,28 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **34,99** | | **33,21** | | | | **126,52** | | | | **941,26** | | | | **0,53** | | | | **7,09** | | | | **36,16** | | | | **1,74** | | **157,0 9** | | **271,2** | | | **75** | | | | **10,99** | | | |
|  | **4 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 81 | Борщ с мясом | | | 200 | | 13,58 | | 13,73 | | | | 8,44 | | | | 215,6 | | | | 0,05 | | | | 8,71 | | | | 0,1 | | | | 0 | | 62,29 | | 100,0 6 | | | 13,5 | | | | 2,52 | | | |
| 128 | Картофельное пюре | | | 150 | | 3,1 | | 4,8 | | | | 20,44 | | | | 137,25 | | | | 0,14 | | | | 18,16 | | | | 0,11 | | | | 0 | | 36,98 | | 0 | | | 0 | | | | 1,01 | | | |
| 229 | Курица отварная | | | 100 | | 22,16 | | 24,18 | | | | 0,08 | | | | 322 | | | | 0,02 | | | | 1,14 | | | | 0,08 | | | | 0 | | 28 | | 80,5 | | | 10,14 | | | | 0,95 | | | |
| 349 | Компот | | | 200 | | 1,2 | | 0,3 | | | | 43,7 | | | | 182,3 | | | | 0,02 | | | | 0,8 | | | | 0,02 | | | | 0 | | 5,8 | | 0 | | | 0 | | | | 0,96 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **46,56** | | **44,07** | | | | **121,62** | | | | **1088,61** | | | | **0,34** | | | | **28,81** | | | | **0,31** | | | | **1,06** | | **156,07** | | **278,9 6** | | | **51,84** | | | | **6,74** | | | |
|  | **5 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 87 | Щи с мясом | | | 200 | | 13,68 | | 13,73 | | | | 6,24 | | | | 206,6 | | | | 0,08 | | | | 13,71 | | | | 0,1 | | | | 0 | | 61,29 | | 100,0 6 | | | 13,5 | | | | 2,16 | | | |
| 223 | Запеканка из творога | | | 100 | | 20,46 | | 15,48 | | | | 39,2 | | | | 378 | | | | 0,042 | | | | 189 | | | | 0,21 | | | | 0 | | 136,91 | | 0 | | | 0 | | | | 0,45 | | | |
| 379 | Кофейный напиток | | | 200 | | 3,2 | | 2,8 | | | | 13,8 | | | | 93,2 | | | | 0,04 | | | | 1,3 | | | | 0,02 | | | | 0 | | 125,8 | | 0 | | | 0 | | | | 0,1 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **43,86** | | **33,07** | | | | **108,2** | | | | **905,87** | | | | **0,272** | | | | **204,0 1** | | | | **0,33** | | | | **1,06** | | **347** | | **198,4 6** | | | **41,7** | | | | **4,01** | | | |
|  | **6 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 81 | Борщ с картофелем и сметаной | | | 200 | | 1,4 | | 3,9 | | | | 8,7 | | | | 73,0 | | | | 0,02 | | | | 8,7 | | | | 0,03 | | | | 0 | | 42 | | 0 | | | 0 | | | | 0,9 | | | |
| 127 | Картофельное пюре | | | 150 | | 3,1 | | 4,8 | | | | 20,44 | | | | 137,25 | | | | 0,14 | | | | 18,16 | | | | 0,11 | | | | 0 | | 36,98 | | 0 | | | 0 | | | | 1,01 | | | |
| 230 | Рыба припущенная в молоке | | | 90 | | 11,13 | | 6,3 | | | | 2,56 | | | | 111,6 | | | | 0,13 | | | | 0,9 | | | | 0,85 | | | | 0 | | 54,5 | | 137,2 9 | | | 31,3 | | | | 0,63 | | | |
| 376 | Чай с сахаром | | | 200 | | 0 | | 0,02 | | | | 15 | | | | 60 | | | | 0 | | | | 0,03 | | | | 0 | | | | 0 | | 11,1 | | 0 | | | 0 | | | | 0,28 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **22,15** | | **16,08** | | | | **95,66** | | | | **613,31** | | | | **0,4** | | | | **27,79** | | | | **0,99** | | | | **1,06** | | **167,58** | | **235,6 9** | | | **59,5** | | | | **4,12** | | | |
|  | **7 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 104 | Суп картофельно- овощной с мясными фрикадельками | | | 200 | | 10,13 | | 13,52 | | | | 22,91 | | | | 265 | | | | 0,14 | | | | 9,17 | | | | 0,13 | | | | 0 | | 48,25 | | 79,59 | | | 14,19 | | | | 6,21 | | | |
| 139 | Капуста тушеная | | | 150 | | 3,06 | | 5,52 | | | | 11,8 | | | | 115,5 | | | | 0,05 | | | | 30,7 | | | | 0,07 | | | | 0 | | 105 | | 0 | | | 0 | | | | 1,5 | | | |
| 423 | Тефтели | | | 90 | | 10,4 | | 11,2 | | | | 16,6 | | | | 208,8 | | | | 0,1 | | | | 1,06 | | | | 0,13 | | | | 0 | | 38,77 | | 152,41 | | | 27,43 | | | | 2,71 | | | |
| 349 | Компот | | | 200 | | 1,2 | | 0,3 | | | | 43,7 | | | | 182,3 | | | | 0,02 | | | | 0,8 | | | | 0,02 | | | | 0 | | 5,8 | | 0 | | | 0 | | | | 0,96 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **31,31** | | **31,6** | | | | **143,97** | | | | **1003,06** | | | | **0,42** | | | | **41,73** | | | | **0,35** | | | | **1,06** | | **220,82** | | **330,4** | | | **69,82** | | | | **12,68** | | | |
|  | **8 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 99 | Суп из овощей | | | 200 | | 2,28 | | 2,33 | | | | 6,25 | | | | 71,2 | | | | 0,036 | | | | 0,66 | | | | 0,136 | | | | 0 | | 127,6 | | 0 | | | 0 | | | | 0,2 | | | |
| 304 | Рис | | | 150 | | 3,67 | | 5,4 | | | | 36,68 | | | | 209,67 | | | | 0,026 | | | | 0 | | | | 0,02 | | | | 0 | | 1,37 | | 0 | | | 0 | | | | 0,53 | | | |
| 234 | Котлета рыбная | | | 50 | | 6,7 | | 2,19 | | | | 4,7 | | | | 65,31 | | | | 0,08 | | | | 0,20 | | | | 20 | | | | 0,38 | | 44 | | 96 | | | 26 | | | | 2,2 | | | |
| 376 | Чай с сахаром | | | 200 | | 0 | | 0,02 | | | | 15 | | | | 60 | | | | 0 | | | | 0,03 | | | | 0 | | | | 0 | | 11,1 | | 0 | | | 0 | | | | 0,28 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **19,17** | | **11,00** | | | | **111,59** | | | | **637,64** | | | | **0,252** | | | | **0,89** | | | | **20,156** | | | | **1,44** | | **207,1** | | **194,4** | | | **54,2** | | | | **4,51** | | | |
|  | **9 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 94 | Рассольник с мясом | | | 200 | | 13,58 | | 13,93 | | | | 10,64 | | | | 227,4 | | | | 0,1 | | | | 6,71 | | | | 0,11 | | | | 0 | | 42,69 | | 100,0 6 | | | 13,5 | | | | 2,34 | | | |
| 396 | Блины со сгущенным молоком или оладьи с | | | 170 | | 12,34 | | 9,18 | | | | 68,72 | | | | 407 | | | | 0,24 | | | | 1,73 | | | | 0,21 | | | | 0 | | 22,4 | | 0 | | | 0 | | | | 1,81 | | | |
|  | изюмом и джемом | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 382 | Какао | | | 200 | | 4,1 | | 3,5 | | | | 16,7 | | | | 114,7 | | | | 0,06 | | | | 1,6 | | | | 0,2 | | | | 0 | | 152 | | 0 | | | 0 | | | | 0,5 | | | |
|  | Хлеб ржаной | | | 40 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **33,38** | | **27,27** | | | | **125,7** | | | | **881,75** | | | | **0,47** | | | | **10,04** | | | | **0,52** | | | | **0,54** | | **230,8 9** | | **163,6 6** | | | **28,5** | | | | **5,51** | | | |
|  | **10 день** | | |  | |  | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | |  | |  | | |  | | | |  | | | |
| 87 | Щи с мясом | | | 200 | | 13,68 | | 13,73 | | | | 6,24 | | | | 206,6 | | | | 0,08 | | | | 13,71 | | | | 0,1 | | | | 0 | | 61,29 | | 100,0 6 | | | 13,5 | | | | 2,16 | | | |
| 202 | Вермишель | | | 158 | | 6,5 | | 0,7 | | | | 38,5 | | | | 180,4 | | | | 0,06 | | | | 0,013 | | | | 0,06 | | | | 0 | | 95,4 | | 0 | | | 0 | | | | 1,4 | | | |
| 206/ 209 | Яйцо | | | 40 | | 5,08 | | 4,60 | | | | 0,28 | | | | 63,0 | | | | 0,03 | | | | 0 | | | | 0,18 | | | | 0 | | 22 | | 0 | | | 0 | | | | 1,0 | | | |
| 352 | Кисель | | | 200 | | 0,11 | | 0,12 | | | | 23,1 | | | | 93,92 | | | | 0,01 | | | | 1,8 | | | | 0,06 | | | | 0 | | 11,5 | | 0 | | | 0 | | | | 0,57 | | | |
|  | Хлеб пшеничный | | | 20 | | 3,16 | | 0,4 | | | | 19,32 | | | | 93,52 | | | | 0,04 | | | | 0 | | | | 0 | | | | 0,52 | | 9,2 | | 34,8 | | | 13,2 | | | | 0,44 | | | |
|  | Хлеб ржаной | | | 30 | | 3,36 | | 0,66 | | | | 29,64 | | | | 137,94 | | | | 0,07 | | | | 0 | | | | 0 | | | | 0,54 | | 13,8 | | 63,6 | | | 15,0 | | | | 0,86 | | | |
|  | Итого | | |  | | **31,89** | | **20,27** | | | | **117,08** | | | | **778,31** | | | | **0,29** | | | | **15,523** | | | | **0,4** | | | | **1,06** | | **213,1 9** | | **198,4 6** | | | **41,7** | | | | **6,43** | | | |
|  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |  |  | | |  |  | |
|  | | **Пищевые вещества (г)** | | | | | | | | **Энергети ческая ценность (ккал)** | | | | **Витамины (мг)** | | | | | | | | | | | | | | | | **Минеральные вещества** | | | | | | | | | | | | | | | |
| **Б** | **Ж** | | | **У** | | | |
| В1 | | | | С | | | | В2 | | | | Е | | | | Са | | | | Р | | | | Мg | | | | Fe | | | |
| **1 день** | | **26,96** | **28,85** | | | **153,14** | | | | **988,33** | | | | **0,306** | | | | **9,7** | | | | **0,15** | | | | **1,06** | | | | **60,67** | | | | **98,4** | | | | **28,2** | | | | **5,99** | | | |
| **2 день** | | **36,77** | **24,76** | | | **125,3** | | | | **871,12** | | | | **0,42** | | | | **6,85** | | | | **0,38** | | | | **1,06** | | | | **448,29** | | | | **198,46** | | | | **41,7** | | | | **6,79** | | | |
| **3 день** | | **34,99** | **33,21** | | | **126,52** | | | | **941,26** | | | | **0,53** | | | | **7,09** | | | | **36,16** | | | | **1,74** | | | | **157,09** | | | | **271,2** | | | | **75** | | | | **10,99** | | | |
| **4 день** | | **46,56** | **44,07** | | | **121,62** | | | | **1088,61** | | | | **0,34** | | | | **28,81** | | | | **0,31** | | | | **1,06** | | | | **156,07** | | | | **278,96** | | | | **51,84** | | | | **6,74** | | | |
| **5 день** | | **43,86** | **33,07** | | | **108,2** | | | | **905,87** | | | | **0,272** | | | | **204,01** | | | | **0,33** | | | | **1,06** | | | | **347** | | | | **198,46** | | | | **41,7** | | | | **4,01** | | | |
| **6 день** | | **22,15** | **16,08** | | | **95,66** | | | | **613,31** | | | | **0,4** | | | | **27,79** | | | | **0,99** | | | | **1,06** | | | | **167,58** | | | | **235,69** | | | | **59,5** | | | | **4,12** | | | |
| **7 день** | | **31,31** | **31,6** | | | **143,97** | | | | **1003,06** | | | | **0,42** | | | | **41,73** | | | | **0,35** | | | | **1,06** | | | | **220,82** | | | | **330,4** | | | | **69,82** | | | | **12,68** | | | |
| **8 день** | | **19,17** | **11,00** | | | **111,59** | | | | **637,64** | | | | **0,252** | | | | **0,89** | | | | **20,156** | | | | **1,44** | | | | **207,1** | | | | **1944,0** | | | | **54,2** | | | | **4,51** | | | |
| **9 день** | | **33,38** | **27,27** | | | **125,7** | | | | **881,75** | | | | **0,47** | | | | **10,04** | | | | **0,52** | | | | **0,54** | | | | **230,89** | | | | **163,66** | | | | **28,5** | | | | **5,51** | | | |
| **10 день** | | **31,89** | **20,27** | | | **117,08** | | | | **778,31** | | | | **0,29** | | | | **15,523** | | | | **0,4** | | | | **1,06** | | | | **213,19** | | | | **198,46** | | | | **41,7** | | | | **6,43** | | | |
| **Итого за 10 дней** | | **327,04** | **270,18** | | | **1228,78** | | | | **8709,26** | | | | **3,700** | | | | **352,433** | | | | **59,746** | | | | **11,14** | | | | **2208,7** | | | | **2306,12** | | | | **492,16** | | | | **67,77** | | | |
| **Среднее за 10 дней** | | **59,462** | **49,124** | | | **223,415** | | | | **1583,502** | | | | **0,6727** | | | | **64,0787** | | | | **10,8629** | | | | **2,025** | | | | **401,58** | | | | **1153,060** | | | | **89,484** | | | | **12,322** | | | |