|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **21.05.2025** | | | | | | | | | | | | | | | | | | | |
|  | **Вес** | | **Выход** | **Пищевые в-ва** | | | **К/кал** | **Мин.вещества** | | | | | **Витамины** | | | | | **Цена** | **№ тех. карты** |
|  | **бр** | **нетто** |  | **Б** | **Ж** | **У** |  | **К** | **Са** | **Мg** | **Р** | **Fе** | **А** | **В1** | **В2** | **РР** | **С** |  |  |
| **ЗАВТРАК** |
| **Каша молочная пшенная** |  |  | **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *молоко* | **200** | **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *пшено* | **30** | **30** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *сахар* | **5** | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *масло сливочное* | **5** | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Какао с молоком** |  |  | **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *молоко* | **110** | **110** |  | 5,04 | 5,76 | 8,46 | 104,48 | 262,8 | 216 | 25,2 | 162 | 0,1 | 0,02 | 0,07 | 0,27 | 0,18 | 2,34 |  |  |
| *какао-порошок* | **2** | **2** |  | 0,48 | 0,45 | 0,56 | 7,6 | - | 1,1 | 3,1 | 3,82 | 0,3 | 0,0002, | 0,002 | 0,006 | 0,04 | - |  |  |
| *сахар* | **15** | **15** |  | - | - | 15,0 | 57,0 | 0,3 | 15,3 | 39,3 | 9,6 | 1,2 | - | 0,201 | 0,021 | 0,855 | - |  |  |
| **Бутерброд с маслом и сыром** |  |  | **40/7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *хлеб пшен.* | **40** | **40** |  | 2,34 | 0,75 | 10,02 | 81,85 | 30,0 | 6,0 | 9,3 | 29,4 | 054 | - | 0,03 | 0,02 | 0,3 | - |  |  |
| *масло сливочное* | **7** | **7** |  | 0,056 | 5,076 | - | 47,43 | - | 0,10 | 0,15 | 0,17 | 1,33 | 0,05 | 0,09 | 0,007 | 0,06 | - |  |  |
| *сыр* | **10** | **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ВТОРОЙ**  **ЗАВТРАК** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Кисель** | **100** | **100** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ОБЕД** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Суп вермишелевый с курицей** |  |  | **250** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *куры* | **20** | **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *лук* | **10** | **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *морковь* | **10** | **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *вермишель* | **20** | **20** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Капуста тушенная с куриным мясом** |  |  | **160** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *капуста* | **180** | **100** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *куры* | **80** | **60** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *лук* | **10** | **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *морковь* | **10** | **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *томат* | **3** | **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *масло растительное* | **3** | **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Компот из с/ф** |  |  | **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *смесь сухофруктов* | **15** | **15** |  | 0,09 | - | 3,0 | 13,9 | 4,0 | 2,1 | 6,45 | 0,15 | - | 0,01 | 0,005 | 0,25 | - | - |  |  |
| *вода* | **190** | **190** |  | - | - | - | - | - | - | - | - | - | - | - | - | - | - |  |  |
| *сахар* | **15** | **15** |  | - | - | 15,0 | 57,0 | 0,3 | - | - | - | - | - | - | - | - | - |  |  |
| **Хлеб рж.** | **40** | **40** |  | 3,0 | - | 14,0 | 7,0 | 99,6 | 7,25 | 8,8 | 36,4 | 0,42 | 0,08 | 0,06 | 0,05 | 0,18 | - |  |  |
| **ПОЛДНИК** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Оладьи с маслом и сахаром** |  |  | **65** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *мука* | **40** | **40** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *масло растительное* | **10** | **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *яйцо* | **1/10** | **4,8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *молоко* | **40** | **40** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *сахар* | **5** | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *масло сливочное* | **5** | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *дрожжи* | **1** | **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Чай сладкий** |  |  | **200** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *заварка* | **1** | **1** |  | - | - | - | - | - | - | - | - | - | - | - | - | - | - |  |  |
| *сахар* | **15** | **15** |  | - | - | 15,0 | 57,0 | 0,3 | 15,3 | 39,3 | 9,6 | 1,2 | - | 0,201 | 0,021 | 0,855 | - |  |  |
| *вода* | **100** | **100** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ИТОГО** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |