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**1й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | | **200** | **5,56** | **5,56** | **15,4** | **152,5** | **0,06** | **0,97** | **27,0** | **0,44** | **144,3** | **40,6** | **24,5** | **0,13** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Вафли** | | **37,15** | **2,93** | **3,28** | **19,9** | **137,6** | **0,04** | **0,00** | **27,0** | **0,61** | **16,9** | **15,2** | **12.9** | **0,93** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | **560** | | **12,0** | **9,75** | **78,2** | **526,7** | **0,38** | **10,7** | **54,0** | **1,62** | **197,4** | **90,7** | **55,5** | **3,67** | |
| **обед** | | | | | | | | | | | | | | | |
| **Винегрет**  **Рецептура блюда№27-2022г.** | | **100** | **5,39** | **5,10** | **9,55** | **142,0** | **0,04** | **12,7** | **0,00** | **0,91** | **41,4** | **38,5** | **20,6** | **0,86** | |
| **Щи из свежей капусты с картофелем**  **Рецептура блюда№88-2017г.** | | **250** | **5,87** | **5,62** | **18,7** | **158,6** | **0,23** | **5,83** | **0,00** | **1,65** | **42,7** | **88,1** | **35,6** | **2,57** | |
| **Рыба тушеная в томате**  **Рецептура блюда№268-2017г.** | | **100** | **11,1** | **18,3** | **18,5** | **254,1** | **0,25** | **3,69** | **12,6** | **0,70** | **15,9** | **121,7** | **21,9** | **1,31** | |
| **Макаронные изделия**  **Рецептура блюда№202/205-2017г.** | | **180** | **10,7** | **6,94** | **36,6** | **234,9** | **0,07** | **0,00** | **0,00** | **0,86** | **14,6** | **45,1** | **9,77** | **0,98** | |
| **Компот из смеси сухофруктов**  **Рецептура блюда№349-2017г.** | | **200** | **0,85** | **0,09** | **40,2** | **166,0** | **0,02** | **1,28** | **0,00** | **0,00** | **32,5** | **23,4** | **17,5** | **0,70** | |
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| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** | |
| **Всего** | | **895** | **35,8** | **36,4** | **139,9** | **1031,5** | **0,64** | **23,5** | **12,6** | **4,42** | **154,7** | **351,7** | **113,6** | **7,44** | |
| **Итого** | | **1455** | **47,8** | **46,2** | **218,1** | **1558,2** | **1,02** | **34,2** | **66,6** | **6,04** | **352,1** | **442,4** | **169,1** | **11,1** | |

**2й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Макароны, запеченные с сыром**  **Рецептура блюда№399-2022г.** | | **200** | **7,42** | **5.96** | **34,1** | **249,0** | **0,17** | **3,18** | **91,5** | **0,92** | **196,2** | **104,4** | **8,25** | **2,21** | |
| **Блины со сгущ.молоком**  **Рецептура блюда№396-2017г.** | | **2/50/25** | **11,1** | **6,82** | **37.9** | **220,3** | **0,18** | **6,27** | **14,6** | **0,77** | **75,1** | **112,1** | **26,7** | **1,33** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Всего** | **550** | | **21,0** | **13,1** | **101,7** | **617,7** | **0,38** | **12,3** | **106,1** | **2,08** | **291,3** | **242,7** | **45,6** | **4,18** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** | |
| **Суп крестьянский с крупой**  **Рецептура блюда№98-2017г.** | | **250** | **3,68** | **4,92** | **9,10** | **146,3** | **0,04** | **9,88** | **0,00** | **0,97** | **41,9** | **38,6** | **19,6** | **0,58** | |
| **Рагу из птицы**  **Рецептура блюда№289-2017г.** | | **200** | **14,4** | **16,4** | **35.1** | **269,3** | **0,11** | **13,7** | **16,7** | **2,54** | **48,1** | **145,8** | **49,2** | **3,19** | |
| **Сыр Российский** | | **16,44** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
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| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | | **920** | **31,1** | **32,7** | **99,3** | **797,4** | **0,24** | **30,4** | **55,7** | **5,11** | **288,8** | **376,6** | **119,6** | **6,87** | |
| **Итого** | | **1470** | **52,1** | **45,8** | **201,0** | **1415,1** | **0,65** | **42,7** | **161,8** | **7,19** | **580,1** | **619,3** | **165,2** | **11,1** | |

**3й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |

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| **Каша манная**  **Рецептура блюда№352-2022г.** | **200** | **12,36** | **9,06** | **17,97** | **236,6** | **0,00** | **0,74** | **39,9** | **1,97** | **167,6** | **163,0** | **30,2** | **0,14** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |

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| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** |
| **Печенье** | | **53,05** | **6,53** | **7,08** | **19,5** | **113,0** | **0,00** | **0,00** | **36,0** | **6,36** | **9,11** | **24,8** | **6,00** | **0,05** |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** |
| **Всего** | **575** | | **22,4** | **17,1** | **80,4** | **586,2** | **0,28** | **10,4** | **75,9** | **8,90** | **212,9** | **222,7** | **54,3** | **2,80** |
| **обед** | | | | | | | | | | | | | | |
| **Салат из овощей со свежим огурцом с кукурузой**  **Рецептура блюда№81-2022г.** | | **100** | **7,65** | **5,39** | **9,55** | **139,7** | **0,02** | **5,37** | **35,2** | **5,51** | **30,4** | **0,09** | **24,1** | **0,39** |
| **Суп картофельный с горохом**  **Рецептура блюда№102-2017г.** | | **250** | **5,49** | **6,27** | **19,5** | **168,3** | **0,13** | **4,53** | **0,00** | **1,00** | **52,7** | **111,0** | **35,6** | **1,05** |
| **Голубцы с мясом и соусом**  **Рецептура блюда№287/330-2017г.** | | **100/40** | **14,0** | **21,5** | **27,3** | **339,1** | **0,06** | **13,6** | **27,7** | **2,42** | **62,4** | **144,3** | **31,9** | **1,08** |
| **Пюре картофельное**  **Рецептура блюда№312-2017г.** | | **180** | **4,68** | **8,76** | **26,5** | **184,7** | **0,17** | **21,8** | **0,00** | **0,18** | **54,4** | **123,9** | **33,3** | **1,21** |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** |
| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | | **935** | **33,8** | **42,3** | **114,4** | **979,0** | **0,41** | **48,2** | **62,9** | **9,41** | **221,7** | **418,6** | **135,6** | **5,11** |
| **Итого** | | **1510** | **56,2** | **59,4** | **194,8** | **1565,2** | **0,69** | **58,6** | **138,8** | **18,3** | **434,6** | **641,3** | **189,9** | **7,91** |

**4й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Каша овсяная**  **Рецептура блюда№360-2022г.** | | **200** | **7,40** | **4,32** | **19,5** | **182,0** | **0,06** | **0,40** | **46,2** | **2,78** | **150,1** | **110,5** | **14,64** | **0,76** | |
| **Оладьи с творогом**  **Рецептура блюда№400/404-2017г.** | | **2/50/10** | **14,4** | **23,2** | **35,2** | **268,7** | **0,15** | **0,20** | **64,1** | **10,0** | **101,9** | **146,8** | **32,7** | **1,30** | |
| **Кисель из сока плодового**  **Рецептура блюда№359-2017г.** | | **200** | **0,31** | **0,00** | **39,4** | **130,1** | **0,01** | **2,40** | **0,00** | **0,00** | **22,4** | **18,5** | **7,26** | **0,19** | |
| **Батон йодированный** | | **40** | **3,79** | **0,48** | **23,2** | **123,4** | **0,05** | **0,00** | **0,00** | **0,62** | **9,20** | **34,9** | **13,2** | **0,45** | |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Всего** | **550** | | **25,9** | **28,0** | **117,3** | **704,2** | **0,27** | **3,00** | **110,3** | **13,4** | **283,6** | **310,7** | **67,8** | **2,70** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | | **100** | **3,37** | **5,27** | **11,5** | **72,7** | **0,02** | **15,0** | **0,00** | **0,83** | **24,9** | **29,0** | **0,06** | **0,47** | |
| **Суп с макаронными изделиями**  **Рецептура блюда№103-2017г.** | | **250** | **2,03** | **4,99** | **9,15** | **135,3** | **0,09** | **10,4** | **0,00** | **0,37** | **24,9** | **49,3** | **20,8** | **0,78** | |
| **Зразы рубленые с яйцом**  **Рецептура блюда№274-2017г.** | | **100** | **16,6** | **17,2** | **8,93** | **266,9** | **0,19** | **3,60** | **19,5** | **0,26** | **11,5** | **87,2** | **17,84** | **5,88** | |
| **Каша гречневая с овощами**  **Рецептура блюда№658-2022г.** | | **180** | **10,2** | **11,6** | **32,1** | **243,2** | **0,21** | **0,14** | **46,7** | **0,05** | **27,6** | **214,6** | **139,6** | **5,14** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** | |
| **Хлеб ржаной йодированный** | | **40,3** | **2,47** | **0,48** | **21,7** | **101,2** | **0,04** | **0,00** | **0,00** | **0,40** | **10,1** | **46,5** | **11,0** | **1,36** | |
| **Бутерброд горячий с сыром**  **Рецептура блюда№7-2017г.** | | **40** | **4,96** | **7,40** | **13,2** | **139,6** | **0,04** | **0,05** | **56,0** | **0,28** | **123,9** | **85,6** | **8,40** | **0,44** | |
| **Всего** | | **910** | **34,8** | **39,6** | **98,6** | **890,6** | **0,55** | **32,0** | **66,2** | **1,91** | **113,2** | **431,0** | **191,7** | **13,9** | |
| **Итого** | | **1460** | **60,7** | **67,6** | **215,9** | **1594,8** | **0,82** | **35,0** | **176,5** | **15,3** | **396,8** | **741,7** | **259,5** | **16,6** | |

**5й день**

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| **Наименование блюда** | **Выход**  **гр** | | **Пищевые вещества** | | | | | | **Эн.ценность(ккал)** | | **Витамины,мг** | | | | | | | | **Минеральные вещества,мг** | | | | | | | |
| **Б** | | **Ж** | | **У** | | **В1** | | **С** | | **А** | | **Е** | | **Сa** | | **Р** | | **Мg** | | **Fе** | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | **200** | | **5,56** | | **5,56** | | **15,4** | | **152,5** | | **0,06** | | **0,97** | | **27,0** | | **0,44** | | **144,3** | | **40,6** | | **24,5** | | **0,13** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | | **0,13** | | **0,02** | | **15,2** | | **71,3** | | **0,00** | | **2,86** | | **0,00** | | **0,00** | | **14,2** | | **4,40** | | **2,40** | | **0,36** | |
| **Батон йодированный** | **50** | | **4,74** | | **0,60** | | **29,0** | | **144,2** | | **0,06** | | **0,00** | | **0,00** | | **0,78** | | **11,5** | | **43,6** | | **16,5** | | **0,56** | |
| **Яблоки печеные**  **Рецептура блюда№372-2017г.** | **100** | | **1,61** | | **0,61** | | **23,4** | | **88,2** | | **0,19** | | **9,47** | | **54,0** | | **1,81** | | **33,6** | | **10,3** | | **70,6** | | **4,67** | |
| **Всего** | **550** | | **12,0** | | **6,79** | | **83,0** | | **456,2** | | **0,31** | | **13,3** | | **81,0** | | **3,03** | | **203,6** | | **98,9** | | **114,0** | | **5,72** | |
| **обед** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Салат осенний**  **Рецептура блюда№75-2017.** | **100** | | **5,38** | | **2,10** | | **28,8** | | **155,3** | | **0,03** | | **5,68** | | **25,2** | | **0,90** | | **72,1** | | **128,6** | | **81,3** | | **1,69** | |
| **Щи из свежей капусты с картофелем**  **Рецептура блюда№88-2017г.** | **250** | | **5,87** | | **5,62** | | **18,7** | | **158,6** | | **0,23** | | **5,83** | | **0,00** | | **1,65** | | **42,7** | | **88,1** | | **35,6** | | **2,57** | |
| **Рыба тушеная в томате с овощами**  **Рецептура блюда№268-2017г.** | **100** | | **11,1** | | **18,3** | | **18,5** | | **254,1** | | **0,25** | | **3,69** | | **12,6** | | **0,70** | | **15,9** | | **121,7** | | **21,9** | | **1,31** | |
| **Рис отварной**  **Рецептура блюда№304-2017г.** | | **180** | | **12,8** | | **3,00** | | **44,3** | | **253,0** | | **0,09** | | **9,42** | | **0,00** | | **2,56** | | **43,3** | | **128,8** | | **72,1** | | **2,53** |
| **Компот из смеси сухофруктов**  **Рецептура блюда№349-2017г.** | | **200** | | **0,85** | | **0,09** | | **40,2** | | **166,0** | | **0,02** | | **1,28** | | **0,00** | | **0,00** | | **32,5** | | **23,4** | | **17,5** | | **0,70** |
| **Хлеб ржаной йодированный** | | **30** | | **1,85** | | **0,36** | | **16,3** | | **75,9** | | **0,03** | | **0,00** | | **0,00** | | **0,30** | | **7,59** | | **34,9** | | **8,25** | | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | | **2,07** | | **6,56** | | **13,1** | | **119,0** | | **0,03** | | **0,00** | | **35,0** | | **0,68** | | **7,35** | | **19,7** | | **3,68** | | **0,30** |
|  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Всего** | | **895** | | **37,9** | | **29,5** | | **166,8** | | **1062,9** | | **0,65** | | **25,9** | | **37,8** | | **6,11** | | **214,1** | | **525,5** | | **236,7** | | **9,82** |
| **Итого** | | **1445** | | **49,9** | | **36,3** | | **249,8** | | **1519,1** | | **0,96** | | **39,2** | | **118,8** | | **9,14** | | **417,7** | | **624,4** | | **350,7** | | **15,5** |

**6й день**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Суп молочный с макаронными изделиями**  **Рецептура блюда№120-2017г.** | | **200** | **7,58** | **5,86** | **34,4** | **140,0** | **0,07** | **0,49** | **51,4** | **1,41** | **130,4** | **129,4** | **21,3** | **0,52** | |
| **Оладьи с яблоками**  **Рецептура блюда№400/403-2017г.** | | **2/50/5** | **9,13** | **13,6** | **13,7** | **229,6** | **0,09** | **0,71** | **42,9** | **5,06** | **78,3** | **95,9** | **36,9** | **1,57** | |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | | **0,53** | **0,00** | **15,0** | **71,30** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | **25** | | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Зефир в ассортименте** | **39,07** | | **6,40** | **6,52** | **17,9** | **136,7** | **0,04** | **0,00** | **36,0** | **0,56** | **16,4** | **34,8** | **6,00** | **0,40** | |
| **Всего** | **565** | | **26,1** | **26,3** | **95,5** | **654,7** | **0,23** | **1,23** | **130,3** | **7,42** | **242,0** | **286,7** | **73,9** | **3,05** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** | |
| **Суп картофельный с крупой**  **Рецептура блюда№101-2017г.** | | **250** | **2,48** | **3,69** | **5,17** | **135,3** | **0,04** | **15,5** | **0,00** | **0,47** | **24,9** | **49,3** | **20,8** | **0,78** | |
| **Капуста тушеная с мясом**  **Рецептура блюда№326-2022г.** | | **200** | **6,98** | **5,35** | **18,6** | **203,5** | **0,05** | **32,1** | **0,00** | **0,73** | **113,7** | **71,5** | **38,5** | **1,17** | |
| **Масло сливочное** | | **11,13** | **0,10** | **7,20** | **0,13** | **65,7** | **0,00** | **0,00** | **50,0** | **0,10** | **2,40** | **3,00** | **0,00** | **0,00** | |
| **Какао с молоком**  **Рецептура блюда №382** | | **200** | **4,08** | **3,54** | **17,6** | **123,4** | **0,06** | **1,59** | **44,5** | **0,00** | **152,2** | **124,6** | **21,3** | **0,48** | |
| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | | **915** | **22,7** | **26,8** | **81,8** | **773,7** | **0,23** | **55,8** | **94,5** | **2,82** | **348,9** | **352,8** | **124,7** | **5,10** | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Итого** | | **1480** | **48,8** | **53,1** | **171,3** | **1428,4** | **0,46** | **57,0** | **224,8** | **10,2** | **590,9** | **639,5** | **198,6** | **8,15** | |

**7й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Суп молочный с манной крупой**  **Рецептура блюда№121-2017.** | **200** | **5,36** | **11,06** | **36,9** | **208,6** | **0,00** | **0,70** | **64,1** | **10,1** | **161,3** | **158,0** | **40,2** | **0,14** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Фрукты** | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Вафли** | **40,15** | **2,93** | **3,28** | **19,9** | **177,6** | **0,04** | **0,00** | **27,0** | **0,61** | **16,9** | **15,2** | **12,9** | **0,93** | |
| **Всего** | **565** | **11,8** | **15,3** | **99,7** | **622,8** | **0,32** | **10,4** | **91,1** | **11,3** | **214,4** | **208,1** | **71,2** | **3,68** | |
| **обед** | | | | | | | | | | | | | | |
| **Винегрет**  **Рецептура блюда№27-2022г.** | **100** | **5,39** | **5,10** | **9,55** | **142,0** | **0,04** | **12,7** | **0,00** | **0,91** | **41,4** | **38,5** | **20,6** | **0,86** | |
| **Борщ с капустой и картошкой**  **Рецептура блюда№82-2017г.** | **250** | **3,80** | **4,92** | **21,9** | **197,0** | **0,01** | **2,80** | **18,2** | **0,79** | **49,7** | **107,8** | **26,1** | **1,23** | |
| **Плов из птицы**  **Рецептура блюда№291-2017г.** | **200** | **23,4** | **33,9** | **45,2** | **382,6** | **0,00** | **1,00** | **23,7** | **0,41** | **46,4** | **172,2** | **42,0** | **1,42** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,30** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Сыр российский** | **19,0** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** | |
| **Хлеб ржаной йодированный** | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Всего** | **820** | **37,3** | **44,6** | **122,5** | **945,9** | **0,11** | **16,5** | **41,9** | **2,80** | **161,9** | **378,0** | **106,6** | **55,09** | |
| **Итого** | **1385** | **49,1** | **59,9** | **222,2** | **1568,7** | **0,43** | **26,9** | **133,0** | **14,1** | **376,3** | **586,1** | **177,8** | **8,77** | |

**8й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Каша пшенная**  **Рецептура блюда№364-2022г.** | **200** | **3,40** | **2,34** | **40,6** | **106,2** | **0,04** | **0,80** | **16,0** | **1,26** | **15,3** | **2,70** | **3,20** | **0,15** | |
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| **Блины со слив.маслом**  **Рецептура блюда№396-2017г.** | **2/50/10** | **8,10** | **6,40** | **50,5** | **209,3** | **0,29** | **6,23** | **8,40** | **0,36** | **23,9** | **7,50** | **4,05** | **2,21** |
| **Сыр Российский** | **17,19** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** |

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| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** |
| **Всего** | **550** | **17,5** | **13,5** | **120,8** | **528,6** | **0,37** | **10,0** | **63,4** | **2,09** | **191,2** | **121,4** | **23,2** | **3,15** |
| **обед** | | | | | | | | | | | | | |
| **Салат витаминный с зел.гор.**  **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | **100** | **3,32** | **5,27** | **11,5** | **70,4** | **0,02** | **13,1** | **0,00** | **0,00** | **4,90** | **2,30** | **0,06** | **0,47** |  |
| **Суп картофельный с горохом**  **Рецептура блюда№102-2017г.** | **250** | **5,49** | **6,27** | **19,5** | **168,3** | **0,13** | **4,53** | **0,00** | **1,00** | **52,7** | **111,0** | **35,6** | **1,05** |
| **Шницель**  **Рецептура блюда№268-2017г.** | **100** | **5,80** | **17,9** | **29,3** | **187,2** | **0,20** | **2,69** | **12,6** | **0,20** | **0,90** | **13,0** | **2,90** | **3,92** |
| **Макароны отварные с овощами**  **Рецептура блюда№202/205-2017г.** | **180** | **12,8** | **3,00** | **44,3** | **253,0** | **0,09** | **9,42** | **0,00** | **2,56** | **43,3** | **128,8** | **9,10** | **2,53** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |
| **Хлеб ржаной йодированный** | **44,45** | **2,46** | **0,48** | **21,8** | **101,2** | **0,10** | **0,00** | **0,00** | **0,40** | **10,2** | **46,6** | **11,0** | **1,36** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | **900** | **30,4** | **32,9** | **141,4** | **851,4** | **0,54** | **29,8** | **12,6** | **4,16** | **123,1** | **304,5** | **60,1** | **9,61** |
| **Итого** | **1450** | **47,9** | **46,4** | **262,2** | **1380,0** | **0,91** | **39,8** | **76,0** | **6,25** | **314,3** | **425,9** | **83,3** | **12,8** |

**9й день**

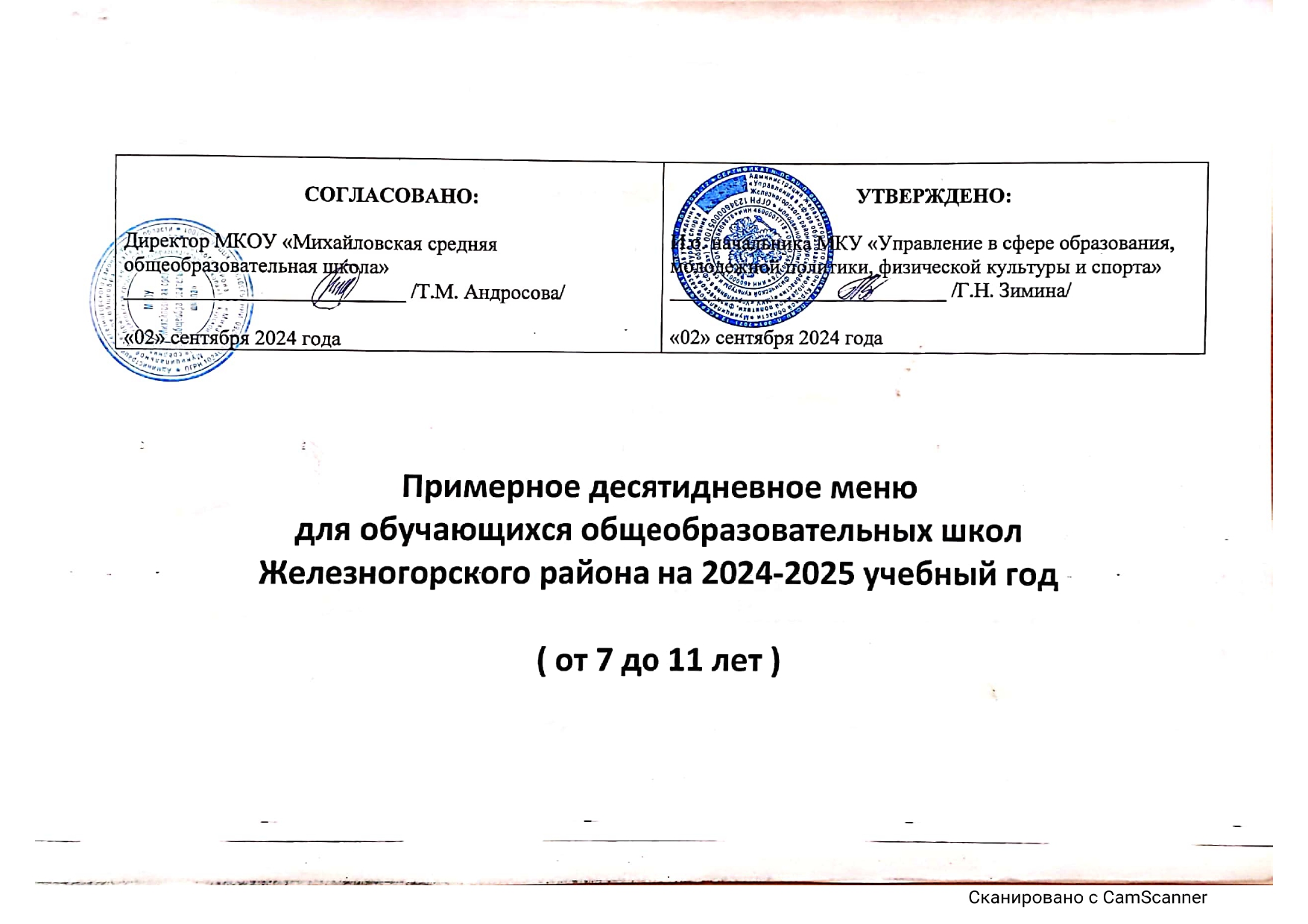
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Наименование блюда** | | **Выход**  **гр** | | **Пищевые вещества** | | | | | **Эн.ценность(ккал)** | | **Витамины,мг** | | | | | | | | **Минеральные вещества,мг** | | | | | | | |
| **Б** | | **Ж** | **У** | | **В1** | | **С** | | **А** | | **Е** | | **Сa** | | **Р** | | **Мg** | | **Fе** | |
| **завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Запеканка рисовая с творогом**  **Рецептура блюда№369-2022г.** | **200** | **6,97** | **7,57** | **6,15** | **147,9** | **0,04** | **0,66** | **26,4** | **2,02** | **127,6** | **90,9** | **14,1** | **0,12** | | | **200** | | **2,30** | | **1,06** | **16,97** | | **103,7** | | **0,05** | | **15,8** | | **29,9** | | **0,00** | | **144,6** | | **103,0** | | **16,0** | | **2,43** | | |
|  | |  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **Оладьи с яблоками**  **Рецептура блюда№403/400-2017г.** | | **2/50/5** | | **9,13** | | **13,6** | **13,7** | | **229,6** | | **0,09** | | **0,71** | | **42,9** | | **5,06** | | **78,3** | | **95,9** | | **36,9** | | **1,57** | | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | | | **0,53** | | **0,00** | **15,0** | | **71,3** | | **0,00** | | **0,03** | | **0,00** | | **0,00** | | **11,1** | | **2,80** | | **1,40** | | **0,28** | | |
| **Печенье** | **45** | | | **7,35** | | **1,07** | **21,9** | | **127,1** | | **0,00** | | **0,00** | | **40,5** | | **0,00** | | **10,2** | | **27,9** | | **6,75** | | **0,06** | | |
| **Всего** | **550** | | | **19,3** | | **15,7** | **67,6** | | **531,7** | | **0,14** | | **16,5** | | **69,9** | | **2,47** | | **244,2** | | **229,6** | | **61,1** | | **4,34** | | |
| **обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | | **100** | | **3,37** | | **5,27** | **11,5** | | **72,7** | | **0,02** | | **15,0** | | **0,00** | | **0,83** | | **24,9** | | **29,0** | | **0,06** | | **0,47** | | |
| **Суп с макаронными изделиями**  **Рецептура блюда№103-2017г.** | | **250** | | **2,03** | | **4,99** | **9,15** | | **135,3** | | **0,09** | | **10,4** | | **0,00** | | **0,37** | | **24,9** | | **49,3** | | **20,8** | | **0,78** | | |
| **Шницель рыбный натуральный**  **Рецептура блюда№235-2017г.** | **100** | | **9,70** | | **4,30** | | | **25,7** | | **204,6** | | **0,23** | | **3,69** | | **5,80** | | **0,70** | | **23,3** | | **159,2** | | **71,1** | | **3,05** | |
| **Каша гречневая с овощами**  **Рецептура блюда№658-2022г.** | | **180** | | **10,2** | | **11,6** | **32,1** | | **243,2** | | **0,21** | | **0,14** | | **46,7** | | **0,05** | | **27,6** | | **214,6** | | **139,6** | | | **5,14** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | | **0,13** | | **0,02** | **15,2** | | **71,3** | | **0,00** | | **2,86** | | **0,00** | | **0,00** | | **14,2** | | **4,40** | | **2,40** | | | **0,36** | |
| **Хлеб ржаной йодированный** | | **30** | | **1,85** | | **0,36** | **16,3** | | **75,9** | | **0,03** | | **0,00** | | **0,00** | | **0,30** | | **7,59** | | **34,9** | | **8,25** | | | **1,02** | |
| **Бутерброд горячий с сыром**  **Рецептура блюда№7-2017г.** | | **40** | | **4,96** | | **7,40** | **13,2** | | **139,6** | | **0,04** | | **0,05** | | **56,0** | | **0,28** | | **123,9** | | **85,6** | | **8,40** | | | **0,44** | |
| **Всего .** | | **895** | | **29,0** | | **27,6** | **112,7** | | **844,8** | | **0,61** | | **24,1** | | **50,8** | | **3,61** | | **124,6** | | **513,4** | | **260,7** | | | **11,0** | |
| **Итого** | | **1445** | | **48,3** | | **43,3** | **180,3** | | **1376,5** | | **0,75** | | **40,6** | | **120,7** | | **6,08** | | **368,8** | | **743,0** | | **321,8** | | | **15,3** | |

**10й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
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| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | **200** | **5,56** | **5,56** | **15,4** | **152,5** | **0,06** | **0,97** | **27,0** | **0,44** | **144,3** | **40,6** | **24,5** | **0,13** | |

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| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |

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| **Батон йодированный** | **25** | | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,7** | **8,25** | **0,28** |
| **Фрукты** | **100** | | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** |
| **Сушка** | **43,32** | | **8,10** | **6,52** | **27,9** | **229,0** | **0,00** | **0,00** | **36,0** | **11,4** | **86,9** | **73,8** | **25,0** | **1,90** |
| **Всего** | **565** | | **17,2** | **13,0** | **86,2** | **618,1** | **0,34** | **10,7** | **63,0** | **12,5** | **267,4** | **149,2** | **67,6** | **4,64** |
| **обед** | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** |
| **Рассольник Ленинградский**  **Рецептура блюда№96-2017г.** | | **250** | **7,80** | **8,72** | **37,6** | **255,8** | **0,01** | **11,8** | **16,0** | **0,59** | **45,6** | **167,8** | **24,8** | **1,65** |
| **Голубцы с мясом и соусом**  **Рецептура блюда№287/330-2017г.** | | **100/40** | **14,0** | **21,5** | **27,3** | **339,1** | **0,06** | **13,6** | **27,7** | **2,42** | **62,4** | **144,3** | **31,9** | **1,08** |
| **Пюре картофельное**  **Рецептура блюда№312-2017г.** | | **180** | **4,68** | **8,76** | **26,5** | **184,7** | **0,17** | **21,8** | **0,00** | **0,18** | **54,4** | **123,9** | **33,3** | **1,21** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |
| **Хлеб ржаной йодированный** | | **36** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | | **945** | **33,7** | **45,7** | **132,0** | **1019,6** | **0,29** | **53,9** | **43,7** | **4,32** | **213,5** | **521,5** | **129,9** | **6,61** |
| **Итого** | | **1510** | **50,9** | **58,7** | **218,2** | **1637,7** | **0,63** | **64,6** | **106,7** | **16,8** | **480,9** | **670,7** | **197,5** | **11,3** |
| **Итого за 10 дней** | | **14610** | **511,7** | **516,7** | **2133,9** | **15043,7** |  |  |  |  |  |  |  |  |
| **Итого за 1 день** | | **1461,0** | **51,2** | **51,7** | **213,4** | **1504,4** |  |  |  |  |  |  |  |  |

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**1й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | | **200** | **5,56** | **5,56** | **15,4** | **152,5** | **0,06** | **0,97** | **27,0** | **0,44** | **144,3** | **40,6** | **24,5** | **0,13** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Вафли** | | **37,15** | **2,93** | **3,28** | **19,9** | **137,6** | **0,04** | **0,00** | **27,0** | **0,61** | **16,9** | **15,2** | **12.9** | **0,93** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | **560** | | **12,0** | **9,75** | **78,2** | **526,7** | **0,38** | **10,7** | **54,0** | **1,62** | **197,4** | **90,7** | **55,5** | **3,67** | |
| **обед** | | | | | | | | | | | | | | | |
| **Винегрет**  **Рецептура блюда№27-2022г.** | | **100** | **5,39** | **5,10** | **9,55** | **142,0** | **0,04** | **12,7** | **0,00** | **0,91** | **41,4** | **38,5** | **20,6** | **0,86** | |
| **Щи из свежей капусты с картофелем**  **Рецептура блюда№88-2017г.** | | **250** | **5,87** | **5,62** | **18,7** | **158,6** | **0,23** | **5,83** | **0,00** | **1,65** | **42,7** | **88,1** | **35,6** | **2,57** | |
| **Рыба тушеная в томате**  **Рецептура блюда№268-2017г.** | | **100** | **11,1** | **18,3** | **18,5** | **254,1** | **0,25** | **3,69** | **12,6** | **0,70** | **15,9** | **121,7** | **21,9** | **1,31** | |
| **Макаронные изделия**  **Рецептура блюда№202/205-2017г.** | | **180** | **10,7** | **6,94** | **36,6** | **234,9** | **0,07** | **0,00** | **0,00** | **0,86** | **14,6** | **45,1** | **9,77** | **0,98** | |
| **Компот из смеси сухофруктов**  **Рецептура блюда№349-2017г.** | | **200** | **0,85** | **0,09** | **40,2** | **166,0** | **0,02** | **1,28** | **0,00** | **0,00** | **32,5** | **23,4** | **17,5** | **0,70** | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
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| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** | |
| **Всего** | | **895** | **35,8** | **36,4** | **139,9** | **1031,5** | **0,64** | **23,5** | **12,6** | **4,42** | **154,7** | **351,7** | **113,6** | **7,44** | |
| **Итого** | | **1455** | **47,8** | **46,2** | **218,1** | **1558,2** | **1,02** | **34,2** | **66,6** | **6,04** | **352,1** | **442,4** | **169,1** | **11,1** | |

**2й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Макароны, запеченные с сыром**  **Рецептура блюда№399-2022г.** | | **200** | **7,42** | **5.96** | **34,1** | **249,0** | **0,17** | **3,18** | **91,5** | **0,92** | **196,2** | **104,4** | **8,25** | **2,21** | |
| **Блины со сгущ.молоком**  **Рецептура блюда№396-2017г.** | | **2/50/25** | **11,1** | **6,82** | **37.9** | **220,3** | **0,18** | **6,27** | **14,6** | **0,77** | **75,1** | **112,1** | **26,7** | **1,33** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Всего** | **550** | | **21,0** | **13,1** | **101,7** | **617,7** | **0,38** | **12,3** | **106,1** | **2,08** | **291,3** | **242,7** | **45,6** | **4,18** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** | |
| **Суп крестьянский с крупой**  **Рецептура блюда№98-2017г.** | | **250** | **3,68** | **4,92** | **9,10** | **146,3** | **0,04** | **9,88** | **0,00** | **0,97** | **41,9** | **38,6** | **19,6** | **0,58** | |
| **Рагу из птицы**  **Рецептура блюда№289-2017г.** | | **200** | **14,4** | **16,4** | **35.1** | **269,3** | **0,11** | **13,7** | **16,7** | **2,54** | **48,1** | **145,8** | **49,2** | **3,19** | |
| **Сыр Российский** | | **16,44** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | | **920** | **31,1** | **32,7** | **99,3** | **797,4** | **0,24** | **30,4** | **55,7** | **5,11** | **288,8** | **376,6** | **119,6** | **6,87** | |
| **Итого** | | **1470** | **52,1** | **45,8** | **201,0** | **1415,1** | **0,65** | **42,7** | **161,8** | **7,19** | **580,1** | **619,3** | **165,2** | **11,1** | |

**3й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |

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| **Каша манная**  **Рецептура блюда№352-2022г.** | **200** | **12,36** | **9,06** | **17,97** | **236,6** | **0,00** | **0,74** | **39,9** | **1,97** | **167,6** | **163,0** | **30,2** | **0,14** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |

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| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** |
| **Печенье** | | **53,05** | **6,53** | **7,08** | **19,5** | **113,0** | **0,00** | **0,00** | **36,0** | **6,36** | **9,11** | **24,8** | **6,00** | **0,05** |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** |
| **Всего** | **575** | | **22,4** | **17,1** | **80,4** | **586,2** | **0,28** | **10,4** | **75,9** | **8,90** | **212,9** | **222,7** | **54,3** | **2,80** |
| **обед** | | | | | | | | | | | | | | |
| **Салат из овощей со свежим огурцом с кукурузой**  **Рецептура блюда№81-2022г.** | | **100** | **7,65** | **5,39** | **9,55** | **139,7** | **0,02** | **5,37** | **35,2** | **5,51** | **30,4** | **0,09** | **24,1** | **0,39** |
| **Суп картофельный с горохом**  **Рецептура блюда№102-2017г.** | | **250** | **5,49** | **6,27** | **19,5** | **168,3** | **0,13** | **4,53** | **0,00** | **1,00** | **52,7** | **111,0** | **35,6** | **1,05** |
| **Голубцы с мясом и соусом**  **Рецептура блюда№287/330-2017г.** | | **100/40** | **14,0** | **21,5** | **27,3** | **339,1** | **0,06** | **13,6** | **27,7** | **2,42** | **62,4** | **144,3** | **31,9** | **1,08** |
| **Пюре картофельное**  **Рецептура блюда№312-2017г.** | | **180** | **4,68** | **8,76** | **26,5** | **184,7** | **0,17** | **21,8** | **0,00** | **0,18** | **54,4** | **123,9** | **33,3** | **1,21** |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** |
| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | | **935** | **33,8** | **42,3** | **114,4** | **979,0** | **0,41** | **48,2** | **62,9** | **9,41** | **221,7** | **418,6** | **135,6** | **5,11** |
| **Итого** | | **1510** | **56,2** | **59,4** | **194,8** | **1565,2** | **0,69** | **58,6** | **138,8** | **18,3** | **434,6** | **641,3** | **189,9** | **7,91** |

**4й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Каша овсяная**  **Рецептура блюда№360-2022г.** | | **200** | **7,40** | **4,32** | **19,5** | **182,0** | **0,06** | **0,40** | **46,2** | **2,78** | **150,1** | **110,5** | **14,64** | **0,76** | |
| **Оладьи с творогом**  **Рецептура блюда№400/404-2017г.** | | **2/50/10** | **14,4** | **23,2** | **35,2** | **268,7** | **0,15** | **0,20** | **64,1** | **10,0** | **101,9** | **146,8** | **32,7** | **1,30** | |
| **Кисель из сока плодового**  **Рецептура блюда№359-2017г.** | | **200** | **0,31** | **0,00** | **39,4** | **130,1** | **0,01** | **2,40** | **0,00** | **0,00** | **22,4** | **18,5** | **7,26** | **0,19** | |
| **Батон йодированный** | | **40** | **3,79** | **0,48** | **23,2** | **123,4** | **0,05** | **0,00** | **0,00** | **0,62** | **9,20** | **34,9** | **13,2** | **0,45** | |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Всего** | **550** | | **25,9** | **28,0** | **117,3** | **704,2** | **0,27** | **3,00** | **110,3** | **13,4** | **283,6** | **310,7** | **67,8** | **2,70** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | | **100** | **3,37** | **5,27** | **11,5** | **72,7** | **0,02** | **15,0** | **0,00** | **0,83** | **24,9** | **29,0** | **0,06** | **0,47** | |
| **Суп с макаронными изделиями**  **Рецептура блюда№103-2017г.** | | **250** | **2,03** | **4,99** | **9,15** | **135,3** | **0,09** | **10,4** | **0,00** | **0,37** | **24,9** | **49,3** | **20,8** | **0,78** | |
| **Зразы рубленые с яйцом**  **Рецептура блюда№274-2017г.** | | **100** | **16,6** | **17,2** | **8,93** | **266,9** | **0,19** | **3,60** | **19,5** | **0,26** | **11,5** | **87,2** | **17,84** | **5,88** | |
| **Каша гречневая с овощами**  **Рецептура блюда№658-2022г.** | | **180** | **10,2** | **11,6** | **32,1** | **243,2** | **0,21** | **0,14** | **46,7** | **0,05** | **27,6** | **214,6** | **139,6** | **5,14** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** | |
| **Хлеб ржаной йодированный** | | **40,3** | **2,47** | **0,48** | **21,7** | **101,2** | **0,04** | **0,00** | **0,00** | **0,40** | **10,1** | **46,5** | **11,0** | **1,36** | |
| **Бутерброд горячий с сыром**  **Рецептура блюда№7-2017г.** | | **40** | **4,96** | **7,40** | **13,2** | **139,6** | **0,04** | **0,05** | **56,0** | **0,28** | **123,9** | **85,6** | **8,40** | **0,44** | |
| **Всего** | | **910** | **34,8** | **39,6** | **98,6** | **890,6** | **0,55** | **32,0** | **66,2** | **1,91** | **113,2** | **431,0** | **191,7** | **13,9** | |
| **Итого** | | **1460** | **60,7** | **67,6** | **215,9** | **1594,8** | **0,82** | **35,0** | **176,5** | **15,3** | **396,8** | **741,7** | **259,5** | **16,6** | |

**5й день**

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| **Наименование блюда** | **Выход**  **гр** | | **Пищевые вещества** | | | | | | **Эн.ценность(ккал)** | | **Витамины,мг** | | | | | | | | **Минеральные вещества,мг** | | | | | | | |
| **Б** | | **Ж** | | **У** | | **В1** | | **С** | | **А** | | **Е** | | **Сa** | | **Р** | | **Мg** | | **Fе** | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | **200** | | **5,56** | | **5,56** | | **15,4** | | **152,5** | | **0,06** | | **0,97** | | **27,0** | | **0,44** | | **144,3** | | **40,6** | | **24,5** | | **0,13** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | | **0,13** | | **0,02** | | **15,2** | | **71,3** | | **0,00** | | **2,86** | | **0,00** | | **0,00** | | **14,2** | | **4,40** | | **2,40** | | **0,36** | |
| **Батон йодированный** | **50** | | **4,74** | | **0,60** | | **29,0** | | **144,2** | | **0,06** | | **0,00** | | **0,00** | | **0,78** | | **11,5** | | **43,6** | | **16,5** | | **0,56** | |
| **Яблоки печеные**  **Рецептура блюда№372-2017г.** | **100** | | **1,61** | | **0,61** | | **23,4** | | **88,2** | | **0,19** | | **9,47** | | **54,0** | | **1,81** | | **33,6** | | **10,3** | | **70,6** | | **4,67** | |
| **Всего** | **550** | | **12,0** | | **6,79** | | **83,0** | | **456,2** | | **0,31** | | **13,3** | | **81,0** | | **3,03** | | **203,6** | | **98,9** | | **114,0** | | **5,72** | |
| **обед** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Салат осенний**  **Рецептура блюда№75-2017.** | **100** | | **5,38** | | **2,10** | | **28,8** | | **155,3** | | **0,03** | | **5,68** | | **25,2** | | **0,90** | | **72,1** | | **128,6** | | **81,3** | | **1,69** | |
| **Щи из свежей капусты с картофелем**  **Рецептура блюда№88-2017г.** | **250** | | **5,87** | | **5,62** | | **18,7** | | **158,6** | | **0,23** | | **5,83** | | **0,00** | | **1,65** | | **42,7** | | **88,1** | | **35,6** | | **2,57** | |
| **Рыба тушеная в томате с овощами**  **Рецептура блюда№268-2017г.** | **100** | | **11,1** | | **18,3** | | **18,5** | | **254,1** | | **0,25** | | **3,69** | | **12,6** | | **0,70** | | **15,9** | | **121,7** | | **21,9** | | **1,31** | |
| **Рис отварной**  **Рецептура блюда№304-2017г.** | | **180** | | **12,8** | | **3,00** | | **44,3** | | **253,0** | | **0,09** | | **9,42** | | **0,00** | | **2,56** | | **43,3** | | **128,8** | | **72,1** | | **2,53** |
| **Компот из смеси сухофруктов**  **Рецептура блюда№349-2017г.** | | **200** | | **0,85** | | **0,09** | | **40,2** | | **166,0** | | **0,02** | | **1,28** | | **0,00** | | **0,00** | | **32,5** | | **23,4** | | **17,5** | | **0,70** |
| **Хлеб ржаной йодированный** | | **30** | | **1,85** | | **0,36** | | **16,3** | | **75,9** | | **0,03** | | **0,00** | | **0,00** | | **0,30** | | **7,59** | | **34,9** | | **8,25** | | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | | **2,07** | | **6,56** | | **13,1** | | **119,0** | | **0,03** | | **0,00** | | **35,0** | | **0,68** | | **7,35** | | **19,7** | | **3,68** | | **0,30** |
|  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Всего** | | **895** | | **37,9** | | **29,5** | | **166,8** | | **1062,9** | | **0,65** | | **25,9** | | **37,8** | | **6,11** | | **214,1** | | **525,5** | | **236,7** | | **9,82** |
| **Итого** | | **1445** | | **49,9** | | **36,3** | | **249,8** | | **1519,1** | | **0,96** | | **39,2** | | **118,8** | | **9,14** | | **417,7** | | **624,4** | | **350,7** | | **15,5** |

**6й день**

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| **Наименование блюда** | | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | | |
| **Суп молочный с макаронными изделиями**  **Рецептура блюда№120-2017г.** | | **200** | **7,58** | **5,86** | **34,4** | **140,0** | **0,07** | **0,49** | **51,4** | **1,41** | **130,4** | **129,4** | **21,3** | **0,52** | |
| **Оладьи с яблоками**  **Рецептура блюда№400/403-2017г.** | | **2/50/5** | **9,13** | **13,6** | **13,7** | **229,6** | **0,09** | **0,71** | **42,9** | **5,06** | **78,3** | **95,9** | **36,9** | **1,57** | |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | | **0,53** | **0,00** | **15,0** | **71,30** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | **25** | | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Зефир в ассортименте** | **39,07** | | **6,40** | **6,52** | **17,9** | **136,7** | **0,04** | **0,00** | **36,0** | **0,56** | **16,4** | **34,8** | **6,00** | **0,40** | |
| **Всего** | **565** | | **26,1** | **26,3** | **95,5** | **654,7** | **0,23** | **1,23** | **130,3** | **7,42** | **242,0** | **286,7** | **73,9** | **3,05** | |
| **обед** | | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** | |
| **Суп картофельный с крупой**  **Рецептура блюда№101-2017г.** | | **250** | **2,48** | **3,69** | **5,17** | **135,3** | **0,04** | **15,5** | **0,00** | **0,47** | **24,9** | **49,3** | **20,8** | **0,78** | |
| **Капуста тушеная с мясом**  **Рецептура блюда№326-2022г.** | | **200** | **6,98** | **5,35** | **18,6** | **203,5** | **0,05** | **32,1** | **0,00** | **0,73** | **113,7** | **71,5** | **38,5** | **1,17** | |
| **Масло сливочное** | | **11,13** | **0,10** | **7,20** | **0,13** | **65,7** | **0,00** | **0,00** | **50,0** | **0,10** | **2,40** | **3,00** | **0,00** | **0,00** | |
| **Какао с молоком**  **Рецептура блюда №382** | | **200** | **4,08** | **3,54** | **17,6** | **123,4** | **0,06** | **1,59** | **44,5** | **0,00** | **152,2** | **124,6** | **21,3** | **0,48** | |
| **Хлеб ржаной йодированный** | | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Батон йодированный** | | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Фрукты** | | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Всего** | | **915** | **22,7** | **26,8** | **81,8** | **773,7** | **0,23** | **55,8** | **94,5** | **2,82** | **348,9** | **352,8** | **124,7** | **5,10** | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Итого** | | **1480** | **48,8** | **53,1** | **171,3** | **1428,4** | **0,46** | **57,0** | **224,8** | **10,2** | **590,9** | **639,5** | **198,6** | **8,15** | |

**7й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| **Суп молочный с манной крупой**  **Рецептура блюда№121-2017.** | **200** | **5,36** | **11,06** | **36,9** | **208,6** | **0,00** | **0,70** | **64,1** | **10,1** | **161,3** | **158,0** | **40,2** | **0,14** | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Фрукты** | **100** | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** | |
| **Вафли** | **40,15** | **2,93** | **3,28** | **19,9** | **177,6** | **0,04** | **0,00** | **27,0** | **0,61** | **16,9** | **15,2** | **12,9** | **0,93** | |
| **Всего** | **565** | **11,8** | **15,3** | **99,7** | **622,8** | **0,32** | **10,4** | **91,1** | **11,3** | **214,4** | **208,1** | **71,2** | **3,68** | |
| **обед** | | | | | | | | | | | | | | |
| **Винегрет**  **Рецептура блюда№27-2022г.** | **100** | **5,39** | **5,10** | **9,55** | **142,0** | **0,04** | **12,7** | **0,00** | **0,91** | **41,4** | **38,5** | **20,6** | **0,86** | |
| **Борщ с капустой и картошкой**  **Рецептура блюда№82-2017г.** | **250** | **3,80** | **4,92** | **21,9** | **197,0** | **0,01** | **2,80** | **18,2** | **0,79** | **49,7** | **107,8** | **26,1** | **1,23** | |
| **Плов из птицы**  **Рецептура блюда№291-2017г.** | **200** | **23,4** | **33,9** | **45,2** | **382,6** | **0,00** | **1,00** | **23,7** | **0,41** | **46,4** | **172,2** | **42,0** | **1,42** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,30** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** | |
| **Сыр российский** | **19,0** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** | |
| **Хлеб ржаной йодированный** | **30** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** | |
| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** | |
| **Всего** | **820** | **37,3** | **44,6** | **122,5** | **945,9** | **0,11** | **16,5** | **41,9** | **2,80** | **161,9** | **378,0** | **106,6** | **55,09** | |
| **Итого** | **1385** | **49,1** | **59,9** | **222,2** | **1568,7** | **0,43** | **26,9** | **133,0** | **14,1** | **376,3** | **586,1** | **177,8** | **8,77** | |

**8й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
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| **Каша пшенная**  **Рецептура блюда№364-2022г.** | **200** | **3,40** | **2,34** | **40,6** | **106,2** | **0,04** | **0,80** | **16,0** | **1,26** | **15,3** | **2,70** | **3,20** | **0,15** | |
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| **Блины со слив.маслом**  **Рецептура блюда№396-2017г.** | **2/50/10** | **8,10** | **6,40** | **50,5** | **209,3** | **0,29** | **6,23** | **8,40** | **0,36** | **23,9** | **7,50** | **4,05** | **2,21** |
| **Сыр Российский** | **17,19** | **3,48** | **4,43** | **0,00** | **64,7** | **0,01** | **0,11** | **39,0** | **0,08** | **132,0** | **85,0** | **5,25** | **0,15** |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | **200** | **0,13** | **0,02** | **15,2** | **71,3** | **0,00** | **2,86** | **0,00** | **0,00** | **14,2** | **4,40** | **2,40** | **0,36** |

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| **Батон йодированный** | **25** | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,8** | **8,25** | **0,28** |
| **Всего** | **550** | **17,5** | **13,5** | **120,8** | **528,6** | **0,37** | **10,0** | **63,4** | **2,09** | **191,2** | **121,4** | **23,2** | **3,15** |
| **обед** | | | | | | | | | | | | | |
| **Салат витаминный с зел.гор.**  **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | **100** | **3,32** | **5,27** | **11,5** | **70,4** | **0,02** | **13,1** | **0,00** | **0,00** | **4,90** | **2,30** | **0,06** | **0,47** |  |
| **Суп картофельный с горохом**  **Рецептура блюда№102-2017г.** | **250** | **5,49** | **6,27** | **19,5** | **168,3** | **0,13** | **4,53** | **0,00** | **1,00** | **52,7** | **111,0** | **35,6** | **1,05** |
| **Шницель**  **Рецептура блюда№268-2017г.** | **100** | **5,80** | **17,9** | **29,3** | **187,2** | **0,20** | **2,69** | **12,6** | **0,20** | **0,90** | **13,0** | **2,90** | **3,92** |
| **Макароны отварные с овощами**  **Рецептура блюда№202/205-2017г.** | **180** | **12,8** | **3,00** | **44,3** | **253,0** | **0,09** | **9,42** | **0,00** | **2,56** | **43,3** | **128,8** | **9,10** | **2,53** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |
| **Хлеб ржаной йодированный** | **44,45** | **2,46** | **0,48** | **21,8** | **101,2** | **0,10** | **0,00** | **0,00** | **0,40** | **10,2** | **46,6** | **11,0** | **1,36** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | **900** | **30,4** | **32,9** | **141,4** | **851,4** | **0,54** | **29,8** | **12,6** | **4,16** | **123,1** | **304,5** | **60,1** | **9,61** |
| **Итого** | **1450** | **47,9** | **46,4** | **262,2** | **1380,0** | **0,91** | **39,8** | **76,0** | **6,25** | **314,3** | **425,9** | **83,3** | **12,8** |

**9й день**

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| **Наименование блюда** | | **Выход**  **гр** | | **Пищевые вещества** | | | | | **Эн.ценность(ккал)** | | **Витамины,мг** | | | | | | | | **Минеральные вещества,мг** | | | | | | | |
| **Б** | | **Ж** | **У** | | **В1** | | **С** | | **А** | | **Е** | | **Сa** | | **Р** | | **Мg** | | **Fе** | |
| **завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Запеканка рисовая с творогом**  **Рецептура блюда№369-2022г.** | **200** | **6,97** | **7,57** | **6,15** | **147,9** | **0,04** | **0,66** | **26,4** | **2,02** | **127,6** | **90,9** | **14,1** | **0,12** | | | **200** | | **2,30** | | **1,06** | **16,97** | | **103,7** | | **0,05** | | **15,8** | | **29,9** | | **0,00** | | **144,6** | | **103,0** | | **16,0** | | **2,43** | | |
|  | |  | |  | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **Оладьи с яблоками**  **Рецептура блюда№403/400-2017г.** | | **2/50/5** | | **9,13** | | **13,6** | **13,7** | | **229,6** | | **0,09** | | **0,71** | | **42,9** | | **5,06** | | **78,3** | | **95,9** | | **36,9** | | **1,57** | | |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | | | **0,53** | | **0,00** | **15,0** | | **71,3** | | **0,00** | | **0,03** | | **0,00** | | **0,00** | | **11,1** | | **2,80** | | **1,40** | | **0,28** | | |
| **Печенье** | **45** | | | **7,35** | | **1,07** | **21,9** | | **127,1** | | **0,00** | | **0,00** | | **40,5** | | **0,00** | | **10,2** | | **27,9** | | **6,75** | | **0,06** | | |
| **Всего** | **550** | | | **19,3** | | **15,7** | **67,6** | | **531,7** | | **0,14** | | **16,5** | | **69,9** | | **2,47** | | **244,2** | | **229,6** | | **61,1** | | **4,34** | | |
| **обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Салат из белокочанной капусты**  **Рецептура блюда45-2017г.** | | **100** | | **3,37** | | **5,27** | **11,5** | | **72,7** | | **0,02** | | **15,0** | | **0,00** | | **0,83** | | **24,9** | | **29,0** | | **0,06** | | **0,47** | | |
| **Суп с макаронными изделиями**  **Рецептура блюда№103-2017г.** | | **250** | | **2,03** | | **4,99** | **9,15** | | **135,3** | | **0,09** | | **10,4** | | **0,00** | | **0,37** | | **24,9** | | **49,3** | | **20,8** | | **0,78** | | |
| **Шницель рыбный натуральный**  **Рецептура блюда№235-2017г.** | **100** | | **9,70** | | **4,30** | | | **25,7** | | **204,6** | | **0,23** | | **3,69** | | **5,80** | | **0,70** | | **23,3** | | **159,2** | | **71,1** | | **3,05** | |
| **Каша гречневая с овощами**  **Рецептура блюда№658-2022г.** | | **180** | | **10,2** | | **11,6** | **32,1** | | **243,2** | | **0,21** | | **0,14** | | **46,7** | | **0,05** | | **27,6** | | **214,6** | | **139,6** | | | **5,14** | |
| **Чай с сахаром и лимоном**  **Рецептура блюда№375/377-2017г.** | | **200** | | **0,13** | | **0,02** | **15,2** | | **71,3** | | **0,00** | | **2,86** | | **0,00** | | **0,00** | | **14,2** | | **4,40** | | **2,40** | | | **0,36** | |
| **Хлеб ржаной йодированный** | | **30** | | **1,85** | | **0,36** | **16,3** | | **75,9** | | **0,03** | | **0,00** | | **0,00** | | **0,30** | | **7,59** | | **34,9** | | **8,25** | | | **1,02** | |
| **Бутерброд горячий с сыром**  **Рецептура блюда№7-2017г.** | | **40** | | **4,96** | | **7,40** | **13,2** | | **139,6** | | **0,04** | | **0,05** | | **56,0** | | **0,28** | | **123,9** | | **85,6** | | **8,40** | | | **0,44** | |
| **Всего .** | | **895** | | **29,0** | | **27,6** | **112,7** | | **844,8** | | **0,61** | | **24,1** | | **50,8** | | **3,61** | | **124,6** | | **513,4** | | **260,7** | | | **11,0** | |
| **Итого** | | **1445** | | **48,3** | | **43,3** | **180,3** | | **1376,5** | | **0,75** | | **40,6** | | **120,7** | | **6,08** | | **368,8** | | **743,0** | | **321,8** | | | **15,3** | |

**10й день**

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| **Наименование блюда** | **Выход**  **гр** | **Пищевые вещества** | | | **Эн.ценность(ккал)** | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Б** | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Сa** | **Р** | **Мg** | **Fе** |
| **завтрак** | | | | | | | | | | | | | | |
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| **Суп молочный с гречневой крупой**  **Рецептура блюда№121-2017г.** | **200** | **5,56** | **5,56** | **15,4** | **152,5** | **0,06** | **0,97** | **27,0** | **0,44** | **144,3** | **40,6** | **24,5** | **0,13** | |

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| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |

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| **Батон йодированный** | **25** | | **2,37** | **0,30** | **14,5** | **77,1** | **0,03** | **0,00** | **0,00** | **0,39** | **5,75** | **21,7** | **8,25** | **0,28** |
| **Фрукты** | **100** | | **0,61** | **0,61** | **13,4** | **88,2** | **0,25** | **9,67** | **0,00** | **0,18** | **19,3** | **10,3** | **8,42** | **2,05** |
| **Сушка** | **43,32** | | **8,10** | **6,52** | **27,9** | **229,0** | **0,00** | **0,00** | **36,0** | **11,4** | **86,9** | **73,8** | **25,0** | **1,90** |
| **Всего** | **565** | | **17,2** | **13,0** | **86,2** | **618,1** | **0,34** | **10,7** | **63,0** | **12,5** | **267,4** | **149,2** | **67,6** | **4,64** |
| **обед** | | | | | | | | | | | | | | |
| **Салат из свеклы отварной**  **Рецептура блюда№52-2017г.** | | **100** | **4,81** | **6,31** | **9,26** | **92,8** | **0,02** | **6,65** | **0,00** | **0,83** | **42,4** | **47,7** | **27,6** | **1,37** |
| **Рассольник Ленинградский**  **Рецептура блюда№96-2017г.** | | **250** | **7,80** | **8,72** | **37,6** | **255,8** | **0,01** | **11,8** | **16,0** | **0,59** | **45,6** | **167,8** | **24,8** | **1,65** |
| **Голубцы с мясом и соусом**  **Рецептура блюда№287/330-2017г.** | | **100/40** | **14,0** | **21,5** | **27,3** | **339,1** | **0,06** | **13,6** | **27,7** | **2,42** | **62,4** | **144,3** | **31,9** | **1,08** |
| **Пюре картофельное**  **Рецептура блюда№312-2017г.** | | **180** | **4,68** | **8,76** | **26,5** | **184,7** | **0,17** | **21,8** | **0,00** | **0,18** | **54,4** | **123,9** | **33,3** | **1,21** |
| **Чай с сахаром и витамином С**  **Рецептура блюда№375/376-2017г.** | | **200** | **0,53** | **0,00** | **15,0** | **71,3** | **0,00** | **0,03** | **0,00** | **0,00** | **11,1** | **2,80** | **1,40** | **0,28** |
| **Хлеб ржаной йодированный** | | **36** | **1,85** | **0,36** | **16,3** | **75,9** | **0,03** | **0,00** | **0,00** | **0,30** | **7,59** | **34,9** | **8,25** | **1,02** |
| **Бутерброд с маслом**  **Рецептура блюда№1-2017г.** | | **35** | **2,07** | **6,56** | **13,1** | **119,0** | **0,03** | **0,00** | **35,0** | **0,68** | **7,35** | **19,7** | **3,68** | **0,30** |
| **Всего** | | **945** | **33,7** | **45,7** | **132,0** | **1019,6** | **0,29** | **53,9** | **43,7** | **4,32** | **213,5** | **521,5** | **129,9** | **6,61** |
| **Итого** | | **1510** | **50,9** | **58,7** | **218,2** | **1637,7** | **0,63** | **64,6** | **106,7** | **16,8** | **480,9** | **670,7** | **197,5** | **11,3** |
| **Итого за 10 дней** | | **14325** | **462,3** | **473,4** | **2016,6** | **14106,2** |  |  |  |  |  |  |  |  |
| **Итого за 1 день** | | **1432,5** | **46,2** | **47,3** | **201,7** | **1410,6** |  |  |  |  |  |  |  |  |