|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-й понедельник (день 1) 11.01.2021г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 1872005 | Суп вермиш.с мясом | 250\15 | 6.05 | 5.46 | | 18.57 | 113.25 | 0.072 |  | 18.54 | 45.3 | 82.58 | 61.89 | 1.53 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | чай | 200 | 0.2 |  | | 14 | 28 |  |  |  | 6 |  |  | 0.4 |
|  | **яблоко** | 100 | 0.4 | 0.4 | | 9.8 | 44 | 0.06 | 0.2 |  | 38 | 17 | 11 | 0.4 |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **Десерт суфиэл** | 1.5 |  |  | |  |  |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-й вторник (день 2) 12.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 417 2005 | Макароны отвар. С мясом | 170 | 19.58 | 1.18 | | 63.12 | 145.05 | 0.01 | 0.05 | 3.46 | 54.39 | 0ю34 | 12.88 | 0.03 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Какао-напиток | 200 | 0.5-5.2 | 0.2-2.5 | | 8.9-89 | 40\160 |  |  |  |  |  |  |  |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
| **847** | **банан** | 100 | 1.5 | 0.5 | | 21 | 95 | 0.04 |  | 10 | 8 | 28 | 42 | 0.02 |
|  | **Сыр гауда** | 350 гр | 24 | 28 | |  | 348ккал |  |  |  |  |  |  |  |
|  | **Овсян. печенье** | 2 шт | 10 | 22 | | 68 | 342 ккал |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-я среда (день 3)13.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 79 2005 | Макар.-спаг..с мясн. Подлив. | 150 | 3.23 | 4.5 | | 20.78 | 139.5 | 0.28 | 0.045 | 12 | 150.6 | 218.6 | 52.7 | 2.6 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | чай | 200 | 0.2 |  | | 14 | 28 |  |  |  | 6 |  |  | 0.4 |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **банан** | 100 | 1.5 | 0.5 | | 21 | 95 | 0.04 |  | 10 | 8 | 28 | 42 | Щ.02 |
|  | **Сервилат Чиркейский** | 0.360 | 16.0 | 36 | |  | 363 ккал |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-й четверг (день 4) 14.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 469 2005 | Пюре картофельное | 150\15 | 20.7 | 18.89 | | 24.49 | 336 | 0.108 | 0.35 | 0.89 | 271.68 | 413.9 | 58.7 | 1.01 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Какао-трюфели | 100 | 24 | 11 | | 10 | 268 ккал\1117кДж |  |  |  |  |  |  |  |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
| **847** | **банан** | 100 | 1.5 | 0.5 | | 21 | 95 | 0.04 |  | 10 | 8 | 28 | 42 | 0.02 |
|  | **Сервилат Чиркейский** | 0.360 | 16.0 | 35.0 | |  | 383 кал |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-я пятница (день 5) 15.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 71 2005 | макароны с мясом | 250\25 | 5.27 | 6.8 | | 14.25 | 103.13 |  | 10 |  | 19.5 | 71.5 | 10 | 0.9 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | чай | 200 | 0.2 |  | | 14 | 28 |  |  |  | 6 |  |  | 0.4 |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **Йогурт сливоч.** | 120 | 2.4 | 4.7 | | 13.6 | 440кДж\110 кал. |  |  |  |  |  |  |  |
|  | **Сервилат Чиркейский** | 0.360 | 16 г | 35 г | |  | **383 ккал** |  |  |  |  |  |  |  |
|  | **Конф.курез** | 1 шт(1.5) | 10 | 22 | | 68 | 342 ккал |  |  |  |  |  |  |  |
|  |  |  |  |  | |  |  |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

5

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1-я суббота (день 6) \16.01.2021 г.** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№**  **рецептуры** | | **Наименование блюд** | | | | **масса** | | **Пищевые вещества** | | | | | | | | | **Энергетическая ценность** | | **Витамины мг** | | | | | | **Минеральные вещества** | | | | | | | |
| **Б** | | | | **Ж** | | | **У** | | **В1** | | **А** | | **С** | | **Са** | **Р** | | **Mg** | | **Fe** | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 469 2005 | | Пюре картоф.с мясн.подлив. | | | | 150\15 | | 20.7 | | | 18.89 | | | | 24.49 | | 336 | | 0.108 | | 0.35 | | 0.89 | | 271.68 | 413.9 | | 58.7 | | 1.   |  |  | | --- | --- | | **мандарин** | 120 |   01 | | |
|  | | Хлеб пщен. | | | | 40 | | 2.96 | | | 1.16 | | | | 20.56 | | 100 | |  | |  | |  | |  |  | |  | |  | | |
| 9452005 | | Какао-напиток | | | | 200 | | 0.5-5.2 | | | 0.2-2.5 | | | | 8.9-89 | | 40\160 | |  | |  | |  | |  |  | |  | |  | | |
|  | | **сгущенка** | | | | 2 банк. | | 8.0 | | | 8.5 | | | | 56 | | 330 ккал | |  | |  | |  | |  |  | |  | |  | | |
|  |  | | | |  | | | |  |  | | | | |  | | | | |
| **41 2005** | | **Масло сливоч.** | | | | 5 | |  | | | 4.1 | | | | 0.05 | | 37.5 | |  | | 29.5 | |  | | 0.5 | 1 | |  | |  | | |
|  | | **мандарин** | | | | 120 | |  | | |  | | | |  | |  | |  | |  | |  | |  |  | |  | |  | | |
|  | | **Сыр гауда** | | | | 350 гр | | 24 | | | 28 | | | |  | | 348ккал | |  | |  | |  | |  |  | |  | |  | | |
|  | | Печ.сырные | | | | 1.5 кг | | 8.6 | | | 27.5 | | | | 62.5г | | 511 ккал | |  | |  | |  | |  |  | |  | |  | | |
|  | | **Итого:** | | | |  | |  | | |  | | | |  | |  | |  | |  | |  | |  |  | |  | |  | | |
| **2-й понедельник (день 7) 18.01.2021 г.** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№**  **рецептуры** | | | **Наименование блюд** | **масса** | | | **Пищевые вещества** | | | | | | | | | | | **Энергетическая ценность** | | | | **Витамины мг** | | | | | | | **Минеральные вещества** | | | | | |
| **Б** | | | | | | | **Ж** | | **У** | | **В1** | | **А** | | | **С** | | **Са** | | **Р** | **Mg** | | **Fe** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1872005 | | | Суп вермиш.с мясом и картош | 250\15 | | | 6.05 | | | | | | 5.46 | | | 18.57 | | 113.25 | | | | 0.072 | |  | | | 18.54 | | 45.3 | | 82.58 | 61.89 | | 1.53 |
|  | | | Хлеб пщен. | 40 | | | 2.96 | | | | | | 1.16 | | | 20.56 | | 100 | | | |  | |  | | |  | |  | |  |  | |  |
| 9452005 | | | чай | 200 | | | 0.2 | | | | | |  | | | 14 | | 28 | | | |  | |  | | |  | | 6 | |  |  | | 0.4 |
|  | | | **яблоко** | 100 | | | 0.4 | | | | | | 0.4 | | | 9.8 | | 44 | | | | 0.06 | | 0.2 | | |  | | 38 | | 17 | 11 | | 0.4 |
|  | | | **Сервилат Чиркейский** | 0.360 | | | 16.0 | | | | | | 36 | | |  | | 363 ккал | | | |  | |  | | |  | |  | |  |  | |  |
| **41 2005** | | | **Масло сливоч.** | 5 | | |  | | | | | | 4.1 | | | 0.05 | | 37.5 | | | |  | | 29.5 | | |  | | 0.5 | | 1 |  | |  |
|  | | | **яйцо** | 33 шт(1 ) | | | 12.7 | | | | | | 11.5 | | | 0.7 | | 157 ккал | | | |  | |  | | |  | |  | |  |  | |  |
|  | | | **Итого:** |  | | |  | | | | | |  | | |  | |  | | | |  | |  | | |  | |  | |  |  | |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-й вторник (день 8)19.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Какао-трюфели | 100 | 24 | 11 | | 10 | 268 ккал\1117кДж |  |  |  |  |  |  |  |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
| 417 2005 | борщ | 250\25 | 5.27 | 6.8 | | 14.25 | 103 |  | 10. |  | 19.5 | 71.5 | 10 | 0.9 |
|  | **яблоко** | 100 | 0.4 | 0.4 | | 9.8 | 44 | 0.06 | 0.2 |  | 38 | 17 | 11 | 0.4 |
|  | **Сервилат Чиркейский** | 0.360 | 16.0 | 36 | |  | 363 ккал |  |  |  |  |  |  |  |
|  | **сгущенка** | 2 банк. | 8.0 | 8.5 | | 56 | 330 ккал |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-я среда (день 9) 20.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 79 2005 | Пюре с мясн.подливом | 150\15 | 20.7 | 18.89 | | 24.4 | 336 | 0.108 | 0.36 | 0.89 | 271 | 413 | 58 | 1.01 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | чай | 200 | 0.2 |  | | 14 | 28 |  |  |  | 6 |  |  | 0.4 |
|  | Конф.Степ | 1 кг | 10.5 | 27.5 | | 51. г | 490 ккал |  |  |  |  |  |  |  |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **йогурт** | 120(33шт) | 2.4 | 4.7 | | 13.6 | 110 |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-й четверг (день 10) 21.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 1872005 | Суп вермиш.с мясом | 250\15 | 6.05 | 5.46 | | 18.57 | 113.25 | 0.072 |  | 18.54 | 45.3 | 82.58 | 61.89 | 1.53 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Какао-напиток | 200 | 0.5-5.2 | 0.2-2.5 | | 8.9-89 | 40\160 |  |  |  |  |  |  |  |
|  | **яблоко** | 100 | 0.4 | 0.4 | | 9.8 | 44 | 0.06 | 0.2 |  | 38 | 17 | 11 | 0.4 |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **Сервилат Чиркейский** | 0.360 | 16.0 | 36 | |  | 363 ккал |  |  |  |  |  |  |  |
|  | **Овсян. печенье** | 2 шт | 10 | 22 | | 68 | 342 ккал |  |  |  |  |  |  |  |
|  | **сгущенка** | 2 банк. | 8.0 | 8.5 | | 56 | 330 ккал |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-я пятница (день 5) 22.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 71 2005 | Борщ с мясом | 250\25 | 5.27 | 6.8 | | 14.25 | 103.13 |  | 10 |  | 19.5 | 71.5 | 10 | 0.9 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Чай с сахар. | 200 | 0.2 |  | | 14 | 28 |  |  |  | 6 |  |  | 0.4 |
| **41 2005** | **Масло сливоч.** | 5 |  | 4.1 | | 0.05 | 37.5 |  | 29.5 |  | 0.5 | 1 |  |  |
|  | **Йогурт сливоч.** | 120 | 2.4 | 4.7 | | 13.6 | 440кДж\110 кал. |  |  |  |  |  |  |  |
|  | **Сыр гауда** | 350 гр | 24 | 28 | |  |  |  |  |  |  |  |  |  |
|  | **Конф.круиз** | 1 кг |  |  | |  |  |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-я суббота (день 6)23.01.2021 г.** | | | | | | | | | | | | | | |
| **№**  **рецептуры** | **Наименование блюд** | **масса** | **Пищевые вещества** | | | | **Энергетическая ценность** | **Витамины мг** | | | **Минеральные вещества** | | | |
| **Б** | | **Ж** | **У** | **В1** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | | | | | | | | | | | | | | |
| 79 2005 | Каша рисов.с мясн. Подлив. | 150 | 3.23 | 4.5 | | 20.78 | 139.5 | 0.28 | 0.045 | 12 | 150.6 | 218.6 | 52.7 | 2.6 |
|  | Хлеб пщен. | 40 | 2.96 | 1.16 | | 20.56 | 100 |  |  |  |  |  |  |  |
| 9452005 | Какао-трюфели | 100 | 24 | 11 | | 10 | 268 ккал\1117кДж |  |  |  |  |  |  |  |
| **41 2005** | **Яйцо столов.** | 1(26 шт) | 12.7 | 11.5 | | 0.7 | 157 ккал |  |  |  |  |  |  |  |
|  | **Печен.овсян** | 1кг |  |  | |  |  |  |  |  |  |  |  |  |
|  | **сгущенка** | 2 банк. | 8.0 | 8.5 | | 56 | 330 ккал |  |  |  |  |  |  |  |
|  | Сыр гауди | 0.360 |  |  | |  |  |  |  |  |  |  |  |  |
|  | **Итого:** |  |  |  | |  |  |  |  |  |  |  |  |  |