7 день

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 «ДРУЖБА» | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| пшено | 15.0 | 1.73 | 0.5 | 1.0 | 52.2 | 0.06 | 0 | 0 | 0 | 4.05 | 34.95 | 12.5 | 0.4 |
| рис | 15.0 | 1.05 | 0.15 | 10.7 | 49.5 | 0.01 | 0 | 0 | 0 | 1.2 | 22.5 | 7.5 | 0.15 |
| сахар песок | 10.0 | 0 | 0 | 9.98 | 37.9 | 0 | 0 | 0 | 0 | 0.2 | 0 | 0 | 0.03 |
| 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 |
| 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 | **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** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| РАССОЛЬНИК | **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 |
| крупа перловая | 10.0 | 0.93 | 0.11 | 6.65 | 32.0 | 0.01 | 0 | 0 | 0 | 3.8 | 32.3 | 4.0 | 0.18 |
| 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% | 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 |
| огурцы соленые | 10.0 | 0.08 | 0.01 | 0.17 | 1.3 | 0.002 | 0.5 | 0.5 | 0.01 | 2.3 | 2.4 | 1.4 | 0.06 |
| мясо говядина | 90.0 | 16.7 | 14.4 | - | 196.2 | 0.05 | - | - | - | 8.1 | 169.2 | 19.8 | 2.43 |
| КАША РИСОВАЯ С КУРИЦЕЙ | **200.0** | **16.4** | **13.8** | **35.98** | **378.8** | **0.09** | **3.0** | **0.072** | **1.76** | **33.12** | **207.1** | **45.54** | **1.88** |
| 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 слив. | 8.0 | 0.06 | 5.8 | 0.1 | 52.88 | 0.001 | 0 | 0.032 | 1.6 | 1.92 | 2.4 | 0.04 | 0.01 |
| курица | 70.0 | 12.7 | 12.8 | 0.49 | 168.7 | 0.04 | 0 | 0.04 | 0 | 11.2 | 115.5 | 12.6 | 1.12 |
| рис | 45.0 | 3.15 | 0.45 | 32.13 | 148.5 | 0.03 | 0 | 0 | 0 | 3.6 | 67.5 | 22.5 | 0.45 |
| САЛАТ СТЕПНОЙ | **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 | - | - | - | - |
| 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 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** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП КАРТОФЕЛЬНЫЙ С КЛЕЦКАМИ | **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 |
| 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. | 3.0 | - | 2.99 | - | 26.97 | - | - | - | - | - | - | - | - |
| мука пшеничная | 20.0 | 2.08 | 0.24 | 13.8 | 66.8 | 0.04 | 0 | 0 | 0 | 3.6 | 17.2 | 3.2 | 0.24 |
| яйцо | 1\4 | 1.25 | 1.15 | 0.07 | 15.7 | 0 | 0 | 0.025 | 0 | 5.5 | 19.2 | 1.2 | 0.25 |
| мясо говядина | 90.0 | 16.7 | 14.4 | - | 196.2 | 0.05 | - | - | - | 8.1 | 169.2 | 19.8 | 2.43 |
| 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** |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |