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| |  |  | | --- | --- | | **СОГЛАСОВАНО:**  **Директор\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  «\_\_\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_ г. | **«УТВЕРЖДАЮ»**  **Директор ООО «РАТИБОР»**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_МИТРЯКОВ Р.Ю.**    «\_\_\_\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_\_\_\_г. | |  | |  |
| **Примерное меню завтраков для обучающихся 1-4-х классов.**    **Основание:**   1. **Рекомендации по организации питания обучающихся общеобразовательных организаций. МР 2.4.0179-20.** Утверждены Руководителем Федеральной службы по надзору в сфере защиты прав потребителей и благополучия человека, Главным государственным санитарным врачём РФ А.Ю. Поповой 18.05.2020 г. (Примерное меню завтраков для обучающихся 1-4-х классов. Вариант № 1) 2. **Сборник рецептур на продукцию для обучающихся во всех образовательных учреждениях.**  Под ред. М.П.Могильного и В.А.Тутельяна. - М.:ДеЛи плюс, 2015 года | |

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**Сезон:** осенне - зимний

**Возрастная категория:** 7-10 лет

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| **День:** | | понедельник |  |  | | |  | | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  |
| **Неделя:** | | первая | |  | |  |  | | |  | |  | |  | | |  | | |  | | |  | | |  |  | | |  | | | | | |  |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | **Масса порции (г)** | | **Пищевые вещества (г.)** | | | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | |
| **Б** | | | **Ж** | **У** | | **В1** | | **С** | | | **А** | | | **Е** | | | | **Са** | | | **Р** | | | **Мg** | **Fe** | | |
| **173** | | **Каша гречневая молочная** | | **200** | | **8.48** | | | **3.80** | **44.20** | | **246.00** | | **0.14** | | **0.96** | | | **54.80** | | | **0.77** | | | | **144.37** | | | **221.30** | | | **44.33** | **2.32** | | |
| **376** | | **Чай с сахаром** | | **180** | | **0.06** | | | **0.02** | **13,5** | | **54.00** | | **-** | | **0.03** | | | **-** | | | **-** | | | | **11.10** | | | **2,80** | | | **1.40** | **0.28** | | |
| **б/н** | | **Батон нарезной** | | **30** | | **2.25** | | | **0,84** | **15,51** | | **85,8** | | **0,30** | | **-** | | | **-** | | | **0,39** | | | | **6,90** | | | **26,10** | | | **9,90** | **0,33** | | |
| **15** | | **Сыр (Российский и др.)** | | **15** | | **3.48** | | | **4.43** | **-** | | **54.00** | | **0,01** | | **0.11** | | | **39.00** | | | **0.08** | | | | **132.00** | | | **75.00** | | | **5.25** | **0.15** | | |
| **338** | | **Яблоко свежее** | | **100** | | **0.40** | | | **0.40** | **9,8** | | **47.00** | | **0.03** | | **10.00** | | | **-** | | | **0.20** | | | | **16.00** | | | **11.00** | | | **9.00** | **2.20** | | |
|  | | Соль йодированная | | 1 | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***ИТОГО:*** | | | | ***525*** | | ***14,67*** | | | ***9,49*** | ***81,92*** | | ***486,8*** | | ***0.48*** | | ***11.13*** | | | ***133.80*** | | | ***2.90*** | | | | ***312.77*** | | | ***339.20*** | | | ***69.88*** | ***5.48*** | | |

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| **День:** | | | вторник | | | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  |  | |  | | |  | | |  | | |
| **Неделя:** | | | первая | | | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  |  | |  | | |  | | |  | | |
| **№ рецептуры** | | | **Приём пищи, наименование блюда** | | | | **Масса порции (г)** | | | | **Пищевые вещества (г.)** | | | | | | | | | | **Энергетическая ценность (ккал)** | | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | |
| **Б** | | | | **Ж** | | | **У** | | | **В**1 | | | **С** | | **А** | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | |
| **210** | | | **Омлет натуральный** | | | | **150** | | | | **13.94** | | | | **24.83** | | | **2.64** | | | **289.65** | | | **0.11** | | | **0.26** | | **324.57** | | **-** | | | **289.65** | | | **225.77** | | | **16.14** | | | **2.64** | |
| **379** | | | **Кофейный напиток** | | | | **180** | | | | **3.17** | | | | **2.68** | | | **15.95** | | | **100.60** | | | **0.04** | | | **1.30** | | **20.00** | | **-** | | | **125.78** | | | **90.00** | | | **14.00** | | | **0.13** | |
| **б/н** | | | **Хлеб ржаной** | | | | **20** | | | | **1,4** | | | | **0.40** | | | **7,8** | | | **42.00** | | | **0.04** | | | **-** | | **-** | | **0.36** | | | **9,2** | | | **42,4** | | | **10.00** | | | **1.24** | |
| **б/н** | | | **Йогурт** | | | | **125** | | | | **6.25** | | | | **4.00** | | | **4.38** | | | **85.00** | | | **0.05** | | | **0.75** | | **25.00** | | **-** | | | **152.50** | | | **120.00** | | | **18.75** | | | **0.13** | |
| **б/н** | | | **Зефир** | | | | **30** | | | | **0,24** | | | | **0,04** | | | **23,94** | | | **97,8** | | | **0,02** | | | **3,0** | | **-** | | **0,03** | | | **7,5** | | | **3,6** | | | **1,8** | | | **0,42** | |
|  | | | Соль йодированная | | | | 1 | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | ***505*** | | | | ***25,0*** | | | | ***31,95*** | | | ***54,71*** | | | ***615,05*** | | | ***0.26*** | | | ***5.31*** | | ***369,57*** | | ***0.0,39*** | | | ***584,63*** | | | ***481,77*** | | | ***60,69*** | | | ***4,56*** | |
| **День:** среда **Неделя:** первая | | | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | | |  | | |  | | |  | | |
| **№ рецептуры** | | | **Приём пищи, наименование блюда** | | | | | **Масса порции (г)** | | | | **Пищевые вещества (г.)** | | | | | | | | | **Энергетическая ценность (ккал)** | | | **Витамины (мг.)** | | | | | | | | | | **Минеральные вещества (мг.)** | | | | | | | | | | |
|  | | | |  | | | | **Б** | | | **Ж** | | | **У** | | |  | | | **В1** | | | **С** | | **А** | | **Е** | | | **Са** | | | **Р** | | | **Мg** | | | **Fe** | |
| **294** | | | | **Котлеты рубленые из птицы**  **птицы** | | | | **90** | | | | **10,6** | | | **6,3** | | | **6,2** | | | **122,9** | | | **0.15** | | | **0.72** | | **26.9** | | **54.72** | | | **47.82** | | | **64.00** | | | **17.76** | | | **2.90** | |
| **312** | | | | **Картофельное пюре** | | | | **150** | | | | **3.06** | | | **4.80** | | | **20.44** | | | **137.25** | | | **0.14** | | | **18.16** | | **-** | | **0,18** | | | **36.98** | | | **86.59** | | | **27.75** | | | **1.01** | |
| **377** | | | | **Чай с лимоном** | | | | **180** | | | | **0.13** | | | **0.02** | | | **15.20** | | | **54.00** | | | **-** | | | **2.83** | | **-** | | **0.01** | | | **14.20** | | | **4.40** | | | **2.40** | | | **0.36** | |
| **б/н** | | | | **Хлеб ржаной** | | | | **20** | | | | **1,4** | | | **0.40** | | | **7,8** | | | **42.00** | | | **0.04** | | | **-** | | **-** | | **0.36** | | | **9,2** | | | **42,4** | | | **10.00** | | | **1.24** | |
| **338** | | | | **Груша свежая** | | | | **100** | | | | **0.40** | | | **0.40** | | | **10.30** | | | **47.00** | | | **0.02** | | | **5.00** | | **-** | | **0.40** | | | **19.00** | | | **16.00** | | | **12.00** | | | **2.30** | |
|  | | | | Соль йодированная | | | | 1 | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ИТОГО:** | | | | | | | | ***540*** | | | | ***15,59*** | | | ***11,92*** | | | ***59,94*** | | | ***403,15*** | | | ***0.35*** | | | ***26.71*** | | ***26,9*** | | ***55.67*** | | | ***127.20*** | | | ***213,39*** | | | ***69.91*** | | | ***7.81*** | |

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| **День:** | | четверг | | | | |
| **Неделя:** | | первая | | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **174** | | **Каша вязкая молочная рисовая** | | | **200** | **5.92** | **3.60** | | **42.82** | **228.00** | **0.06** | **0.96** | **14.8** | **0.12** | **128.27** | **154.44** | **36.46** | **0.40** |
| **382** | | **Какао с молоком** | | | **200** | **4,08** | **3,54** | | **17,58** | **118,6** | **0.06** | **1.33** | **24.40** | **-** | **133.33** | **124.56** | **25.56** | **2.00** |
| **б/н** | | **Батон нарезной** | | | **35** | **2.6** | **0.98** | | **17,99** | **100,1** | **0.06** | **-** | **-** | **0.54** | **13.80** | **63.60** | **15.00** | **1.86** |
| **14** | | **Масло сливочное м.д.ж.72,5%** | | | **5** | **0.04** | **3,6** | | **0,07** | **33.00** | **-** | **-** | **20.00** | **0.06** | **1,2** | **1,5** | **-** | **0,1** |
| **б/н** | | **Печенье затяжное** | | | **60** | **1.26** | **11.04** | | **22.95** | **208.74** | **0.06** | **-** | **43.20** | **0.78** | **75.00** | **52.2** | **9.00** | **0.60** |
|  | | Соль йодированная | | | 1 |  | | | | | | | | | | | | |
| **ИТОГО:** | | | | | ***500.00*** | ***13,9*** | ***22,76*** | | ***101,41*** | ***688,44*** | ***0.24*** | ***2.29*** | ***122.4*** | ***1.55*** | ***352.80*** | ***397.80*** | ***86.02*** | ***5.06*** |
| **День:** пятница  **Неделя:** первая | | | |
| **№ рецептуры** | | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |
| **223** | | **Пудинг творожно-рисовый**  **с повидлом** | | | **150/30** | **20,2**  **/0,12** | **14,2** | | **30,3/**  **19,5** | **343,6/**  **75,0** | **0,05/**  **0,01** | **0,3/**  **0,15** | **108,3** | **0,7** | **191,,6/**  **4,2** | **320,4/**  **2,7** | **36,1/**  **2,1** | **1,2/**  **0,39** |  |  |  |  |
| **376** | | **Чай с сахаром** | | | **200** | **0.07** | **0.02** | | **16,6** | **67,7** | **-** | **0.03** | **-** | **-** | **12,3** | **3,1** | **1,55** | **0,0,3** |  |  |  |  |
| ***б/н*** | | **Батон нарезной** | | | **25** | **1,9** | **0,7** | | **12,85** | **71,5** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |  |  |  |  |
| ***14*** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Масло сливочное м.д.ж.72,5%** | **5** | **0.04** | **3,6** | **0,07** | **33.00** | **-** | **-** | **20.00** | **0.06** | **1,2** | **1,5** | **-** | **0,1** | | | | **5** | **0,04** | **3,6** | | **0,07** | **33,0** | **-** | **-** | **20,0** | **0,06** | **1,2** | **1,5** | **-** | **0,1** |  |  |  |  |
| **338** | | **Яблоко свежее** | | | **100** | **0.40** | **0.40** | | **9.80** | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |  | **Яблоко свежее** | **100-150** |  |
|  | | Соль йодированная | | | 1 |  | | | | | | | | | | | | |  |  |  |  |
| ***ИТОГО:*** | | | | | ***510*** | ***22,73*** | ***18,92*** | | ***89,12*** | ***637,7*** | ***0,12*** | ***10,48*** | ***128,3*** | ***1,35*** | ***232,2*** | ***364,8*** | ***58,65*** | ***425*** |  |  |  |  |

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| **День:** понедельник | |  | | | |
| **Неделя:** вторая | |  | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **173** | **Каша пшённая молочная** | | **200** | **8.48** | **3.80** | | **44.20** | | **246.00** | **0.14** | **0.96** | **54.80** | **0.77** | **144.37** | **221.30** | **44.33** | **2.32** |
| **377** | **Чай с лимоном** | | **180** | **0.13** | **0.02** | | **15.20** | | **52.00** | **-** | **2.83** | **-** | **0.01** | **14.20** | **4.40** | **2.40** | **0.36** |
| **б/н** | **Батон нарезной** | | **30** | **2.25** | **0.84** | | **15.42** | | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |
| **15** | **Сыр (Российский и др.)** | | **15** | **3.48** | **4.43** | | **-** | | **54,00** | **0.01** | **0.11** | **39.00** | **0.08** | **132.00** | **75.00** | **5.25** | **0.15** |
| **338** | **Груша свежая** | | **100** | **0.40** | **0.40** | | **9.80** | | **47.00** | **0.03** | **10.00** | **-** | **0.20** | **16.00** | **11.00** | **9.00** | **2.20** |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | | |
| **ИТОГО:** | | | ***525*** | ***14,74*** | ***9,49*** | | ***83,06*** | | ***473,4*** | ***0.21*** | ***13.90*** | ***133.80*** | ***1.56*** | ***315.87*** | ***340.80*** | ***70.88*** | ***5.56*** |
| **День:** вторник  **Неделя:** вторая | |  | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **204** | **Макароны отварные с сыром** | | **180** | **12.18** | **14.33** | | **30.70** | **300.96** | | **0.07** | **0.20** | **103.68** | **0.96** | **265.68** | **181.87** | **18.29** | **1.11** |
| **382** | **Какао с молоком** | | **180** | **3,7** | **3,2** | | **15,8** | **106,74** | | **0.06** | **1.33** | **24.40** | **-** | **133.33** | **124.56** | **25.56** | **2.00** |
| **б/н** | **Батон нарезной** | | **20** | **1,5** | **0,56** | | **10,28** | **57,2** | | **0.20** | **-** | **-** | **0.26** | **4.60** | **17.40** | **6.60** | **0.22** |
| **14** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Масло сливочное м.д.ж.72,5%** | **5** | **0.04** | **3,6** | **0,07** | **33.00** | **-** | **-** | **20.00** | **0.06** | **1,2** | **1,5** | **-** | **0,1** | | | **5** | **0,04** | **3,6** | | **0,07** | **33,0** | | **-** | **-** | **20,0** | **0,06** | **1,2** | **1,5** | **-** | **0,1** |
| **б/н** | **Йогурт** | | **125** | **6.25** | **4.00** | | **4.38** | **85.00** | | **0.05** | **0.75** | **25.00** | **-** | **152.50** | **120.00** | **18.75** | **0.13** |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | | |
| ***ИТОГО:*** | | | ***510*** | ***23,67*** | ***25,69*** | | ***61,23*** | ***582,9*** | | ***0.38*** | ***2.28*** | ***173,08*** | ***1.28*** | ***557,31*** | ***445,33*** | ***69,2*** | ***3,56*** |

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| **День:** среда | | |  | | | |
| **Неделя:** вторая | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | | **Масса порции (г)** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |
| **Б** | **Ж** | | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **173** | **Тефтели из мяса свинины** | | | **90**  **/50/40/** | **8,2** | **9,1** | | **9,9** | **161,3** | | **0,06** | **2,5** | **-** | **-** | **22,1** | **-** | **-** | **1,0** |
| **340** | **Рис отварной** | | | **150** | **3,65** | **5,37** | | **36,68** | **209,7** | | **0,03** | **-** | **-** | **0,28** | **1,37** | **60,95** | **16,34** | **0,53** |
| **376** | **Чай с сахаром** | | | **180** | **0.06** | **0.02** | | **13,5** | **54.00** | | **-** | **0.03** | **-** | **-** | **11.10** | **2,80** | **1.40** | **0.28** |
| **б/н** | **Хлеб ржаной** | | | **20** | **1,4** | **0.40** | | **7,8** | **42.00** | | **0.04** | **-** | **-** | **0.36** | **9,2** | **42,4** | **10.00** | **1.24** |
| **338** | **Яблоко свежее** | | | **100** | **0.40** | **0.40** | | **9,8** | **47,00** | | **0.02** | **5.00** | **-** | **0.40** | **19.00** | **16.00** | **12.00** | **2.30** |
|  | Соль йодированная | | | 1 |  |  | |  |  | |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | | ***540*** | ***13,71*** | ***15,29*** | | ***77,68*** | ***514,0*** | | ***0.15*** | ***7,53*** |  | ***1,04*** | ***62,77*** | ***122,15*** | ***39,74*** | ***5.35*** |
| **День:** четвертый  **Неделя:** вторая | |  | | | | | | | | | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | | **Масса порции** | **Пищевые вещества (г.)** | | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |
| **Б** | **Ж** | | **У** | | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |
| **222** | **Пудинг творожный с изюмом** | | | **150** | **22.89** | **16.17** | | **36.33** | | **383.58** | **0.04** | **0.33** | **24.95** | **0.20** | **196.83** | **72.58** | **36.27** | **1.59** |  |  |  |  |
| **379** | **Кофейный напиток** | | | **200** | **3.17** | **2.68** | | **15.95** | | **100.60** | **0.04** | **1.30** | **20.00** | **-** | **125.78** | **90.00** | **14.00** | **0.13** |
| **б/н** | **Батон нарезной** | | | **30** | **2.25** | **0.84** | | **15.42** | | **85.80** | **0.03** | **-** | **-** | **0.39** | **6.90** | **26.10** | **9.90** | **0.33** |  |  |  |  |
| **14** | **Масло сливочное** | | | **5** | **0.04** | **3.6** | | **0.07** | | **33.00** | **-** | **-** | **40.00** | **0.11** | **2.40** | **3.00** | **-** | **0.20** |  |  |  |  |
| **б/н** | **Йогурт** | | | **125** | **6.25** | **4.00** | | **4.38** | | **85.00** | **0.05** | **0.75** | **25.00** | **-** | **152.50** | **120.00** | **18.75** | **0.13** |  |  |  |  |
|  |  | | |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***ИТОГО:*** | | | | ***505*** | ***34,60*** | ***27,29*** | | ***72,15*** | | ***687,98*** | ***0.16*** | ***2.38*** | ***109.95*** | ***0,7*** | ***484,41*** | ***311,68*** | ***78,92*** | ***2,38*** |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **День:** пятница | | |  | | |
| **Неделя:** вторая | | |  | | |
| **№ рецептуры** | **Приём пищи, наименование блюда** | | **Масса порции** | **Пищевые вещества (г.)** | | | | **Энергетическая ценность (ккал)** | **Витамины (мг.)** | | | | **Минеральные вещества (мг.)** | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| **Б** | | **Ж** | **У** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |  |  |  |  |  |  |  |  |  |  |  |  |
| **294** | **Котлеты (биточки) рубленые из птицы** | | **90** | **10,6** | | **6,3** | **6,2** | **122,9** | **0.15** | **0.72** | **26.90** | **54.72** | **47.82** | **64.00** | **17.76** | **2.90** |  |  |  |  |  |  |  |  |  |  |  |  |
| **302** | **Макароны отварные** | | **150** | **5.52** | | **4.52** | **26.45** | **168,45** | **0.21** | **-** | **-** | **0.61** | **16.02** | **203.93** | **135.83** | **4.57** |
| **б/н** | **Хлеб ржаной** | | **30** | **2,1** | | **0.60** | **11,7** | **63.00** | **0.06** | **-** | **-** | **0,54** | **13,8** | **63,6** | **15,0** | **1.86** |
| **377** | **Чай с лимоном** | | **200** | **0.13** | | **0.02** | **15.20** | **52.00** | **-** | **2.83** | **-** | **0.01** | **14.20** | **4.40** | **2.40** | **0.36** |
|  | **Вафли** | | **30** | **4,5** | | **1,68** | **30,84** | **171,6** | **0.06** | **-** | **-** | **0.78** | **13,8** | **52,2** | **19,8** | **0.66** |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
|  | Соль йодированная | | 1 |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО:** | | | ***500*** | ***22.85*** | | ***13,12*** | ***90,39*** | ***577,95*** | ***0,48*** | ***3.55*** | ***26,9*** | ***56,66*** | ***105,64*** | ***388,13*** | ***190,79*** | ***10,35*** |  |  |  |  |  |  |  |  |  |  |  |  |

**Основные показатели в пищевых веще14,74ствах и энергетической ценности (**Приложение 4 к Сан20,24ПиН 2.4.5.2409-08)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Основные показатели**    **Дни по меню** | **16,44Пищевые вещества (г)** | | | **Энергетическая ценность (ккал)** |
| **Б** | **Ж** | **У** |
| **1 день** | 14,67 | 9,49 | 81,92 | 486,8 |
| **2 день** | 25,0 | 31,95 | 54,71 | 615,05 |
| **3 день** | 15,59 | 11,92 | 59,94 | 403,15 |
| **4 день** | 13,9 | 22,76 | 101,41 | 688,44 |
| **5 день** | 22,73 | 18,92 | 89,12 | 637,7 |
| **6 день** | 14,74 | 9,49 | 83,06 | 473,4 |
| **7 день** | 23,67 | 25,69 | 61,23 | 582,9 |
| **8 день** | 13,71 | 15,29 | 77,68 | 514,0 |
| **9 день** | 34,64 | 30,94 | 72,21 | 720,98 |
| **10 день** | 26,01 | 18,32 | 102,64 | 686,25 |
| **Итого за весь период:** | **204,66** | **194,77** | **783,92** | **5808,67** |
| **Итого в среднем за 1день (прием пищи):** | **20,5** | **19,5** | **78,4** | **580,9** |
| **Завтрак – 20-25% от нормы** | 20-25% - от нормы - 77.00, составит  15.40 – 19.25 | 20-25% - от нормы - 79.00, составит 15.80 – 19.75 | 20-25% - от нормы - 335.00, составит 67.00 – 83.75 | 20-25% - от нормы - 2350.00, составит 470.00 – 587.50 |