

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Хлеб пшеничный | 100 |  | 0,225 | 0,185 | 17,57 | 73,628 | | | 0,035 | | - | - | - | | | | | 8,84 | | | 6,776 | | | 16,9 | | 0,194 |
|  | бананы | 200 |  | 0,74 | - | 21,56 | 88,48 | | | 0,032 | | 0,11 | - | 0.2 | | | | | 8,87 | | | 10,89 | | | 23,4 | | 0,216 |
|  | **ВСЕГО ЗА ЗАВТРАК** |  |  | **9,665** | **10,685** | **98,13** | **490,11** | | | **0,267** | | **0,81** | **36,1** | **7.5** | | | | | **194,71** | | | **202,87** | | | **80,4** | | **2,21** |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Суп рисовый с рыбными консервами | 250 | 87 | 8,61 | 8,40 | 14,34 | | 167,25 | | 0,10 | | 9,11 | 15,00 | | 0.4 | | | | | 45,30 | | | 176,53 | | 47,35 | | 1,26 |
|  | Чай с сахаром | 200 | 943 | 0,20 | - | 14,00 | | 28,00 | | **-** | | **-** | **-** | | | **-** | | | | **6,00** | | | **-** | | **-** | | **0,40** |
|  | Хлеб ржаной | 60 |  | 3,3 | 0,5 | 20,1 | | 95 | | 0,01 | | - | - | | | - | | | | 19 | | | 78 | | 24,5 | | 1,3 |
|  | Салат из белокачанной капусты с морковью | 150 | 45 | 0,79 | 1,95 | 3,88 | | 36,24 | | 0,013 | | 10,26 | - | | | 5,03 | | | | 14,98 | | | 16,98 | | 9,05 | | 0,28 |
|  | Хлеб пшеничный | 100 |  | 3,1 | 0,2 | 20,1 | | 94,7 | | 0,01 | | - | - | | | 0.5 | | | | 9,2 | | | 33,6 | | 13,2 | | 0,8 |
|  | Печенье | 60 |  | 8,5 | 10,8 | 66,0 | | 398 | | 0,12 | | - | - | | | 2.4 | | | | 109 | | | 14 | | 80 | | 1,9 |
|  | **ВСЕГО ЗА ОБЕД** |  |  | **23,71** | **19,9** | **134,54** | | **782,95** | | **0,24** | | **9,11** | **15** | | | **3.3** | | | | **188,5** | | | **302,13** | | **165,05** | | **5,66** |
|  | **ВСЕГО ЗА ДЕНЬ** |  |  | **33,375** | **30,585** | **232,67** | | **1273,06** | | **0,507** | | **9,92** | **51,1** | | **10.8** | | | | | **383,21** | | | **505** | | **245,45** | | **7,87** |
| **Второй день (вторник)** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Каша гречневая | 200 | 688 | 7,36 | 6,02 | 35,26 | | | 224,6 | | 0,08 | - | 28,00 | | | 0.61 | | | | | 6,48 | | | 49,56 | | 28,16 | 1,48 |
|  | Гуляш из курицы | 100 | 244 | 11.704 | 31.009 | 3.179 | | | 339.9 | | 0.308 | 1.012 | 3,00 | | | 2.86 | | | | | 10,30 | | | 67,40 | | 8,00 | 0,43 |
|  | Компот из с/фруктов | 200 |  | 0.04 | - | 24.76 | | | 94.20 | | 0,1 | 1,08 | - | | - | | | | | | 6.40 | | | 3.6 | | - | 0.18 |
|  | Хлеб ржаной | 60 |  | 1,391 | 0,215 | 15,42 | | | 67,624 | | 0,04 | - | - | | - | | | | | | 9,282 | | | 42,108 | | 4,94 | 0,432 |
|  | Хлеб пшеничный | 100 |  | 0,225 | 0,185 | 17,57 | | | 73,628 | | 0,035 | - | - | | 0.5 | | | | | | 8,84 | | | 6,776 | | 16,9 | 0,194 |
|  | печенье | 60 | 40 | 3 | 3,9 | 29,8 | | | 166,8 | | - | - | 4,4 | | 3.9 | | | | | | 11,6 | | | 36 | | 8 | 0,8 |
|  | **ВСЕГО ЗА ЗАВТРАК** |  |  | **21,62** | **14,85** | **126,08** | | | **719,852** | | **0,235** | **2,07** | **35,41** | | **7.87** | | | | | | **168,502** | | | **291,844** | | **80** | **3,896** |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Суп картофельный с бобовыми (горох) с курицей | 250 | 206 | 5,49 | 5,28 | 16,33 | | | 134,75 | | 0,23 | 5,81 | - | | | | | 5.3 | | | 38,08 | | | 87,18 | | 35,30 | 2,03 |
|  | Чай с сахаром | 200 | 943 | 0,20 | - | 14,00 | | | 28,00 | | **-** | **-** | **-** | | | | **-** | | | | **6,00** | | | **-** | | **-** | **0,40** |
|  | Хлеб ржаной | 60 |  | 1,391 | 0,215 | 15,42 | | | 67,624 | | 0,04 | - | - | | | | - | | | | 9,282 | | | 42,108 | | 4,94 | 0,432 |
|  | Хлеб пшеничный | 100 |  | 0,225 | 0,185 | 17,57 | | | 73,628 | | 0,035 | - | - | | | | 0.5 | | | | 8,84 | | | 6,776 | | 16,9 | 0,194 |
|  | печенье | 60 | 40 | 3 | 3,9 | 29,8 | | | 166,8 | | - | - | 4,4 | | | | 3.9 | | | | 11,6 | | | 36 | | 8 | 0,8 |
|  | Фрукт (банан) | 200 |  | 0,4 | 0,4 | 9,8 | | | 47 | | 0,03 | 10 | - | | | | 0,2 | | | | 16 | | | 11 | | 9 | 2,2 |
|  | **ВСЕГО ЗА ОБЕД** |  |  | **10,306** | **9,58** | **93,12** | | | **470,802** | | **0,305** | **5,81** | **4,4** | | | | **9.7** | | | | **73,802** | | | **172,06** | | **65,14** | **3,856** |
|  | **ВСЕГО ЗА ДЕНЬ** |  |  | **31,926** | **24,43** | **219,2** | | | **1190,65** | | **0,54** | **7,88** | **39,81** | | | | **17.57** | | | | **242,304** | | | **463,904** | | **145,14** | **7,752** |

**ТРЕТИЙ ДЕНЬ(среда)**

ЗАВТРАК

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3**. | Макароны отварные | 200 | | 316 | | | 3,9 | | 4,6 | 40,7 | | 218,7 | | - | - | 19,8 | | - | | | 9,5 | | 77,3 | | | 26,6 | | | | 0,5 | |
|  | Окорочек кур тушеный | 100 | | 637 | | | 15.83 | 10.20 | | | - | 154.69 | | 0,03 | - | 15.0 | 0.5 | | | | 29.25 | | | 107.25 | | | 15.0 | | 1.35 | | |
|  | Салат из красной свеклы с луком | 100 | | 33 | | | 0,86 | 3,65 | | | 5,02 | 56,34 | | **0,01** | **5,70** | **-** | **-** | | | | **21,09** | | | **24,58** | | | **12,54** | | **0,80** | | |
|  | Кисель | 200 | |  | | | 0,1 | - | | | 29.2 | 110.4 | | **0.004** | **1.4** | **0.004** | **-** | | | | **9.8** | | | **8.6** | | | **1.6** | | **0,2** | | |
|  | Хлеб ржаной | 60 | |  | | | 1,391 | 0,215 | | | 15,42 | 67,624 | | 0,04 | - | - | - | | | | 9,282 | | | 42,108 | | | 4,94 | | 0,432 | | |
|  | вафли | 60 | |  | | | 1 | 8,8 | | | 18,8 | 154,2 | | - | - | - | 4.7 | | | | 2,2 | | | 8,9 | | | 0,5 | | 0,2 | | |
|  | **ВСЕГО ЗА ЗАВТРАК** |  | |  | | | **23.08** | **27.46** | | | **109.14** | **761.95** | | **0,084** | **7.1** | **34.8** | **5.2** | | | | **81.12** | | | **268.74** | | | **102.78** | | **3.48** | | |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Щи из св.капусты с курицей | | 250 | 187 | | 1,75 | | 4,89 | | | 8,49 | | 84,75 | 0,06 | 18,46 | - | | | 0.3 | | 43,33 | | | | 47,63 | | | 22,25 | | | 0,80 |
|  | Чай с сахаром | | 200 |  | | 0,07 | | 0,02 | | | 15 | | 60 | - | 0.03 | - | | | - | | 11.1 | | | | 2.8 | | | 2.4 | | | 0,28 |
|  | Хлеб ржаной | | 60 |  | | 3,3 | | 0,5 | | | 20,1 | | 95 | 0,01 | - | - | | | - | | 19 | | | | 78 | | | 24,5 | | | 1,3 |
|  | Хлеб пшеничный | | 100 |  | | 3,1 | | 0,2 | | | 20,1 | | 94,7 | 0,1 | - | - | | | 0.5 | | 9,2 | | | | 33,6 | | | 13,2 | | | 0,8 |
|  | Фрукт (яблоко) | | 200 |  | | 0,4 | | 0,4 | | | 9,8 | | 47 | 0,03 | 10 | - | | | 0,2 | | 16 | | | | 11 | | | 9 | | | 2,2 |
|  | Печенье | | 60 | 40 | | 3 | | 3,9 | | | 29,8 | | 166,8 | - | - | 4,4 | 3.9 | | | | 11,6 | | | | 36 | | | 8 | | | 0,8 |
|  | **ВСЕГО ЗА ОБЕД** | |  |  | | **11,22** | | **9,51** | | | **93.49** | | **501.25** | **0,35** | **18.49** | **4,4** | **4.7** | | | | **94.23** | | | | **198.03** | | | **70.35** | | | **3,98** |
|  | **ВСЕГО ЗА ДЕНЬ** | |  |  | | **29.47** | | **50.29** | | | **227.5** | | **1514.22** | **0,454** | **25.87** | **24.2** | **9.4** | | | | **181.83** | | | | **518.518** | | | **136.53** | | | **8,072** |
| **Четвертый день (четверг)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **4.** | Рис отварной | | 200 | |  | 3,9 | | 5.6 | | | 11.77 | | 26.57 | 234.45 | 0.06 | - | | | | - | | 0.97 | | | 37.17 | | | 21.12 | | | 1.11 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Рыба тушеная с овощами (минтай) | 80/30 | |  | | | 9.75 | 4.95 | | 3.8 | | | 105 | **0.05** | | | **3.73** | **0.006** | **2.52** | | | | **39.07** | **162.19** | **48.53** | **0.53** |
|  | Чай с сахаром | 200/20 | | 943 | | | 0,20 | - | | 14,00 | | | 28,00 | **-** | | | **-** | **-** | **-** | | | | **6,00** | **-** | **-** | **0,40** |
|  | печенье | 60 | | 40 | | | 3 | 3,9 | | 29,8 | | | 166,8 | - | | | - | 4,4 | | | 3.9 | | 11,6 | 36 | 8 | 0,8 |
|  | Хлеб ржаной | 60 | |  | | | 3,3 | 0,5 | | 20,1 | | | 95 | 0,1 | | | - | - | | | - | | 19 | 78 | 24,5 | 1,3 |
|  | Хлеб пшеничный | 100 | |  | | | 3,1 | 0,2 | | 20,1 | | | 94,7 | 0,01 | | | - | - | | | 0.5 | | 9,2 | 33,6 | 13,2 | 0,8 |
|  | **ВСЕГО ЗА ЗАВТРАК** |  | |  | | | **23.25** | **15.15** | | **114.72** | | | **516.07** | **234.61** | | | **3.79** | **4.406** | | | **6.92** | | **85.84** | **346.96** | **115.35** | **4.94** |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Суп вермишелевый с курицей | 250 | | 208 | | | 2,69 | 2,84 | | 17,14 | | | 104,75 | 0,11 | | | 8,25 | - | | | | 1.5 | 24,60 | 66,65 | 27,00 | 1,09 |
|  | Чай с сахаром | 200 | | 943 | | | 0,20 | - | | 14,0 | | | 28,0 | - | | | - | - | | | | - | 6,00 | - | - | 0,40 |
|  | Салат из кр .свеклы | 150 | | 33 | | | 0,86 | 3,65 | | 5,02 | | | 56,34 | 0,01 | | | 5,70 | - | | | | - | 21,09 | 24,58 | 12,54 | 0,80 |
|  | Хлеб ржаной | 60 | |  | | | 3,3 | 0,5 | | 20,1 | | | 95 | 0,1 | | | - | - | | | - | | 19 | 78 | 24,5 | 1,3 |
|  | Хлеб пшеничный | 100 | |  | | | 3,1 | 0,2 | | 20,1 | | | 94,7 | 0,1 | | | - | - | | | 0.5 | | 9,2 | 33,6 | 13,2 | 0,8 |
|  | печенье | 60 | | 40 | | | 3 | 3,9 | | 29,8 | | | 166,8 | - | | | - | 4,4 | | | 3.9 | | 11,6 | 36 | 8 | 0,8 |
|  | **ВСЕГО ЗА ОБЕД** |  | |  | | | **12,29** | **7,44** | | **101,14** | | | **489,25** | **0,31** | | | **8,25** | **4,4** | | | **5.9** | | **70,4** | **214,25** | **72,7** | **4,39** |
|  | **ВСЕГО ЗА ДЕНЬ** |  | |  | | | **26,39** | **20,16** | **229,51** | | **1141,15** | | | | **0,43** | | **8,53** | **28,6** | | | **12.82** | | **137,43** | **439,15** | **145** | **8,35** | |
| **Пятый день( пятница)** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **5.** | Картофельное пюре | | 200 | |  | | 3.06 | 4.8 | 20.44 | | 137.28 | | | 0.14 | | | 18.16 | - | | 0.18 | | | 36.98 | 86.6 | 27.25 | 1 | |
|  | Котлета жареная | | 80 | | 32 | | 9.2 | 17.07 | 7.17 | | 176 | | | 0,04 | | | 0.73 | 0.03 | | 1.14 | | | 32.82 | 82.83 | 17.16 | 1.14 | |
|  | Подлива | | 50 | |  | | 0.6 | 3.52 | 3.67 | | 48.7 | | | 0.01 | | | 0.28 | - | | - | | | 11.73 | - | - | 0.16 | |
|  | хлеб ржаной | | 60 | |  | | 4.34 | 0,7 | 33.7 | | 143.02 | | | - | | | - | - | | | | - | - | - | - | - | |
|  | Чай с сахаром | | 200 | |  | | 0,07 | 0,02 | 15 | | 60 | | | - | | | 0.03 | - | | | | - | 11.1 | 2.8 | 1.4 | 0,28 | |
|  | Сушки | | 60 | |  | | 3 | 3,9 | 29,8 | | 166,8 | | | - | | | - | 4,4 | | | | - | 11,6 | 36 | 8 | 0,8 | |
|  | **ВСЕГО ЗА ЗАВТРАК** | |  | |  | | **20.27** | **30.01** | **109.78** | | **731.8** | | | **0,19** | | | **19.2** | **4.43** | | | | **1.32** | **104.23** | **208.23** | **53.81** | **3.38** | |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | Суп пшенный с курицей | | 250 | | | 204 | 2,14 | 2,24 | 13,71 | | 83,60 | | | 0,09 | | 6,60 | | - | | | | 0.2 | 20,88 | 66,12 | 22,80 | 1,04 | |
|  | Чай с сахаром | | 200 | | | 943 | 0,20 | - | | 14,00 | | 28,00 | | 0,01 | | | - | - | | | - | | 6,0 | - | - | 0,40 | | |
|  | Фрукт свежий (яблоко) | | 200 | | |  | 0,4 | 0,4 | | 9,8 | | 47 | | 0,03 | | | 10 | - | | | 0,2 | | 16 | 11 | 9 | 2,2 | | |
|  | Хлеб ржаной | | 60 | | |  | 3,3 | 0,5 | | 20,1 | | 95 | | 0,1 | | | - | - | | - | | | 19 | 78 | 24,5 | 1.3 | | |
|  | Хлеб пшеничный | | 100 | | |  | 3,1 | 0,2 | | 20,1 | | 94,7 | | 0,1 | | | - | - | | 0.5 | | | 9,2 | 33,6 | 13.2 | 0,8 | | |
|  | Печенье вес. | | 60 | | |  | 3 | 3.9 | | 29,8 | | 166,8 | | - | | | - | 4,4 | | 3.9 | | | 11,6 | 36 | 8 | 0,8 | | |
|  | **ВСЕГО ЗА ОБЕД** | |  | | |  | **11,74** | **6,84** | | **97,71** | | **468,1** | | **0,3** | | | **6,60** | **4,4** | | **4.6** | | | **66,68** | **213,72** | **68,5** | **4,34** | | |
|  | **ВСЕГО ЗА ДЕНЬ** | |  | | |  | **32.01** | **36.85** | | **207.49** | | **1199.9** | | **0,49** | | | **25.8** | **8.83** | | **5.92** | | | **170.91** | **421.95** | **122.31** | **7.72** | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ШЕСТОЙ ДЕНЬ (понедельник)** | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | |
| **6.** | Молочная рисовая каша с маслом | 250 | 185 | | 7,0 | 5,7 | 35,1 | 211,1 | 0,1 | 0,9 | 31 | 3.4 | | | | 192.5 | | 184,2 | 36,0 | 0,5 |
|  | Хлеб пшеничный | 100 |  | | 3,1 | 0,2 | 20,1 | 94,7 | 0,1 | - | - | | 0.5 | | | 9,2 | | 33,6 | 13,2 | 0,8 |
|  | Чай с сахаром | 200 | 943 | | 0,20 | - | 14,00 | 28,00 | - | - | - | | - | | | 6,00 | | - | - | 0,40 |
|  | Вафли вес. | 60 |  | | 1 | 8,8 | 18,8 | 154,2 | - | - | - | | 4.7 | | | 2,2 | | 8,9 | 0,5 | 0,2 |
|  | Яблоко | 200 |  | | 1,4 | 0,3 | 12,1 | 64,2 | 0,1 | 37 | 9,8 | | 0.55 | | | 47,2 | | 31,9 | 18 | 0,5 |
|  | **ВСЕГО ЗА ЗАВТРАК** |  |  | | 12,7 | 15 | 100,1 | 552,2 | 0,3 | 37,9 | 40,8 | | 9.15 | | | 257,1 | | 258,6 | 67,7 | 2,4 |
| ОБЕД | | | | | | | | | | | | | | | | | | | |  |
|  | Суп вермишелевый с рыбными консервами | 250 | 87 | | 8,61 | 8,40 | 14,34 | 167,25 | 0,10 | 9,11 | 15 | | | 0.4 | | | 45,30 | 176,53 | 47,35 | 1,26 |
|  | Чай с сахаром | 200/20 | 943 | | 0,20 | - | 14,00 | 28,00 | **-** | **-** | **-** | | | | **-** | | **6,00** | **-** | **-** | **0,40** |
|  | Салат из белокачанной капусты с морковью | 150 | 45 | | 0,79 | 1,95 | 3,88 | 36,24 | **0,013** | **10,26** | **-** | | | | **5,03** | | **14,98** | **16,98** | **9,05** | **0,28** |
|  | Хлеб ржаной | 60 |  | | 3,3 | 0,5 | 20,1 | 95 | 0,1 | - | - | | | | - | | 19 | 78 | 24,5 | 1,3 |
|  | Хлеб пшеничный | 100 |  | | 3,1 | 0,2 | 20,1 | 94,7 | 0,1 | - | - | | | | 0.5 | | 9,2 | 33,6 | 13,2 | 0,8 |
|  | Печенье | 60 |  | | 3 | 3,9 | 29,8 | 166,8 | - | - | 4,4 | | | | 3.9 | | 11,6 | 36 | 8 | 0,8 |
|  | **ВСЕГО ЗА ОБЕД** |  | |  | **18,21** | **13** | **98,34** | **551,75** | **0,3** | **9,11** | **19,4** | | | | **4.8** | | **91,1** | **324,13** | **93,05** | **4,56** |
|  | **ВСЕГО ЗА ДЕНЬ** |  | |  | **30,91** | **28** | **198,44** | **1103,95** | **0,6** | **47,01** | **60,2** | | | | **13.95** | | **348,2** | **582,73** | **160,75** | **6,96** |

**СЕДЬМОЙ ДЕНЬ (вторник)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | | |
| **7.** | | | | | Макароны отварные | | | | | | | | 200 | | | | 688 | | | | | | | | | 7,36 | | | | | | | | | 6,02 | | | | | | 35,26 | | | | | 224,60 | | | | | | | 0,08 | | | | | | | - | | | | | | | 28,00 | | | | | | | - | | | | | | | | | | | 6,48 | | | 49,56 | | | | | 28,16 | | 1,48 | |
|  | | | | | Рыба тушеная с овощами | | | | | | | | 100 | | | | 244 | | | | | | | | | 6.12 | | | | | | | | | 0.81 | | | | | | 2,54 | | | | | 42,00 | | | | | | | 0,04 | | | | | | | 0,77 | | | | | | | 3,0 | | | | | | | 2.52 | | | | | | | | | | | 10,30 | | | 67,40 | | | | | 8,00 | | 0,43 | |
|  | | | | | Компот из с\фруктов | | | | | | | | 200 | | | | 868 | | | | | | | | | 0,04 | | | | | | | | | - | | | | | | 24,76 | | | | | 94,20 | | | | | | | 0,1 | | | | | | | 1,08 | | | | | | | - | | | | | | | | - | | | | | | | | | | 6,40 | | | 3,6 | | | | | - | | 0,18 | |
|  | | | | | Хлеб ржаной | | | | | | | | 60 | | | |  | | | | | | | | | 3,3 | | | | | | | | | 0,5 | | | | | | 20,1 | | | | | 95 | | | | | | | 0,01 | | | | | | | - | | | | | | | - | | | | | | | | - | | | | | | | | | | 19 | | | 78 | | | | | 24,5 | | 1,3 | |
|  | | | | | Хлеб пшеничный | | | | | | | | 100 | | | |  | | | | | | | | | 3,1 | | | | | | | | | 0,2 | | | | | | 20,1 | | | | | 94,7 | | | | | | | 0,01 | | | | | | | - | | | | | | | - | | | | | | | | 0.5 | | | | | | | | | | 9,2 | | | 33,6 | | | | | 13,2 | | 0,8 | |
|  | | | | | Печенье | | | | | | | | 60 | | | |  | | | | | | | | | 3 | | | | | | | | | 3,9 | | | | | | 29,8 | | | | | 166,8 | | | | | | | - | | | | | | | - | | | | | | | 4,4 | | | | | | | | 3.9 | | | | | | | | | | 11,6 | | | 36 | | | | | 8 | | 0,8 | |
|  | | | | | **ВСЕГО ЗА ЗАВТРАК** | | | | | | | |  | | | |  | | | | | | | | | **22,92** | | | | | | | | | **11,43** | | | | | | **132,56** | | | | | **717,3** | | | | | | | **0,24** | | | | | | | **1,85** | | | | | | | **35,4** | | | | | | | | **6.92** | | | | | | | | | | **62,98** | | | **268,16** | | | | | **81,86** | | **4,99** | |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | Суп картофельный с бобовыми (горох) | | | | | | 250 | | | | | | 206 | | | | | | | | | | 5,49 | | | | | | | | 5,28 | | | | | | 16,33 | | | | | 134,75 | | | | | | | 0,23 | | | | | | | 5,81 | | | | | | | - | | | | | | | | 5.3 | | | | | | | | | | 38,08 | | | 87,18 | | | 35,30 | | | | 2,03 | |
|  | | | | Чай с сахаром | | | | | | | 200/20 | | | | | | | 943 | | | | | | | | | | | | 0,20 | | | | | | - | | | | | | 14,00 | | | | | 28,00 | | | | | | | **-** | | | | | | | **-** | | | | | | | **-** | | | | | | | **-** | | | | | | | | | | **6,00** | | **-** | | | | **-** | | | | **0,40** | |
|  | | | | Салат из кр. свеклы с луком | | | | | | | 150 | | | | | | | 33 | | | | | | | | | | | | 0,86 | | | | | | 3,65 | | | | | | 5,02 | | | | | 56,34 | | | | | | | **0,01** | | | | | | | **5,7** | | | | | | | **-** | | | | | | | **-** | | | | | | | | | | **21,09** | | **24,58** | | | | **12,54** | | | | **0,80** | |
|  | | | | Хлеб ржаной | | | | | | | 60 | | | | | | |  | | | | | | | | | | | | 3,3 | | | | | | 0,5 | | | | | | 20,1 | | | | | 95 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | | - | | | | | | | | | | 19 | | 78 | | | | 24,5 | | | | 1,3 | |
|  | | | | Хлеб пшеничный | | | | | | | 100 | | | | | | |  | | | | | | | | | | | | 3,1 | | | | | | 0,2 | | | | | | 20,1 | | | | | 94,7 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | | 0.5 | | | | | | | | | | 9,2 | | 33,6 | | | | 13,2 | | | | 0,8 | |
|  | | | | Печенье вес. | | | | | | | 60 | | | | | | | |  | | | | | | | | | | | 3 | | | | | | 3,9 | | | | | | 29,8 | | | | | 166,8 | | | | | | | - | | | | | | | - | | | | | | | 4,4 | | | | | | | 3.9 | | | | | | | | | | 11,6 | | 36 | | | | 8 | | | | 0,8 | |
|  | | | | **ВСЕГО ЗА ОБЕД** | | | | | | |  | | | | | | | |  | | | | | | | | | | | **15,09** | | | | | | **9,88** | | | | | | **100,33** | | | | | **519,25** | | | | | | | **0,43** | | | | | | | **5,81** | | | | | | | **4,4** | | | | | | | **9.7** | | | | | | | | | | **83,88** | | **234,78** | | | | **81** | | | | **5,33** | |
|  | | | | **ВСЕГО ЗА ДЕНЬ** | | | | | | |  | | | | | | | |  | | | | | | | | | | | **38,01** | | | | | | **21,31** | | | | | | **232,89** | | | | | **1236,55** | | | | | | | **0,67** | | | | | | | **7,66** | | | | | | | **39,8** | | | | | | | **16.62** | | | | | | | | | | **146,86** | | **502,94** | | | | **162,86** | | | | **10,32** | |
| **ВОСЬМОЙ ДЕНЬ (среда)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **8.** | | | | Каша гречневая | | | | | | | | 200 | | | | | | | | 316 | | | | | | | | | | 3,9 | | | | | | 4,6 | | | | | | 40,7 | | | | | 218,7 | | | | | | | - | | | | | | | - | | | | | | | 19,8 | | | | | | | 0.61 | | | | | | | | | | 9,5 | | 77,3 | | | 26,6 | | | | | 0,5 | |
|  | | | | Салат из св. капусты с морковью | | | | | | | | 100 | | | | | | | |  | | | | | | | | | | 0.79 | | | | | | 1.95 | | | | | | 3.88 | | | | | 36.24 | | | | | | | 0.013 | | | | | | | 10.26 | | | | | | | - | | | | | | | 5.03 | | | | | | | | | | 14.98 | | 16.98 | | | 9.05 | | | | | 0.28 | |
|  | | | | Гуляш из курицы | | | | | | | | 100 | | | | | | | | 244 | | | | | | | | | | 11.704 | | | | | | 31.009 | | | | | | 3,179 | | | | | 339.9 | | | | | | | 0,308 | | | | | | | 1.012 | | | | | | | 3.00 | | | | | | | 2.86 | | | | | | | | | | 10.30 | | 67.40 | | | 8.00 | | | | | 0,43 | |
|  | | Кисель концентрата | | | | | | | | | | 200 | | | | | | | | |  | | | | | | | | 0,1 | | | | | | | - | | | | | | 29.2 | | | | | | 110.4 | | | | | | | 0.004 | | | | | | | 1.4 | | | | | | | 0.004 | | | | | | - | | | | | | | | | | 9.8 | | 8.6 | | | 1.6 | | | | | 0,2 | |
|  | | Хлеб ржаной | | | | | | | | | | 60 | | | | | | | | |  | | | | | | | | 3,3 | | | | | | | 0,5 | | | | | | 20,1 | | | | | | 95 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | - | | | | | | | | | | 19 | | 78 | | | 24,5 | | | | | 1,3 | |
|  | | Хлеб пшеничный | | | | | | | | | | 100 | | | | | | | | |  | | | | | | | | 3,1 | | | | | | | 0,2 | | | | | | 20,1 | | | | | | 94,7 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | 0.5 | | | | | | | | | | 9,2 | | 33,6 | | | 13,2 | | | | | 0,8 | |
|  | | Йогурт | | | | | | | | | | 100 | | | | | | | | |  | | | | | | | | 2,07 | | | | | | | 1,925 | | | | | | 14,7 | | | | | | 82.16 | | | | | | | 0,185 | | | | | | | 0,212 | | | | | | | 0,012 | | | | | | - | | | | | | | | | | 171,275 | | 143,687 | | | 12,188 | | | | | 0,07 | |
|  | | Печенье | | | | | | | | | | 60 | | | | | | | | | 40 | | | | | | | | 3 | | | | | | | 3,9 | | | | | | 29,8 | | | | | | 166,8 | | | | | | | - | | | | | | | - | | | | | | | 4,4 | | | | | | 3.9 | | | | | | | | | | 11,6 | | 36 | | | 8 | | | | | 0,8 | |
|  | | **ВСЕГО ЗА ЗАВТРАК** | | | | | | | | | |  | | | | | | | | |  | | | | | | | | **27.96** | | | | | | | **44.08** | | | | | | **161.65** | | | | | | **977.10** | | | | | | | **0.71** | | | | | | | **12.884** | | | | | | | **27.21** | | | | | | **12.9** | | | | | | | | | | **255.65** | | **461.56** | | | **103.138** | | | | | **4.38** | |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | Щи из св. капусты с курицей | | | | | 250 | | | | | | | | | 187 | | | | | | | | | 1,75 | | | | | | | 4,89 | | | | | | 8,49 | | | | | | 84,75 | | | | | | | 0,06 | | | | | | | 18,46 | | | | | | | - | | | | | | 0.3 | | | | | | | | | 43,33 | | 47,63 | | | 22,25 | | | | | 0,80 | |
|  | | | | | | | Компот из с\ фруктов | | | | | 200 | | | | | | | | | 868 | | | | | | | | | 0,40 | | | | | | | - | | | | | | 24,76 | | | | | | 94,20 | | | | | | | **0,1** | | | | | | | **1,08** | | | | | | | **-** | | | | | | **-** | | | | | | | | | **6,40** | | **3,6** | | | **-** | | | | | **0,18** | |
|  | | | | | | | Фрукт (банан) | | | | | 200 | | | | | | | | |  | | | | | | | | | 0,4 | | | | | | | 0,4 | | | | | | 9,8 | | | | | | 47 | | | | | | | **0,03** | | | | | | | **10** | | | | | | | **-** | | | | | | **0,2** | | | | | | | | | **16** | | **11** | | | **9** | | | | | **2,2** | |
|  | | | | | | | Хлеб ржаной | | | | | 60 | | | | | | | | |  | | | | | | | | | 3,3 | | | | | | | 0,5 | | | | | | 20,1 | | | | | | 95 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | - | | | | | | | | | 19 | | 78 | | | 24,5 | | | | | 1,3 | |
|  | | | | | | | Хлеб пшеничный | | | | | 100 | | | | | | | | |  | | | | | | | | | 3,1 | | | | | | | 0,2 | | | | | | 20,1 | | | | | | 94,7 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | 0.5 | | | | | | | | | 9,2 | | 33,6 | | | 13,2 | | | | | 0,8 | |
|  | | | | | | | Печенье | | | | | 60 | | | | | | | | | 40 | | | | | | | | | 3 | | | | | | | 3,9 | | | | | | 29,8 | | | | | | 166,8 | | | | | | | - | | | | | | | - | | | | | | | 4,4 | | | | | | 3.9 | | | | | | | | | 11,6 | | 36 | | | 8 | | | | | 0,8 | |
|  | | | | | | | **ВСЕГО ЗА ОБЕД** | | | | |  | | | | | | | | |  | | | | | | | | | **11,55** | | | | | | | **9,49** | | | | | | **103,25** | | | | | | **535,45** | | | | | | | **0,36** | | | | | | | **19,54** | | | | | | | **4,4** | | | | | | **4.7** | | | | | | | | | **89,53** | | **198,83** | | | **67,95** | | | | | **3,88** | |
|  | | | | | | | **ВСЕГО ЗА ДЕНЬ** | | | | |  | | | | | | | | | |  | | | | | | | | | **39.51** | | | | | | **53.57** | | | | | | **264.9** | | | | | | **1512.55** | | | | | | | **1.07** | | | | | | | **32.42** | | | | | | | **31.61** | | | | | | | **17.6** | | | | | | | | **345.18** | | **660.39** | | | **171.088** | | | | | **8.26** | |
| **ДЕВЯТЫЙ ДЕНЬ(четверг)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **9.** | | | | | Рис отварной | | | | | | 200 | | | | | | | | | | | 316 | | | | | | | | | 3,9 | | | | | | 4,6 | | | | | 40,7 | | | | | | 218,7 | | | | | | | - | | | | | | | - | | | | | | | 19,8 | | | | | | | | - | | | | | | | 9,5 | | 77,3 | | | 26,6 | | | | | 0,5 | |
|  | | | | | Окорочек кур тушеный | | | | | | 100 | | | | | | | | | | | 637 | | | | | | | | | 15.83 | | | | | | 10.20 | | | | | - | | | | | | 154.69 | | | | | | | 0.03 | | | | | | | - | | | | | | | 15.0 | | | | | | | | 0.5 | | | | | | | 29.25 | | 107.25 | | | 15.0 | | | | | 1.35 | |
|  | | | | | Чай с сахаром | | | | | | 200 | | | | | | | | | | | 943 | | | | | | | | | 0,20 | | | | | | - | | | | | 14,00 | | | | | | 28,00 | | | | | | | **-** | | | | | | | **-** | | | | | | | **-** | | | | | | | | **-** | | | | | | | **6,00** | | **-** | | | **-** | | | | | **0,40** | |
|  | | | | | Хлеб ржаной | | | | | | 60 | | | | | | | | | | |  | | | | | | | | | 3,3 | | | | | | 0,5 | | | | | 20,1 | | | | | | 95 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | | | | - | | | | | | 19 | | 78 | | | 24,5 | | | | | 1,3 | |
|  | | | | | Хлеб пшеничный | | | | | | 100 | | | | | | | | | | |  | | | | | | | | | 3,1 | | | | | | 0,2 | | | | | 20,1 | | | | | | 94,7 | | | | | | | 0,1 | | | | | | | - | | | | | | | - | | | | | | | | | 0.5 | | | | | | 9,2 | | 33,6 | | | 13,2 | | | | | 0,8 | |
|  | | | | | Вафли | | | | | | 60 | | | | | | | | | | |  | | | | | | | | | 1 | | | | | | 8,8 | | | | | 18,8 | | | | | | 154,2 | | | | | | | - | | | | | | | - | | | | | | | - | | | | | | | | | 4.7 | | | | | | 2,2 | | 8,9 | | | 0,5 | | | | | 0,2 | |
|  | | | | | **ВСЕГО ЗА ЗАВТРАК** | | | | | |  | | | | | | | | | | |  | | | | | | | | | **27.33** | | | | | | **24.3** | | | | | **113.7** | | | | | | **745.29** | | | | | | | **0,23** | | | | | | | **-** | | | | | | | **34.8** | | | | | | | | | **5.7** | | | | | | **75.15** | | **305.05** | | | **79.8** | | | | | **4.55** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | |  | | | | | | | | | | | | |  | | | | | | | ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | Суп вермишелевый с курицей | | | | | | 250 | | | | | | | | | | | | | | 208 | | | | | | 2,69 | | | | | | 2,84 | | | | | 17,14 | | | | | | 104,75 | | | | | | 0,11 | | | | | | | | | 8,25 | | | | | | - | | | | | | | | | | | | 1.5 | | 24,60 | | | 66,65 | | | 27,00 | | | | 1,09 | |
|  | | | | | Какао с молоком | | | | | | 200 | | | | | | | | | | | | | | 959 | | | | | | 3,52 | | | | | | 3,72 | | | | | 25,49 | | | | | | 145,2 | | | | | | 0,04 | | | | | | | | | 1,30 | | | | | | 0,01 | | | | | | | | | | | | - | | 122,0 | | | 90,00 | | | 14,00 | | | | 0,56 | |
|  | | | | | Салат из белокачанной капусты с морковью | | | | | | 150 | | | | | | | | | | | | | | 45 | | | | | | 0,79 | | | | | | 1,95 | | | | | 3,88 | | | | | | 36,24 | | | | | | 0,013 | | | | | | | | | 10,26 | | | | | | - | | | | | | | | | | | | 5,03 | | 14,98 | | | 16,98 | | | 9,05 | | | | 0,28 | |
|  | | | | | Хлеб ржаной | | | | | | 60 | | | | | | | | | | | | | |  | | | | | | 3,3 | | | | | | 0,5 | | | | | 20,1 | | | | | | 95 | | | | | | 0,1 | | | | | | | | | - | | | | | | - | | | | | | | | | | | | - | | 19 | | | 78 | | | 24,5 | | | | 1,3 | |
|  | | | | | Хлеб пшеничный | | | | | | 100 | | | | | | | | | | | | | |  | | | | | | 3,1 | | | | | | 0,2 | | | | | 20,1 | | | | | | 94,7 | | | | | | 0,1 | | | | | | | | | - | | | | | | - | | | | | | | | | | | | 0.5 | | 9,2 | | | 33,6 | | | 13,2 | | | | 0,8 | |
|  | | | | | Пряники вес. | | | | | | 60 | | | | | | | | | | | | | |  | | | | | | 4,8 | | | | | | 2,8 | | | | | 77,7 | | | | | | 350 | | | | | | 0,08 | | | | | | | | | - | | | | | | - | | | | | | | | | | | | 3.9 | | 9 | | | 41 | | | - | | | | 0,6 | |
|  | | | | | **ВСЕГО ЗА ОБЕД** | | | | | |  | | | | | | | | | | | | | |  | | | | | | **17,41** | | | | | | **10,06** | | | | | **160,53** | | | | | | **789,65** | | | | | | **0,43** | | | | | | | | | **9,55** | | | | | | **0,01** | | | | | | | | | | | | **5.9** | | **183,8** | | | **309,25** | | | **78,7** | | | | **4,35** | |
|  | | | | | **ВСЕГО ЗА ДЕНЬ** | | | | | |  | | | | | | | | | | | | | |  | | | | | | **39.91** | | | | | | **47.68** | | | | | **299.1** | | | | | | **1652.95** | | | | | | **0.68** | | | | | | | | | **9,83** | | | | | | **19,81** | | | | | | | | | | | | **11.1** | | **265.43** | | | **666.05** | | | **163.5** | | | | **9.15** | |
| **ДЕСЯТЫЙ ДЕНЬ(пятница)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **10.** | | | | | Макароны отварные | | | | | | 200 | | | | | | | | | | | 688 | | | | | | | | 7,36 | | | | | | 6,02 | | | | | 35,26 | | | | | | | | 224,6 | | | | | | 0,8 | | | | | | | - | | | | | | | | 28,00 | | | | | | | | | | - | | | 6,48 | | | 49,56 | | | 28,16 | | | | 1,48 | | |
|  | | | | | Котлета жареная | | | | | | 80 | | | | | | | | | | |  | | | | | | | | 14.6 | | | | | | 14.8 | | | | | 11.5 | | | | | | | | 236.3 | | | | | | - | | | | | | | 0.6 | | | | | | | | 51.1 | | | | | | | | | | 1.14 | | | 36.0 | | | 150.2 | | | 23.8 | | | | 1.8 | | |
|  | | | | | подлива | | | | | | 50 | | | | | | | | | | | 35 | | | | | | | | 0.6 | | | | | | 3.52 | | | | | | 3.67 | | | | | | 48.7 | | | | | | **0.01** | | | | | | | | | **0.28** | | | | | | **-** | | | | | | | | | | | **-** | | | **11.73** | | | **-** | | | **-** | | | | **0.16** | |
|  | | | | | хлеб ржаной | | | | | | 60 | | | | | | | | | | |  | | | | | | | | 3,3 | | | | | | 0,5 | | | | | | 20,1 | | | | | | 95 | | | | | | **0,1** | | | | | | | | | **-** | | | | | | **-** | | | | | | | | | | | **-** | | | **19** | | | **78** | | | **24,5** | | | | **1,3** | |
|  | | | | | Какао с молоком | | | | | | 200 | | | | | | | | | | |  | | | | | | | | 3.17 | | | | | | 2.68 | | | | | | 15.95 | | | | | | 100.6 | | | | | | **0.22** | | | | | | | | | **1.3** | | | | | | **0.02** | | | | | | | | | | | **-** | | | **125.78** | | | **90** | | | **14** | | | | **0,13** | |
|  | | | | | | Печенье | | | | | | 60 | | | | | | | | |  | | | | | | | | | 3 | | | | | | 3,9 | | | | | 29,8 | | | | | | 166,8 | | | | | | | | | - | | | | | | - | | | | | | | | 4,4 | | | | | | | | | 3.9 | | | | 11,6 | | | 36 | | | | | 8 | | 0,8 | |
|  | | | | | | **ВСЕГО ЗА ЗАВТРАК** | | | | | |  | | | | | | | | |  | | | | | | | | | **32.03** | | | | | | **31.42** | | | | | **116.28** | | | | | | **872** | | | | | | | | | **1.13** | | | | | | **2.18** | | | | | | | | **83.52** | | | | | | | | | **5.04** | | | | **210.59** | | | **403.76** | | | | | **98.46** | | **5.67** | |
|  | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | |  | | | | | |  | | | | |  | | | | | |  | | | | | | | | | ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | |  | | | |
|  | | | | | | | Суп пшенный с курицей | | | | | | 250 | | | | | | | | 204 | | | | | | | | | 2,14 | | | | | | 2,24 | | | | | 13,71 | | | | | | 83,60 | | | | | | | | | 0,09 | | | | | 6,60 | | | | | | | - | | | | | | | | | 0.2 | | | | | | 20,88 | | | 66,12 | | | | | 22,80 | | 1,04 | |
|  | | | | | | | Чай с сахаром | | | | | | 200 | | | | | | | | 943 | | | | | | | | | 0,20 | | | | | | - | | | | | 14,00 | | | | | | 28,00 | | | | | | | | | **0,01** | | | | | **-** | | | | | | | **-** | | | | | | | | | | **-** | | | | | **6,0** | | | **-** | | | | | **-** | | **0,40** | |
|  | | | | | | | Фрукт св. (яблоко) | | | | | | 200 | | | | | | | |  | | | | | | | | | 0,4 | | | | | | 0,4 | | | | | 9,8 | | | | | | 47 | | | | | | | | | **0,03** | | | | | **0,10** | | | | | | | **-** | | | | | | | | | | **0,2** | | | | | **16** | | | **11** | | | | | **9** | | **2,2** | |
|  | | | | | | | Хлеб ржаной | | | | | | 60 | | | | | | | |  | | | | | | | | | 3,3 | | | | | | 0,5 | | | | | 20,1 | | | | | | 95 | | | | | | | | | 0,1 | | | | | - | | | | | | | - | | | | | | | | | | - | | | | | 19 | | | 78 | | | | | 24,5 | | 1,3 | |
|  | | | | | | | Хлеб пшеничный | | | | | | 100 | | | | | | | |  | | | | | | | | | 3,1 | | | | | | 0,2 | | | | | 20,1 | | | | | | 94,7 | | | | | | | | | 0,1 | | | | | - | | | | | | | - | | | | | | | | | | 0.5 | | | | | 9,2 | | | 33,6 | | | | | 13,2 | | 0,8 | |
|  | | | | | | | Печенье | | | | | | 60 | | | | | | | |  | | | | | | | | | 1 | | | | | | 8,8 | | | | | 18,8 | | | | | | 154,2 | | | | | | | | | - | | | | | - | | | | | | | - | | | | | | | | | | 4.7 | | | | | 2,2 | | | 8,9 | | | | | 0,5 | | 0,2 | |
|  | | | | | | | **ВСЕГО ЗА ОБЕД** | | | | | |  | | | | | | | |  | | | | | | | | | **9,74** | | | | | | **11,74** | | | | | **86,71** | | | | | | **455,5** | | | | | | | | | **0,3** | | | | | **6,60** | | | | | | | **-** | | | | | | | | | | **4.7** | | | | | **57,28** | | | **186,62** | | | | | **61** | | **3,74** | |
|  | | | | | | | **ВСЕГО ЗА ДЕНЬ** | | | | | |  | | | | | | | |  | | | | | | | | | **41.77** | | | | | | **43.16** | | | | | **202.99** | | | | | | **1327.5** | | | | | | | | | **1.43** | | | | | **8.78** | | | | | | | **83.52** | | | | | | | | | | **9.74** | | | | | **267.87** | | | **590.38** | | | | | **159.46** | | **9.41** | |
|  | | | | | | | Среднее за завтрак | | | | | |  | | | | | | | |  | | | | | | | | | 22.08 | | | | | | 22.44 | | | | | 118.21 | | | | | | 708.37 | | | | | | | | | 23.79 | | | | | 8.77 | | | | | | | 33.69 | | | | | | | | | | 11.53 | | | | | 149.58 | | | 301.57 | | | | | 86.33 | | 3.98 | |
|  | | | | | | | Среднее за обед | | | | | |  | | | | | | | |  | | | | | | | | | 14.13 | | | | | | 10.74 | | | | | 106.92 | | | | | | 556.39 | | | | | | | | | 0.33 | | | | | 9.88 | | | | | | | 9.62 | | | | | | | | | | 5.8 | | | | | 99.9 | | | 235.38 | | | | | 82.3 | | 4.41 | |