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| ***1 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
|  | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
|  |  | **Б** | **Ж** | **У** |  | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Рисовый молочный суп | **150** |  |  |  |  |  |  |  |  |  |  |  |
|  | Чай с сахаром | **200** | **0,14** |  | **24,76** | **94,2** |  |  |  | **18** | **4,29** |  | **0,6** |
|  | Чурек | **30** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,47** | **26,08** | **4,97** | **0,38** |
|  | Вафли | **50** |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **37,12** | **41,69** | **115,52** | **820,03** |  |  |  |  |  |  |  |

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| ***2 ДЕНЬ*** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ ре­цептуры** | | **Наименование блюд** | | **Масса, г** | | **Пищевые вещества** | | | | | | **Энергети­ческая ценность, ккал** | | **Витамины, мг** | | | | | | **Минеральные вещества, мг** | | | | |
| **Б** | | **Ж** | | **У** | | **Bi** | | **А** | | **С** | | **Са** | **Р** | **Mg** | **Fe** | |
|  | | Каша гречневая молочная | | **150** | | ***7,46*** | | **5,61** | | **20,78** | | **230,45** | | **0,28** | | **0,045** | | **12** | | **150,6** | **218,4** | **52,7** | **2,6** | |
|  | | Чай с сахаром | | **200** | | ***1,04*** | |  | | **26,69** | | **107,44** | |  | |  | | **0,41** | | **41,14** | **29,2** | **22,96** | **0,68** | |
|  | | Чурек | | **30** | | ***2,88*** | | **0,35** | | **17,74** | | **85,63** | |  | |  | |  | |  |  |  |  | |
|  | | Пряник пром. производства | | **50** | | ***2,2*** | | **1,45** | | **38,55** | | **166,5** | |  | |  | |  | |  |  |  |  | |
|  | | **ИТОГО:** | |  | | **27,71** | | **22,02** | | **143,03** | | **895,49** | |  | |  | |  | |  |  |  |  | |
| ***ЗДЕНЬ*** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | | | | | | | | | | | | |
| **№ ре­цептуры** | | **Наименование блюд** | | **Масса, г** | | **Пищевые вещества** | | | | | | **Энергети­ческая ценность, ккал** | | **Витамины, мг** | | | | | | **Минеральные вещества, мг** | | | | |
| **Б** | | **Ж** | | **У** | | **Bi** | | **А** | | **С** | | **Са** | | **Р** | **Mg** | **Fe** |
|  | | Молочный суп с макаронами | | **150** | | **3,6** | | **5,85** | | **28,35** | | **180** | | **0,045** | | **0,045** | | **0,113** | | **1,755** | | **89** | **27,98** | **0,765** |
|  | | Чай с сахаром | | **200** | | **0,2** | | **0,2** | | **22,3** | | **110** | |  | |  | | **0,02** | | **12,0** | | **2,4** |  | **0,8** |
|  | | Чурек | | **40** | | **3,84** | | **0,47** | | **23,65** | | **114,17** | | **0,067** | |  | | **ю** | | **12** | | **28** | **8** | **0,5** |
|  | | Конфеты | | **50** | |  | |  | |  | |  | |  | |  | |  | |  | |  |  |  |
|  | | **ИТОГО:** | |  | | **40,41** | | **22,14** | | **87,01** | | **728,26** | |  | |  | |  | |  | |  |  |  |

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| ***4 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **В,** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | **Каша молочная пшеничная** | **100** | **4,95** | **3,28** | **26,45** | **160,28** | **0,11** | **0,02** |  | **1,22** | **121** | **0,03 :** | **2.43** |
|  | **Чай с сахаром** | **200** | **0,78** |  | **20,02** | **80,58** | **0,01** |  | **1,08** | **6,4** | **3,6** |  | **0,18** |
|  | **Чурек** | **40** | **2,64** | **0,48** | **13,36** | **69,6** |  |  |  |  |  |  |  |
|  | **Печенье** | **50** |  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого:** |  | **29,31** | **23,24** | **97,31** | **718,75** |  |  |  |  |  |  |  |

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| ***5 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Макароны отварные | **150** | **5,52** | **4,52** | **26,45** | **168,45** | **0,08** | **28** |  | **6,48** | **9,56** | **23,16** | **1,48** |
|  | Чай с сахаром | **200** | **0,2** | **0,2** | **22,3** | **110** | **0,02** |  |  | **12** | **2,4** |  | **0,8** |
|  | Чурек | **40** | **3,84** | **0,47** | **23,65** | **114,17** | **0,067** |  |  | **9,69** | **34,77** | **6,63** | **0,51** |
|  | Вафли | **50** |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **28,69** | **29,26** | **96,48** | **806,22** |  |  |  |  |  |  |  |

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| ***6 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
|  | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Рисовый молочный суп | **150** | **11,9** | **9,76** | **2,87** | **101,5** | **0,17** |  | **1,28** | **24,36** | **194,69** | **26,01** | **2,32** |
|  | Чай с сахаром | **200** | **1,04** |  | **26,69** | **107,44** |  |  | **0,41** | **41,14** | **. 29,2** | **22,96** | **0,68** |
|  | Чурек | **40** | **2,64** | **0,48** | **13,36** | **69,6** |  |  |  |  |  |  |  |
|  | Пряники | **50** | **0,44** | **0,34** | **10,38** | **47** | **0,06** |  | **10** | **12** | **28** | **8** | **0,5** |
|  | **ИТОГО:** |  |  |  |  |  |  |  |  |  |  |  |  |

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| ***7 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Суп молочная гречневая | **150** | **3,84** | **0,47** | **23,65** | **114,17** | **0,067** |  | **10** | **8** | **28** | **42** | **0,002** |
|  | Чай с сахаром | **200** | **1,32** | **0,24** | **6,68** | **34,8** |  |  |  |  |  |  |  |
|  | Зефир пром. произв. | **50** | **0,04** |  | **29,8** | **154** |  |  |  |  |  |  |  |
|  | Чурек | **40** | **0,4** | **0,4** | **9,8** | **47** | **0,03** |  | **10** | **10** | **75,8** |  | **2,2** |
|  | **Итого:** |  | **26,55** | **16,49** | **119,32** | **752,06** |  |  |  |  |  |  |  |

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| ***8 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
|  | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Рисовый молочный суп | **150** | **11,9** | **9,76** | **2,87** | **101,5** | **0,17** |  | **1,28** | **24,36** | **194,69** | **26,01** | **2,32** |
|  | Чай с сахаром | **200** | **1,04** |  | **26,69** | **107,44** |  |  | **0,41** | **41,14** | **. 29,2** | **22,96** | **0,68** |
|  | Чурек | **40** | **2,64** | **0,48** | **13,36** | **69,6** |  |  |  |  |  |  |  |
|  | Пряники | **50** | **0,44** | **0,34** | **10,38** | **47** | **0,06** |  | **10** | **12** | **28** | **8** | **0,5** |
|  | **ИТОГО:** |  |  |  |  |  |  |  |  |  |  |  |  |

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| ***10 ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Макароны отварные | **150** | **5,52** | **4,52** | **26,45** | **168,45** | **0,08** | **28** |  | **6,48** | **9,56** | **23,16** | **1,48** |
|  | Чай с сахаром | **200** | **0,2** | **0,2** | **22,3** | **110** | **0,02** |  |  | **12** | **2,4** |  | **0,8** |
|  | Чурек | **40** | **3,84** | **0,47** | **23,65** | **114,17** | **0,067** |  |  | **9,69** | **34,77** | **6,63** | **0,51** |
|  | Вафли | **50** |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО:** |  | **28,69** | **29,26** | **96,48** | **806,22** |  |  |  |  |  |  |  |
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| ***9ДЕНЬ*** | | | | | | | | | | | | | |
| **Комплексный обед** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование блюд** | **Масса, г** | **Пищевые вещества** | | | **Энергети­ческая ценность, ккал** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
|  | Суп молочная гречневая | **150** | **3,84** | **0,47** | **23,65** | **114,17** | **0,067** |  | **10** | **8** | **28** | **42** | **0,002** |
|  | Чай с сахаром | **200** | **1,32** | **0,24** | **6,68** | **34,8** |  |  |  |  |  |  |  |
|  | Зефир пром. произв. | **50** | **0,04** |  | **29,8** | **154** |  |  |  |  |  |  |  |
|  | Чурек | **40** | **0,4** | **0,4** | **9,8** | **47** | **0,03** |  | **10** | **10** | **75,8** |  | **2,2** |
|  | **Итого:** |  | **26,55** | **16,49** | **119,32** | **752,06** |  |  |  |  |  |  |  |