4день

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 ПШЕНИЧНАЯ  | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| крупа пшеничная | 30.0 | 3.45 | 0.39 | 18.9 | 94.8 | 0.09 | 0 | 0 | 0 | 0 | 78.3 | 0 | 1.32 |
| сахар песок | 10.0 | 10.0 | 0 | 0 | 9.98 | 37.9 | 0 | 0 | 0 | 0 | 0.2 | 0 | 0 |
| молоко 3,5% | 150.0 | 150.0 | 4.2 | 4.8 | 7.04 | 87.0 | 0.06 | 1.94 | 0.012 | 0 | 180.0 | 135.0 | 21.0 |
| масло сливочное | 10.0 | 10.0 | 0.08 | 7.25 | 0.13 | 66.1 | 0.001 | 0 | 0.04 | 2.0 | 2.4 | 3.0 | 0.05 |
| КАКАО С МОЛОКОМ | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** |
| 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** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ГРУША | **250.0** | **1.0** | **0.75** | **23.8** | **105.0** | **0.05** | **12.5** | **0** | **0.9** | **47.5** | **40.0** | **30.0** | **5.75** |
| **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП КРЕСТЬЯНСКИЙ | **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 |
| 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 |
| масло раст.  | 5.0 | - | 4.99 | - | 44.95 | - | - | - | - | - | - | - | - |
| 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 | 90.0 | 16.7 | 14.4 | - | 196.2 | 0.05 | - | - | - | 8.1 | 169.2 | 19.8 | 2.43 |
| крупа перловая | 10.0 | 1.15 | 0.13 | 6.31 | 31.6 | 0.03 | 0 | 0 | 0 | 0 | 26.1 | 0 | 0.44 |
| МАКАРОНЫ ОТВАРНЫЕ | **100.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| макароны | 40.0 | 4.16 | 0.44 | 27.8 | 134.8 | **0.07** | 0 | 0 | 0.84 | 7.6 | 34.8 | 6.4 | 0.64 |
| 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 |
| КОЛБАСА ПОРЦИОННАЯ | **80.0** | **12.0** | **9.36** | **0** | **132.0** | **0.05** | **0** | **0** | **0** | **18.4** | **167.2** | **16.8** | **2.8** |
| ВИНЕГРЕТ | **100.0** |  |  |  | **147.7** |  |  |  |  |  |  |  |  |
| картофель | 50.0 | 1.0 | 0.2 | 8.15 | 40.0 | 0.6 | 10.0 | 0 | 0 | 5.0 | 29.0 | 11.5 | 0.45 |
| 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 |
| огурцы соленые | 20.0 | 0.16 | 0.02 | 0.34 | 2.6 | 0.004 | 1.0 | 1.0 | 0.02 | 4.6 | 4.8 | 2.8 | 0.12 |
| горошек консервированный | 20.0 | 0.62 | 0.04 | 1.3 | 8.0 | 0.02 | 2.0 | 0 | 0 | 4.0 | 12.4 | 4.2 | 0.14 |
| масло раст.  | 10,0 | - | 9.99 | - | 89.9 | - | - | - | 6.7 | - | - | - | - |
| капуста |  |  |  |  |  |  |  |  |  |  |  |  |  |
| КОМПОТ ИЗ СУХОФРУКТОВ | **200.0** | **0** | **0** | **19.9** | **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 ЯБЛОЧНЫЙ | **200.0** | **1.0** | **0** | **18.2** | **76.0** | **0.02** | **4.0** | **0** | **0** | **14.0** | **14.0** | **8.0** | **0.6** |
| БУЛОЧКА | **50.0** | **4.34** | **4.17** | **36.8** | **202.3** | **0.06** | **0.37** | **0.002** | **2.01** | **37.8** | **53.5** | **9.8** | **0.57** |
| мука пшеничная | 35.0 | 3.6 | 0.38 | 24.1 | 116.9 | 0.05 | 0 | 0 | 0 | 6.3 | 30.1 | 5.6 | 0.42 |
| сахар песок | 5.0 | 0 | 0 | 4.99 | 18.95 | 0 | 0 | 0 | 0 | 0.1 | 0 | 0 | 0.01 |
| масло раст. | 3.0 | - | 2.99 | - | 26.97 | - | - | - | 2.01 | - | - | - | - |
| молоко | 25.0 | 0.7 | 0.8 | 1.17 | 14.5 | 0.01 | 0.32 | 0.002 | 0 | 30.0 | 22.5 | 3.5 | 0.01 |
| повидло | 10.0 | 0.04 | 0 | 6.53 | 25.0 | 0.001 | 0.05 | 0 | 0 | 1.4 | 0.9 | 0.7 | 0.13 |
| **УЖИН** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП «ШАХТЕРСКИЙ» | **250.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| картофель | 100.0 | 2.0 | 0.4 | 16.3 | 80.0 | 0.12 | 20.0 | 0 | 0 | 10.0 |  58.0 | 23.0 | 0.9 |
| 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 |
| крупа гречневая | 10.0 | 1.26 | 0.32 | 6.2 | 33.51 | 0.04 | 0 | 0 | 0.08 | 2.0 | 29.8 | 20.0 | 0.7 |
| 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 |
| масло раст.  | 5.0 | - | 4.99 | - | 44.95 | - | - | - | - | - | - | - | - |
| сметана 15%  | 5.0 | 0.14 | 1.0 | 0.16 | 10.3 | 0.001 | 0.001 | 0.008 | 0 | 4.3 | 3.0 | 0.4 | 0.01 |
| ОГУРЕЦ СОЛЕНЫЙ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ИКРА ОВОЩНАЯ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  | **98,6** | **89,2** | **412,6** | **3353,3** | **2,01** | **129.6** | **71.23** | **19.05** | **911.5** | **1563.2** | **487.3** | **18.2** |