2день

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Наименование**  **блюда** | **Масса**  **Порции** | **Пищевые вещества**  **(г)** | | | **Энергет.**  **ценн.**  **Ккал** | **Витамины (мг)** | | | | **Минеральные вещества (мг)** | | | |
|  |  | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| КАША ГЕРКУЛЕСОВАЯ С ИЗЮМОМ | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| геркулес | 35.0 | 3.85 | 2.17 | 17.5 | 106.8 | 0.16 | 0 | 0 | 0 | 18.2 | 114.8 | 45.2 | 0.63 |
| изюм | 10.0 | 0.18 | 0 | 6.6 | 26.2 | 0.02 | 0 | 0 | 0 | 8.0 | 12.9 | 4.2 | 0.3 |
| молоко 3,5% | 125.0 | 3.5 | 4.0 | 5.87 | 72.5 | 0.05 | 1.62 | 0.01 | 0 | 150.0 | 112.5 | 17.5 | 0.07 |
| масло сливочное | 10.0 | 0.08 | 7.25 | 0.13 | 66.1 | 0.001 | 0 | 0.04 | 2.0 | 2.4 | 3.0 | 0.05 | 0.02 |
| сахар песок | 10.0 | 0 | 0 | 9.98 | 37.9 | 0 | 0 | 0 | 0 | 0.2 | 0 | 0 | 0.03 |
| КАКАО С МОЛОКОМ | **200.0** |  |  |  | **126.5** |  |  |  |  |  |  |  |  |
| какао | 2.0 | 0.48 | 0.35 | 0.56 | 7.6 | 0.002 | 0 | 0 | 0 | 1.1 | 13.1 | 3.82 | 0.3 |
| молоко 3,5% | 150.0 | 4.2 | 4.8 | 7.04 | 87.0 | 0.06 | 1.94 | 0.012 | 0 | 180.0 | 135.0 | 21.0 | 0.08 |
| сахар песок | 10.0 | 0 | 0 | 9.98 | 37.9 | 0 | 0 | 0 | 0 | 0.2 | 0 | 0 | 0.03 |
| ХЛЕБ | **100.0** | **7.9** | **1.0** | **48.1** | **239.0** | **0.16** | **0** | **0** | **0.6** | **23.0** | **87.0** | **33.0** | **2.0** |
| МАСЛО СЛИВОЧНОЕ | **15.0** | **0.12** | **10.8** | **0.195** | **99.15** | 0.001 | **0** | **0.06** | **3.0** | **3.6** | **4.5** | **0.075** | **0.03** |
| **ВТОРОЙ ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ЯБЛОКО | **250.0** | **1.0** | **1.0** | **24.5** | **112.5** | **0.08** | **0.75** | **0** | **0** | **40.0** | **27.5** | **47.5** | **5.5** |
| **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП СВЕКОЛЬНЫЙ | **250.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| картофель | 150.0 | 3.0 | 0.6 | 24.4 | 120.0 | 0.18 | 30.0 | 0 | 0 | 15.0 | 87.0 | 34.5 | 1.35 |
| свекла | 30.0 | 0.27 | 0.02 | 1.64 | 7.56 | 0.005 | 1.8 | 0 | 0 | 6.66 | 7.74 | 3.96 | 0.25 |
| морковь | 10.0 | 0.13 | 0.01 | 0.72 | 0.3 | 0.006 | 0.5 | 0 | 0.06 | 5.1 | 5.5 | 3.8 | 0.07 |
| лук. репч | 10,0 | 0.14 | - | 0.91 | 4.1 | 0.005 | 1.0 | 0 | 0.02 | 3.1 | 5.8 | 1.4 | 0.08 |
| томат. паста | 5.0 | 0.24 | 0 | 1.05 | 5.1 | 0.007 | 2.25 | 0 | 0.05 | 1.0 | 3.4 | 2.5 | 0.11 |
| масло раст. | 3.0 | - | 2.99 | - | 26.97 | - | - | - | - | - | - | - | - |
| сметана 15% | 10.0 | 0.28 | 2.0 | 0.32 | 20.6 | 0.003 | 0.003 | 0.015 | 0 | 8.6 | 6.0 | 0.8 | 0.02 |
| мясо говядина | 70.0 | 13.0 | 11.2 | - | 152.6 | 0.04 | - | - | - | 6.3 | 131.6 | 15.4 | 1.89 |
| КАША ПШЕННАЯ РАССЫПЧАТАЯ | **180.0** |  |  |  | **193.2** |  |  |  |  |  |  |  |  |
| крупа пшенная | 45.0 | 5.67 | 1.48 | 27.9 | 150.8 | 0.2 | 0 | 0 | 0.36 | 9.0 | 134.1 | 90.0 | 3.01 |
| масло сливочное | 5.0 | 0.04 | 3.62 | 0.06 | 33.05 | 0.001 | 0 | 0.02 | 1.0 | 1.2 | 1.5 | 0.025 | 0.01 |
| КОТЛЕТА МЯСНАЯ | **100.0** | 18.7 | 19.0 | 0.91 | **249.0** | 0.07 | 1.0 | 0 | 0.62 | 12.1 | 193.8 | 23.4 | 2.78 |
| фарш | 100.0 | 18.6 | 16.0 | 0 | 218.0 | 0.06 | 0 | 0 | 0.6 | 9.0 | 188.0 | 22.0 | 2.7 |
| лук | 10.0 | 0.14 | - | 0.91 | 4,1 | 0.005 | 1.0 | 0 | 0.02 | 3.1 | 5.8 | 1.4 | 0.08 |
| масло раст. | 3.0 | - | 2.99 | - | 26.97 | - | - | - | - | - | - | - | - |
| САЛАТ ИЗ СВЕКЛЫ И СВЕЖЕЙ КАПУСТЫ | **100.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| свекла | 40.0 | 0.6 | 0.04 | 3.64 | 16.8 | 0.008 | 4.0 | 0 | 0 | 14.8 | 17.2 | 8.8 | 0.56 |
| капуста | 60.0 | 1.08 | 0.06 | 2.82 | 16.2 | 0.018 | 27.0 | 0 | 0 | 28.8 | 18.6 | 9.6 | 0.36 |
| масло раст. | 10,0 | - | 9.99 | - | 89.9 | - | - | - | 6.7 | - | - | - | - |
| КОМПОТ ИЗ СУХОФРУКТОВ | **200.0** |  |  |  | **93.4** |  |  |  |  |  |  |  |  |
| сухофрукты | 15.0 | 0 | 0 | 0 | 32.4 | 0 | 0 | 2.0 | 0 | 7.7 | 0 | 1.7 | 0 |
| сахар песок | 20.0 | 0 | 0 | 19.9 | 75.8 | 0 | 0 | 0 | 0 | 0.4 | 0 | 0 | 0.06 |
| ХЛЕБ | **100.0** | **7.9** | **1.0** | **48.1** | **239.0** | **0.16** | **0** | **0** | **0.6** | **23.0** | **87.0** | **33.0** | **2.0** |
| **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СОК АБРИКОСОВЫЙ | **200.0** | **1.0** | **0** | **27.4** | **112.0** | **0.4** | **8.0** | **0** | **0** | **40.0** | **36.0** | **20.0** | **0.4** |
| ПЕЧЕНЬЕ | **40.0** | **3.32** | **3.52** | **30.2** | **167.2** | **0.01** | **0** | **0** | **0** | **11.2** | **30.0** | **5.6** | **0.36** |
| **УЖИН** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СЛОЖНЫЙ ГАРНИР С МЯСОМ | **250.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| картофель | 50.0 | 1.0 | 0.2 | 8.13 | 40.0 | 0.6 | 10.0 | 0 | 0 | 5.0 | 29.0 | 11.5 | 0.45 |
| капуста | 60.0 | 1.26 | 0.07 | 3.29 | 18.9 | 0.021 | 31.5 | 0 | 0 | 33.6 | 21.7 | 11.2 | 0.42 |
| масло сливочное | 5.0 | 0.04 | 3.62 | 0.65 | 33.05 | 0.001 | 0 | 0.02 | 1.0 | 1.2 | 1.5 | 0.03 | 0.01 |
| мясо говядина | 120.0 | 22.2 | 19.2 | - | 261.6 | 0.06 | - | - | - | 10.8 | 225.6 | 26.4 | 3.24 |
| морковь | 20.0 | 0.26 | 0.02 | 1.44 | 0.6 | 0.01 | 1.0 | 0 | 0.12 | 10.2 | 11.0 | 7.6 | 0.14 |
| лук репч. | 20,0 | 0.28 | - | 1.82 | 8.2 | 0.01 | 2.0 | 0 | 0.04 | 6.2 | 11.6 | 2.8 | 0.16 |
| САЛАТ ИЗ МОРКОВИ С СЫРОМ И ЧЕСНОКОМ | **100.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| морковь | 100.0 | 1.3 | 0.1 | 7.2 | 3.0 | 0.05 | 5.0 | 0 | 0.6 | 51.0 | 50.5 | 38.0 | 0.7 |
| чеснок | 5.0 | 0.33 | 0 | 0.26 | 2.3 | 0.004 | 0.5 | 0 | 0 | 3.0 | 5.0 | 1.5 | 0.08 |
| масло раст. | 10,0 | - | 9.99 | - | 89.9 | - | - | - | 6.7 | - | - | - | - |
| СЫР | **12.0** | **3.12** | **3.21** | **-** | **42.24** | **0.003** | **0.33** | **0.025** | **0** | **124.8** | **64.8** | **6.0** | **0.14** |
| ЯЙЦО ВАРЕНОЕ | **1шт** | **5.0** | **4.6** | **0.28** | **62.8** | **0** | **0** | **0.1** | **0** | **22.0** | **76.8** | **4.8** | **1.0** |
| ЧАЙ С САХАРОМ | **200.0** | **0.1** | **0** | **9.4** | **37.4** | 0 | 0 | 0 | 0 | **11.5** | **5.2** | **4.6** | **0.02** |
| чай | 0.2 | 0.1 | 0 | 1.42 | 14.2 | 0 | 0 | 0 | 0 | 11.34 | 5.2 | 4.6 | 0 |
| сахар | 8.0 | 0 | 0 | 7.98 | 23.2 | 0 | 0 | 0 | 0 | 0.16 | 0 | 0 | 0.02 |
| ХЛЕБ | **100.0** | **7.9** | **1.0** | **48.1** | **239.0** | **0.16** | **0** | **0** | **0.6** | **23.0** | **87.0** | **33.0** | **2.0** |
| **ПАУЖИН** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| МОЛОКО КИПЯЧЕНОЕ | **200.0** | **5.6** | **6.4** | **9.392** | **116.0** | **0.08** | **2.56** | **0.016** | **0** | **240.0** | **180.0** | **28.0** | **0.08** |
| ИТОГО |  | **96,7** | **98.2** | **410.1** | **3364.74** | **1.82** | **128.3** | **67.23** | **18.0** | **935.1** | **1501.2** | **447.0** | **15.04** |