

Согласовано:



Утверждаю:



“ 05 ” 12 2024г

МЕНЮ
для организованного питания
учащихся с ограниченными
возможностями здоровья и
отдельных классов для детей
с ОВЗ
с 12 лет и старше

| Прием пищи, наименование блюда | Вес блюда | Пищевые вещества | | | Энергетическая ценность | микроэлементы | | | | витамины | | № рецептуры |
|--------------------------------|---------------|------------------|--------------|---------------|----------------------------|----------------|----------------|---------------|--------------|-------------|--------------|----------------|
| | | белки | жиры | углеводы | | Na | K | Ca | Fe | B | C | |
| понедельник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша рисовая с маслом | 250/10 | 7,0 | 12,0 | 42,0 | 304,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 582 | 22,0 | 26,0 | 97,0 | 711,0 | 1022,0 | 379,0 | 583,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп карт с рыбными консервами | 267,5 | 6,0 | 7,0 | 20,00 | 166,0 | 616,0 | 677,0 | 25,0 | 1,0 | 0,0 | 24,0 | 131/96 |
| котлета рубленая из птицы | 100 | 22,0 | 16,0 | 18,0 | 230,0 | 716,0 | 748,0 | 42,0 | 0,0 | 0,0 | 0,0 | 498/4 |
| рожки отварные | 180 | 4,0 | 7,0 | 46,0 | 274,0 | 1210,0 | 66,0 | 13,0 | 1,0 | 0,0 | 0,0 | 273/96 |
| напиток лимонный | 200 | 0,0 | 0,0 | 24,0 | 96,0 | 2,0 | 27,0 | 7,0 | 0,0 | 0,0 | 6,0 | 312.01 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 822,5 | 38,0 | 32,0 | 148,0 | 972,0 | 2778,0 | 1592,0 | 100,0 | 3,0 | 0,0 | 30,0 | |
| Всего | 1404,5 | 60,0 | 58,0 | 245,0 | 1683,0 | 3800,0 | 1971,0 | 683,0 | 5,0 | 0,0 | 31,0 | |
| вторник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,00 | 5,00 | 0,00 | 63,00 | 54,00 | 56,00 | 22,00 | 1,00 | 0,00 | 0,00 | 64/96 |
| каша ячневая с маслом | 250/10 | 13,00 | 16,00 | 50,00 | 345,00 | 458,00 | 296,00 | 197,00 | 1,00 | 0,00 | 0,00 | 257/96 |
| Какао на молоке | 200 | 4,0 | 4,0 | 26,0 | 141,0 | 51,0 | 214,0 | 123,0 | 1,0 | 0,0 | 1,0 | 693/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 ттк |
| итого | 575 | 30,00 | 27,00 | 116,00 | 755,00 | 797,0 | 640,0 | 355,0 | 4,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| борщ с капустой и картофелем | 250 | 2,00 | 4,00 | 13,00 | 98,00 | 600,00 | 330,00 | 44,00 | 1,00 | 0,00 | 20,00 | 110/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| зразы рубленые из свинины | 100 | 11,00 | 29,00 | 16,00 | 374,00 | 1210,00 | 125,00 | 49,00 | 1,00 | 0,00 | 4,00 | 175.05 |
| рис отварной | 180 | 16,0 | 7,0 | 37,0 | 267,0 | 392,00 | 528,00 | 78,00 | 4,00 | 0,00 | 0,00 | 465/96 |
| напиток из кураги | 200 | 1,00 | 0,00 | 28,00 | 116,00 | 3,0 | 265,0 | 25,0 | 1,0 | 0,0 | 1,0 | 651/96 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 815 | 37,00 | 45,00 | 136,00 | 1094,00 | 2659,0 | 1425,0 | 229,0 | 9,0 | 0,0 | 25,0 | |
| Всего | 1390 | 67,00 | 72,00 | 252,00 | 1849,00 | 3456,00 | 2065,00 | 584,00 | 13,00 | 0,00 | 26,00 | |
| среда | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,0 | 14,0 | 14,0 | 143,0 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 3/4 |
| Каша пшеничная с маслом | 250/10 | 9,0 | 13,0 | 47,0 | 319,0 | 456,0 | 292,0 | 170,0 | 2,0 | 0,0 | 0,0 | 627/96 |
| кофейный напиток | 200 | 3,0 | 2,0 | 23,0 | 114,0 | 25,0 | 74,0 | 60,0 | 0,0 | 0,0 | 1,0 | 692/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01ттк |
| итого | 555 | 26,0 | 31,0 | 110,0 | 714,0 | 845,0 | 459,0 | 393,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп картофельный с бобовыми | 250 | 6,0 | 5,0 | 20,0 | 148,0 | 604,0 | 469,0 | 37,0 | 2,0 | 0,0 | 12,0 | 139/4 |
| мясные ежики (с) | 100 | 11,0 | 32,0 | 14,0 | 389,0 | 559,0 | 250,0 | 21,0 | 1,0 | 0,0 | 3,0 | 377.15 |
| пюре картофельное по-домашнему | 180 | 4,0 | 7,0 | 23,0 | 180,0 | 809,0 | 1023,0 | 32,0 | 1,0 | 0,0 | 36,0 | 226.03ттк |
| напиток из смеси сухофруктов | 200 | 3,0 | 0,0 | 26,0 | 171,0 | 0,0 | 1,0 | 0,0 | 0,0 | 0,0 | 0,0 | 588/96 |
| батон оздоровительный | 75 | 5,0 | 2,0 | 36,0 | 182,0 | 350,0 | 70,0 | 13,0 | 1,0 | 0,0 | 0,0 | 882.06 |
| итого | 805 | 29,0 | 46,0 | 119,0 | 1070,0 | 2322,0 | 1813,0 | 103,0 | 5,0 | 0,0 | 51,0 | |
| Всего | 1360 | 55,0 | 77,0 | 229,0 | 1784,0 | 3167,0 | 2272,0 | 496,0 | 7,0 | 0,0 | 52,0 | |

| четверг | | | | | | | | | | | | |
|--|-------------|--------------|--------------|---------------|----------------|----------------|----------------|---------------|--------------|-------------|--------------|------------|
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 20 | 5,0 | 6,0 | 0,0 | 72,0 | 164,0 | 23,0 | 200,0 | 0,0 | 0,0 | 0,0 | 29/97 |
| каша манная с маслом | 250/10 | 11,0 | 12,0 | 40,0 | 302,0 | 455,00 | 245,00 | 171,00 | 1,00 | 0,00 | 0,00 | 262/96 |
| чай с молоком и сахаром | 200 | 2,0 | 2,0 | 30,0 | 86,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 685/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35,02 ттк |
| итого | 555 | 24,00 | 22,00 | 110,00 | 666,00 | 879,0 | 440,0 | 449,0 | 3,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп крестьянский с рисом | 250 | 2,00 | 5,00 | 14,00 | 114,00 | 597,00 | 245,00 | 31,00 | 1,00 | 0,00 | 20,00 | 134/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| котлета рябушка | 100 | 22,00 | 10,00 | 18,00 | 262,00 | 733,00 | 88,00 | 46,00 | 1,00 | 0,00 | 1,00 | 526,06 |
| каша гречневая рассыпчатая | 180 | 7,00 | 12,00 | 34,00 | 266,00 | 700,00 | 204,00 | 20,00 | 4,00 | 0,00 | 0,00 | 465/96 |
| напиток яблочный | 200 | 2,0 | 0,0 | 27,0 | 111,0 | 7,00 | 70,00 | 4,00 | 1,00 | 0,00 | 4,00 | 190 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 815 | 40,00 | 32,00 | 135,00 | 992,00 | 2491,0 | 784,0 | 134,0 | 9,0 | 0,0 | 25,0 | |
| Всего | 1370 | 64,00 | 54,00 | 245,00 | 1658,00 | 3370,00 | 1224,00 | 583,00 | 12,00 | 0,00 | 26,00 | |
| пятница | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 64/96 |
| каша овсяная | 250 | 10,0 | 6,0 | 44,0 | 269,0 | 460,0 | 350,0 | 181,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 2,00 | 1,00 | 0,00 | 0,00 | 0,00 | 0,00 | 22/97 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 557 | 21,0 | 21,0 | 85,0 | 602,0 | 680,0 | 482,0 | 216,0 | 4,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| рассольник ленинградский с перловой крупой | 250 | 2,0 | 4,0 | 17,0 | 116,0 | 773,0 | 486,0 | 26,0 | 1,0 | 0,0 | 17,0 | 129/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| котлета московская (К) | 100 | 16,00 | 19,00 | 13,00 | 283,00 | 707,0 | 211,0 | 20,0 | 1,0 | 0,0 | 1,0 | 379,23 |
| рожки отварные | 180 | 4,0 | 7,0 | 46,0 | 274,0 | 1210,0 | 66,0 | 13,0 | 1,0 | 0,0 | 0,0 | 273/96 |
| напиток из плодов шиповника | 200 | 0,0 | 0,0 | 20,0 | 96,0 | 0,0 | 27,0 | 7,0 | 0,0 | 0,0 | 0,0 | 311 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 815 | 29,0 | 35,0 | 138,0 | 1008,0 | 3144,0 | 967,0 | 99,0 | 5,0 | 0,0 | 18,0 | |
| Всего | 1372 | 50,0 | 56,0 | 223,0 | 1610,0 | 3824,0 | 1449,0 | 315,0 | 9,0 | 0,0 | 18,0 | |
| суббота | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,00 | 12,00 | 0,00 | 144,00 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша дружба | 250 | 8,0 | 4,0 | 44,0 | 248,0 | 456,0 | 260,0 | 166,0 | 1,0 | 0,0 | 0,0 | 34/4 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 550 | 21,0 | 26,0 | 85,0 | 662,0 | 949,0 | 383,0 | 580,0 | 2,0 | 0,0 | 1,0 | |
| обед | | | | | | | | | | | | |
| суп из овощей | 250 | 2,0 | 4,0 | 11,0 | 97,0 | 629,0 | 367,0 | 30,0 | 1,0 | 0,0 | 21,0 | 132/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| биточек рубленый из свинины | 100 | 14,0 | 31,0 | 18,0 | 405,0 | 1281,0 | 71,0 | 47,0 | 2,0 | 0,0 | 0,0 | 416/96 |
| пюре гороховое по-домашнему | 180 | 9,0 | 4,0 | 20,0 | 156,0 | 785,0 | 293,0 | 43,0 | 3,0 | 0,0 | 0,0 | 284,01 ттк |
| напиток апельсиновый | 200 | 0,0 | 0,0 | 26,0 | 100,0 | 3,0 | 44,0 | 8,0 | 0,0 | 0,0 | 13,0 | 312,0 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35,02 ттк |
| итого | 815 | 31,0 | 43,0 | 115,0 | 980,0 | 2936,0 | 861,0 | 150,0 | 7,0 | 0,0 | 34,0 | |
| Всего | 1365 | 52,0 | 69,0 | 200,0 | 1642,0 | 3885,0 | 1244,0 | 730,0 | 9,0 | 0,0 | 35,0 | |
| итого за 6 дней | | | | | 10226,0 | | | | | | | |
| среднее значение за период | | | | | 1704,0 | | | | | | | |

| Прием пищи, наименование блюда | Вес блюда | Пищевые вещества | | | Энергетическая ценность | микроэлементы | | | | витамины | | № рецептуры |
|--------------------------------|-------------|------------------|--------------|--------------|-------------------------|---------------|---------------|--------------|-------------|------------|-------------|-------------|
| | | белки | жиры | углеводы | | Na | K | Ca | Fe | B | C | |
| 2 неделя | | | | | | | | | | | | |
| понедельник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,00 | 14,00 | 14,00 | 143,00 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 30/97 |
| каша пшеничная с маслом | 250/10 | 9,0 | 13,0 | 47,0 | 319,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| Какао на молоке | 200 | 4,00 | 4,00 | 26,00 | 141,00 | 51,0 | 214,0 | 123,0 | 1,0 | 0,0 | 1,0 | 693/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01тк |
| итого | 555 | 27,0 | 33,0 | 113,0 | 741,0 | 874,0 | 541,0 | 451,0 | 1,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| суп картофельный с бобовыми | 250 | 6,0 | 5,0 | 20,0 | 148,0 | 604,0 | 469,0 | 37,0 | 2,0 | 0,0 | 12,0 | 139/4 |
| котлета домашняя (с) | 100 | 12,0 | 31,0 | 12,0 | 377,0 | 694,0 | 237,0 | 16,0 | 2,0 | 0,0 | 0,0 | 476/97 |
| рис отварной | 180 | 16,00 | 7,00 | 37,00 | 267,00 | 392,0 | 528,0 | 78,0 | 4,0 | 0,0 | 0,0 | 465/96 |
| Компот из изюма | 200 | 0,0 | 0,0 | 28,0 | 109,0 | 24,00 | 32,00 | 16,00 | 0,00 | 0,00 | 0,00 | 702/97 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35.02 тк |
| итого | 805 | 40,0 | 45,0 | 137,0 | 1107,0 | 1948,0 | 1340,0 | 160,0 | 9,0 | 0,0 | 12,0 | |
| Всего | 1360 | 67,0 | 78,0 | 250,0 | 1848,0 | 2822,0 | 1881,0 | 611,0 | 10,0 | 0,0 | 13,0 | |
| вторник | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,00 | 46,00 | 400,00 | 0,00 | 0,00 | 1,00 | 23/97 |
| каша манная | 250 | 11,00 | 4,00 | 40,00 | 227,00 | 454,0 | 243,0 | 170,0 | 1,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,00 | 8,00 | 0,00 | 75,00 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром и лимоном | 200/7 | 0,00 | 0,00 | 15,00 | 57,00 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 629/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01тк |
| итого | 557 | 24,0 | 26,0 | 81,0 | 641,0 | 947,0 | 366,0 | 584,0 | 2,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| борщ с капустой и картофелем | 250 | 2,00 | 4,00 | 13,00 | 98,00 | 600,00 | 330,00 | 44,00 | 1,00 | 0,00 | 20,00 | 110/4 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629.00 |
| зразы ленивые (с) | 100 | 11,00 | 28,00 | 16,00 | 360,00 | 689,00 | 282,00 | 49,00 | 2,00 | 0,00 | 4,00 | 300.1 |
| каша гречневая рассыпчатая | 180 | 7,0 | 12,0 | 34,0 | 266,0 | 700,0 | 204,0 | 20,0 | 4,0 | 0,0 | 0,0 | 297/4 |
| напиток апельсиновый | 200 | 0,0 | 0,0 | 26,0 | 100,0 | 3,0 | 44,0 | 8,0 | 0,0 | 0,0 | 13,0 | 312 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35.01тк |
| итого | 815 | 27,0 | 49,00 | 131,0 | 1063,0 | 2446,0 | 1037,0 | 154,0 | 9,0 | 0,0 | 37,0 | |
| Всего | 1372 | 51,0 | 75,0 | 212,0 | 1704,0 | 3393,0 | 1403,0 | 738,0 | 11,0 | 0,0 | 38,0 | |
| среда | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 29/97 |
| каша пшеничная | 250 | 9,0 | 5,0 | 47,0 | 244,0 | 455,0 | 290,0 | 169,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| масло сливочное | 10 | 0,0 | 8,0 | 0,0 | 75,0 | 1,0 | 2,0 | 1,0 | 0,0 | 0,0 | 0,0 | 22/97 |
| Чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 163,0 | 50,0 | 8,0 | 0,0 | 0,0 | 0,0 | 35.02 тк |
| итого | 575 | 22,0 | 20,0 | 102,0 | 645,0 | 674,0 | 423,0 | 205,0 | 4,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| суп из овощей | 250 | 2,0 | 4,0 | 11,0 | 97,0 | 629,0 | 367,0 | 30,0 | 1,0 | 0,0 | 21,0 | 132/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629.00 |
| кнели студенческие из горбуши | 100 | 18,0 | 9,0 | 7,0 | 185,0 | 505,0 | 46,0 | 31,0 | 0,0 | 0,0 | 0,0 | 729.04 |
| пюре картофельное по-домашнему | 180 | 4,0 | 6,0 | 29,0 | 191,0 | 809,0 | 1023,0 | 32,0 | 1,0 | 0,0 | 36,0 | 226.03тк |
| напиток из смеси сухофруктов | 200 | 3,0 | 0,0 | 26,0 | 171,0 | 0,0 | 1,0 | 0,0 | 0,0 | 0,0 | 0,0 | 588/96 |
| батон оздоровительный | 75 | 5,0 | 2,0 | 36,0 | 182,0 | 350,0 | 70,0 | 13,0 | 1,0 | 0,0 | 0,0 | 882.06 |
| итого | 815 | 32,0 | 23,0 | 109,0 | 842,0 | 2297,0 | 1519,0 | 115,0 | 3,0 | 0,0 | 57,0 | |
| Всего | 1390 | 54,0 | 43,0 | 211,0 | 1487,0 | 2971,0 | 1942,0 | 320,0 | 7,0 | 0,0 | 57,0 | |

| четверг | | | | | | | | | | | | |
|--|-------------|-------------|-------------|--------------|---------------|---------------|---------------|---------------|------------|------------|-------------|-----------|
| Завтрак | | | | | | | | | | | | |
| Сыр порциями | 40 | 9,0 | 12,0 | 0,0 | 144,0 | 328,0 | 46,0 | 400,0 | 0,0 | 0,0 | 1,0 | 23/97 |
| каша рисовая с маслом | 250/10 | 7,0 | 12,0 | 42,0 | 304,0 | 459,0 | 234,0 | 165,0 | 0,0 | 0,0 | 0,0 | 262/96 |
| чай с молоком и сахаром | 200 | 2,0 | 2,0 | 30,0 | 86,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 685/4 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,0 | 50,0 | 8,0 | 0,0 | 0,0 | 0,0 | 35,01 |
| итого | 550 | 22,0 | 28,0 | 98,0 | 672,0 | 976,0 | 428,0 | 638,0 | 1,0 | 0,0 | 2,0 | |
| Обед | | | | | | | | | | | | |
| щи из свежей капусты и картофеля | 250 | 2,0 | 5,0 | 9,0 | 91,0 | 600,0 | 315,0 | 51,0 | 1,0 | 0,0 | 30,0 | 120/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| шницель по-кукарски | 100 | 16,0 | 19,0 | 14,0 | 293,0 | 664,0 | 219,0 | 35,0 | 1,0 | 0,0 | 1,0 | 474,03 |
| рожки отварные | 180 | 4,0 | 7,0 | 46,0 | 274,0 | 1210,0 | 66,0 | 13,0 | 1,0 | 0,0 | 0,0 | 273/96 |
| напиток из кураги | 200 | 1,0 | 0,0 | 28,0 | 116,0 | 3,0 | 265,0 | 25,0 | 1,0 | 0,0 | 1,0 | 651/96 |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 815 | 30,0 | 36,0 | 139,0 | 1013,0 | 2931,0 | 1042,0 | 157,0 | 6,0 | 0,0 | 32,0 | |
| Всего | 1365 | 52,0 | 64,0 | 237,0 | 1685,0 | 3907,0 | 1470,0 | 795,0 | 7,0 | 0,0 | 34,0 | |
| пятница | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| яйцо вареное | 1шт(40) | 7,0 | 5,0 | 0,0 | 63,0 | 54,0 | 56,0 | 22,0 | 1,0 | 0,0 | 0,0 | 64/96 |
| Каша овсяная с маслом | 250/10 | 10,0 | 14,0 | 44,0 | 344,0 | 461,0 | 352,0 | 182,0 | 2,0 | 0,0 | 0,0 | 262/96 |
| кофейный напиток | 200 | 3,0 | 2,0 | 23,0 | 114,0 | 25,0 | 74,0 | 60,0 | 0,0 | 0,0 | 1,0 | 692/4 |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35,02 ттк |
| итого | 575 | 26,0 | 23,0 | 107,0 | 727,0 | 774,0 | 556,0 | 277,0 | 4,0 | 0,0 | 1,0 | |
| Обед | | | | | | | | | | | | |
| рассольник ленинградский с перловой крупой | 250 | 2,0 | 4,0 | 17,0 | 116,0 | 773,0 | 486,0 | 26,0 | 1,0 | 0,0 | 17,0 | 129/96 |
| сметана | 10 | 0,00 | 2,00 | 0,00 | 16,00 | 4,00 | 12,00 | 9,00 | 0,00 | 0,00 | 0,00 | 629,00 |
| биточек рубленый из птицы | 100 | 19,00 | 10,00 | 18,00 | 234,00 | 788,00 | 311,00 | 54,00 | 2,00 | 0,00 | 0,00 | 498/4 |
| рис припущенный | 180 | 2,00 | 11,00 | 25,00 | 209,00 | 2,0 | 31,0 | 1,0 | 0,0 | 0,0 | 0,0 | 4,85 |
| напиток из плодов шиповника | 200 | 0,0 | 0,0 | 20,0 | 96,0 | 0,0 | 27,0 | 7,0 | 0,0 | 0,0 | 0,0 | 773/ттк |
| хлеб ржаной | 25 | 3,0 | 1,0 | 16,0 | 85,0 | 287,00 | 115,00 | 16,00 | 2,00 | 0,00 | 0,00 | 299 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 815 | 30,0 | 30,0 | 122,0 | 894,0 | 2017,0 | 1032,0 | 121,0 | 5,0 | 0,0 | 17,0 | |
| Всего | 1390 | 56,0 | 53,0 | 229,0 | 1621,0 | 2791,0 | 1588,0 | 398,0 | 9,0 | 0,0 | 18,0 | |
| суббота | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | |
| бутерброд с сыром и маслом | 15/5/25 | 10,0 | 14,0 | 14,0 | 143,0 | 201,0 | 43,0 | 155,0 | 0,0 | 0,0 | 0,0 | 3/4 |
| каша манная с маслом | 250/10 | 11,0 | 12,0 | 40,0 | 302,0 | 455,0 | 245,0 | 171,0 | 1,0 | 0,0 | 0,0 | 262/96 |
| Чай с сахаром | 200 | 0,0 | 0,0 | 15,0 | 57,0 | 1,0 | 25,0 | 5,0 | 1,0 | 0,0 | 0,0 | 627/96 |
| батон | 50 | 4,0 | 2,0 | 26,0 | 138,0 | 163,00 | 50,00 | 8,00 | 0,00 | 0,00 | 0,00 | 35,01ттк |
| итого | 555 | 25,0 | 28,0 | 95,0 | 640,0 | 820,0 | 363,0 | 339,0 | 2,0 | 0,0 | 0,0 | |
| Обед | | | | | | | | | | | | |
| суп карт.с макаронными изделиями (вермишель) | 250 | 3,0 | 3,0 | 21,0 | 124,0 | 606,0 | 476,0 | 23,0 | 1,0 | 0,0 | 17,0 | 140/4 |
| котлета московская (К) | 100 | 16,0 | 19,0 | 13,0 | 283,0 | 707,0 | 211,0 | 20,0 | 1,0 | 0,0 | 1,0 | 379,23 |
| каша гречневая рассыпчатая | 180 | 7,0 | 12,0 | 34,0 | 266,0 | 700,0 | 204,0 | 20,0 | 4,0 | 0,0 | 0,0 | 297/4 |
| напиток яблочный | 200 | 2,0 | 0,0 | 27,0 | 111,0 | 26,0 | 98,0 | 65,0 | 1,0 | 0,0 | 1,0 | 190ттк |
| батон | 75 | 6,0 | 2,0 | 40,0 | 206,0 | 234,0 | 74,0 | 13,0 | 1,0 | 0,0 | 0,0 | 35,02 ттк |
| итого | 805 | 31,0 | 33,0 | 140,0 | 997,0 | 2064,0 | 924,0 | 763,0 | 7,0 | 0,0 | 21,0 | |
| Всего | 1360 | 56,0 | 61,0 | 235,0 | 1637,0 | 2884,0 | 1287,0 | 1102,0 | 9,0 | 0,0 | 21,0 | |
| итого за 6 дней | | | | | 9982,0 | | | | | | | |
| среднее значение за период | | | | | 1664,0 | | | | | | | |

Примечание

Для приготовления блюд используются

- соль йодированная

- режисен "РД"

При составлении меню использована нормативная документация: сборники рецептов 1996г, 1997г, 2004г, ТТК.

В примерном меню допускается замена продуктов, блюд и кулинарных изделий на другие при условии их соответствия по пищевой ценности и в соответствии с таблицей замены пищевых продуктов.

главный технолог  Исупова Л.И.