**Первый день: понедельник Неделя первая**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рец.** | **Название блюд и продуктов** | **калькуляция** | | | **Брутто (г)** | **Нетто (г)** | | | | **Масса порции** | | | | **Химический состав** | | | | | **Энергетическая ценность**  **(ккал)** | | | **Витамины, мг** | | | | | | | | | **Минеральные вещества, мг** | | | |
| **Белки (г)** | | **Жиры**  **(г)** | **Углеводы (г)** | | **В1** | | | **В2** | | | **С** | | | **Са** | **Fe** | | |
| **1** | **2** | **3** | | | **4** | **5** | | | | **6** | | | | **7** | | **8** | **9** | | **10** | | | **11** | | | **12** | | | **13** | | | **14** | **15** | | |
| **Завтрак** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **34** | **Каша манная молочная** |  | |  | | |  | | 200 | | | 5,86 | | | 9,95 | | 26,8 | | | 221,38 | | | 0,04 | | | 0,2 | | | 0,9 | | 182 | | | 0,4 |
| **263,264** | **Чай с сахаром** |  | |  | | |  | | 180/12 | | | 0 | | | 0 | | 11,98 | | | 43 | | | 0 | | | 0 | | | 0 | | 0,35 | | | 0,06 |
| **1** | **Хлеб пшеничный с маслом** |  | |  | | |  | | 30/5 | | | 2,3 | | | 4,36 | | 14,62 | | | 108 | | | 0,03 | | | 0,03 | | | 0 | | 6,6 | | | 0,34 |
| **ИТОГО** |  | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **98**  **8**  **152** | **Суп лапша** | |  |  | | | 250 | | 250 | | | 2,22 | | | 1,88 | | 13,98 | | | 89,78 | | | 0,06 | | | 0,04 | | | 4,58 | | 29 | | | 0,7 |
| **Рис отварной** | |  | 100 | | | 100 | | 100 | | | 5,82 | | | 9,74 | | 50,0 | | | 298,47 | | | 0,39 | | | 0,08 | | | - | | 93,84 | | | 2,39 |
| **Гуляш из отварного мяса** | |  |  | | |  | | 80 | | | 6 | | | 7,6 | | 2,47 | | | 164,8 | | | 0,04 | | | 0,02 | | | 0,8 | | 3,79 | | | 0,18 |
| **21**  **240**  **-**  **299.15** | **Салат из свежей капусты** | |  |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  |
| **Компот из сухих плодов** | |  |  | | |  | | 200 | | | 0,16 | | | 0,16 | | 15,893 | | | 60 | | | 0,013 | | | 0,013 | | | 6,6 | | 6,64 | | | 0,92 |
| **Яблоко** | |  | 113,6 | | | 100 | | 100 | | | 0,4 | | | 0,4 | | 9,8 | | | 47 | | | 0 | | | 0 | | | 10 | | 16 | | | 2,2 |
| **Хлеб пшеничный** | |  |  | | |  | | **0,006** | | | **7,6** | | | **0,6** | | **52,3** | | | **233** | | | **0,1** | | | **0,07** | | | **0,9** | | **0** | | | **0,9** |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **609**  **261**  **63** | **Печенье** |  | | |  | | |  | | | **60** | | **4,5** | | **5,88** | | | **44,64** | | | **250,2** | | |  | | |  | | | **0** |  | |  | | |
| **Конфеты** |  | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **Чай с молоком** |  | |  | | |  | | 180/12 | | | 0,8 | | | 1 | | 13,5 | | | 56 | | | 0,02 | | | 0,07 | | | 0,65 | | 60,35 | | | 0,09 |
| **Яйцо вареное** |  | | 1 шт | | | 40 | | 1 шт | | | 5,1 | | | 4,6 | | 0,3 | | | 63 | | | 0,03 | | | 0,18 | | | 0 | | 22 | | | 1,0 |
| **Соль за весь день** |  | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  |
| **ИТОГО** |  | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  |
| **ИТОГО за весь день** |  | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | | |  | |  | | |  |