3день

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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 РИСОВАЯ | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| рис | 45.0 | 2.8 | 0.4 | 28.5 | 132.0 | 0.03 | 0 | 0 | 0 | 3.2 | 60.0 | 20.0 | 0.44 |
| сахар песок | 8.0 | 0 | 0 | 7.98 | 23.2 | 0 | 0 | 0 | 0 | 0.16 | 0 | 0 | 0.02 |
| 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 |
| КОФЕЙНЫЙ НАПИТОК | **200.0** | **4.5** | **4.0** | **19.6** | **127.1** | **0.1** | **1.62** | **27.41** | **0** | **173.4** | **132.8** | **22.9** | **0.3** |
| коф. напиток | 4.0 | 1.0 | 0 | 3.75 | 16.7 | 0.05 | 0 | 27.4 | 0 | 23.2 | 20.3 | 5.4 | 0.2 |
| 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 |
| 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 | 20.0 | 0.16 | 14.5 | 0.26 | 132.2 | 0.002 | 0 | 0.08 | 4.0 | 4.8 | 6.0 | 0.1 | 0.04 |
| СЫР | **12.0** | **3.12** | **3.21** | **-** | **42.24** | **0.003** | **0.33** | **0.025** | **0** | **124.8** | **64.8** | **6.0** | **0.14** |
| **ВТОРОЙ ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| АПЕЛЬСИН | **250.0** | **2.25** | **0.5** | **20.3** | **100.0** | **0.1** | **150.0** | **0** | **0.55** | **85.0** | **57.5** | **32.5** | **0.75** |
| **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП ОВОЩНОЙ С ФАСОЛЬЮ | **250.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| фасоль | 20.0 | 4.2 | 0.4 | 9.32 | 58.4 | 0.1 | 0 | 0 | 0.76 | 30.0 | 96.0 | 20.6 | 1.18 |
| капуста | 30.0 | 0.54 | 0.03 | 1.41 | 8.1 | 0.009 | 13.5 | 0 | 0 | 14.4 | 9.3 | 4.8 | 0.18 |
| картофель | 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 |
| КАРТОФЕЛЬНОЕ ПЮРЕ | **200.0** | **5.46** | **8.2** | **35.04** | **241.8** | **0.26** | **40.6** | **0.036** | **1.6** | **81.92** | **163.4** | **53.04** | **1.83** |
| картофель | 200.0 | 4.0 | 0.8 | 32.6 | 160.0 | 0.24 | 40.0 | 0 | 0 | 20.0 | 116.0 | 46.0 | 1.8 |
| масло сливочное | 20.0 | 0.16 | 14.5 | 0.26 | 132.2 | 0.002 | 0 | 0.08 | 4.0 | 4.8 | 6.0 | 0.1 | 0.04 |
| молоко 3,5% | 50.0 | 1.4 | 1.6 | 2.34 | 29.0 | 0.02 | 0.64 | 0.004 | 0 | 60.0 | 45.0 | 7.0 | 0.02 |
| КАПУСТА ТУШЕНАЯ С МЯСОМ | 100.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| капуста | 50.0 | 0.9 | 0.05 | 2.35 | 13.5 | 0.015 | 22.5 | 0 | 0 | 24.0 | 15.5 | 8.0 | 0.3 |
| мясо говядина | 100.0 | 18.6 | 16.0 | 0 | 218.0 | 0.06 | 0 | 0 | 0.6 | 9.0 | 188.0 | 22.0 | 2.7 |
| морковь | 20.0 | 0.26 | 0.02 | 1.44 | 0.6 | 0.01 | 1.0 | 0 | 0.12 | 10.2 | 10.1 | 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 |
| масло раст. | 5.0 | - | 4.99 | - | 44.95 | - | - | - | - | - | - | - | - |
| САЛАТ ИЗ СВЕКЛЫ И ЯБЛОК | **100.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| свекла | 30.0 | 0.63 | 0.05 | 3.82 | 17.64 | 0.011 | 4.2 | 0 | 0 | 15.54 | 18.06 | 9.24 | 0.58 |
| яблоки | 30.0 | 0.12 | 0.12 | 2.94 | 13.5 | 0.01 | 0.09 | 0 | 0 | 4.8 | 3.3 | 5.7 | 0.66 |
| масло раст. | 7.0 | - | 6.98 | - | 62.93 | - | - | - | - | - | - | - | - |
| КОМПОТ ИЗ СУХОФРУКТОВ | **200.0** | **0** | **0** | **19.96** | **90.4** | **0** | **0** | **2.0** | **0** | **8.1** | **0** | **1.7** | **0** |
| 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 ВИНОГРАДНЫЙ | **200.0** | **0.6** | **0** | **27.6** | **108.0** | **0.04** | **4.0** | **0** | **0** | **40.0** | **24.0** | **18.0** | **0.8** |
| ПРЯНИК | **50.0** | **2.4** | **1.4** | **38.8** | **175.0** | **0.04** | **0** | **0** | **0** | **4.5** | **20.5** | **0** | **0.3** |
| **УЖИН** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ЖАРКОЕ ПО ДОМАШНЕМУ | **200.0** |  |  |  | **393.4** |  |  |  |  |  |  |  |  |
| картофель | 200.0 | 4.0 | 0.8 | 32.6 | 160.0 | 0.24 | 40.0 | 0 | 0 | 20.0 | 116.0 | 46.0 | 1.8 |
| морковь | 20.0 | 0.26 | 0.02 | 1.44 | 0.6 | 0.01 | 1.0 | 0 | 0.12 | 10.2 | 10.1 | 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 |
| масло раст. | 5.0 | - | 4.99 | - | 44.95 | - | - | - | - | - | - | - | - |
| мясо говядина | 70.0 | 13.0 | 11.2 | - | 152.6 | 0.04 | - | - | - | 6.3 | 131.6 | 15.4 | 1.89 |
| САЛАТ ИЗ КАПУСТЫ И ГОРОШКА | **100.0** | **2.43** | **10.1** | **11.05** | **143.9** | **0.05** | **13.0** | **0** | **6.7** | **43.0** | **61.6** | **28.3** | **1.61** |
| свекла | 100.0 | 1.5 | 0.1 | 9.1 | 42,0 | 0.02 | 10.0 | 0 | 0 | 37.0 | 43.0 | 22.0 | 1.4 |
| горошек консервированный | 30.0 | 0.93 | 0.06 | 1.95 | 12.0 | 0.03 | 3.0 | 0 | 0 | 6.0 | 18.6 | 6.3 | 0.21 |
| масло раст. | 10,0 | - | 9.99 | - | 89.9 | - | - | - | 6.7 | - | - | - | - |
| ОГУРЕЦ СОЛЕНЫЙ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ЯЙЦО ВАРЕНОЕ | **1шт** | **5.0** | **4.6** | **0.28** | **62.8** | **0** | **0** | **0.1** | **0** | **22.0** | **76.8** | **4.8** | **1.0** |
| КИСЕЛЬ | **200.0** | **0** | **0** | **14,0** | **52,6** | **0** | **0** | **0** | **0** | **0,2** | **0** | **0** | **0,04** |
| кисель сухой | 25,0 | 0 | 0 | 14,0 | 52,6 | 0 | 0 | 0 | 0 | 0,2 | 0 | 0 | 0,04 |
| 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 |  | **89.6** | **88.3** | **4.2.6** | **3258.1** | **1.75** | **1.36** | **68.3** | **21.0** | **874.23** | **1561.3** | **478.3** | **16.02** |