9день

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | **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** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 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 |
| КАРТОФЕЛЬНОЕ ПЮРЕ | **200.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 | 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 |
| 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 |
| КОЛБАСА ПОРЦИОННАЯ | **80.0** | **12.0** | **9.36** | **0** | **132.0** | **0.05** | **0** | **0** | **0** | **18.4** | **167.2** | **16.8** | **2.8** |
| 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** | **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 ЯБЛОЧНЫЙ | **200.0** | **1.0** | **0** | **18.2** | **76.0** | **0.02** | **4.0** | **0** | **0** | **14.0** | **14.0** | **8.0** | **0.6** |
| ВАФЛИ | **40.0** | **1.36** | **12.1** | **25.9** | **215.6** | **0.02** | **0** | **0** | **0** | **3.2** | **13.2** | **0.8** | **0.2** |
| **УЖИН** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СУП «УХА» | **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 |
| рыба консерва | 100.0 | 18.6 | 16.0 | 0 | 218.0 | 0.06 | 0 | 0 | 0.6 | 9.0 | 188.0 | 22.0 | 2.7 |
| рис | 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |