**Второй день: вторник 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** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **311** | **Каша пшеничная молочная** |  |  | | | **200** | **200** | | **6,76** | | **10,41** | | **25,86** | | **224,94** | | **0,1** | | **0,2** | | **0,9** | | **186** | | **0,7** |
| **263,264** | **Чай с сахаром** |  |  | | | **180/12** | **180/12** | | **0** | | **0** | | **11,98** | | **43** | | **0** | | **0** | | **0** | | **0,35** | | **0,06** |
|  |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **1** | **Хлеб пшеничный с маслом** |  |  | | | **30/5** | **30/5** | | **2,3** | | **4,36** | | **14,62** | | **108** | | **0,03** | | **0,03** | | **0** | | **6,6** | | **0,34** |
| **ИТОГО** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **3** | **Борщ** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **49** | **Макаронные изделия отварные** |  |  | | | **150** | **200** | | **5,9** | | **8,11** | | **31,29** | | **229,76** | | **0,06** | | **0,02** | | **0** | | **7** | | **0,8** |
| **152** | **Гуляш из отварного мяса** |  |  | | | **80** | **80** | | **6** | | **7,6** | | **2,47** | | **164,8** | | **0,04** | | **0,02** | | **0,8** | | **3,79** | | **0,18** |
| **240**  **299.15** | **Компот из сухих плодов** |  |  | | | **200** | **200** | | **0,16** | | **0,16** | | **15,893** | | **60** | | **0,013** | | **0,013** | | **6,6** | | **6,64** | | **0,92** |
| **Хлеб пшеничный** |  |  | | |  | **0,006** | | **7,6** | | **0,6** | | **52,3** | | **233** | | **0,1** | | **0,07** | | **0** | | **20** | | **0,9** |
| **Яблоки** |  | **113,6** | | | **100** | **100** | | **0,4** | | **0,4** | | **9,8** | | **47** | | **0** | | **-** | | **10** | | **16** | | **2,2** |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **609**  **255** |
| **Печенье** |  |  | | |  | **60** | | **4,5** | | **5,88** | | **44,64** | | **250,2** | |  | | **0** | |  | |  | |  |
| **Конфеты** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Молоко кипяченное** |  | **210** | | | **200** | **200** | | **5,8** | | **5** | | **9,6** | | **108** | | **0,08** | | **0,3** | | **2,6** | | **240** | | **0,2** |
| **Соль за весь день** |  | **5** | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **ИТОГО** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **ИТОГО за весь день** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |