**Третий день: среда 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** | | **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** | | **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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **98**  **9**  **152** | | **Суп картофельный с вермишелью** | |  | |  | | | **250** | | **250** | | | | **2,22** | | | **1,88** | | **13,98** | | | **89,78** | | **0,06** | **0,04** | | | **4,58** | | | | **29** | | | **0,7** |
| **Гречка отварная** | |  | | **100** | | |  | | **200** | | | | **0,76** | | | **128,32** | | **1,24** | | | **581,38** | | **-** | **0,14** | | | **-** | | | | **182,22** | | | **1,6** |
| **Гуляш из отварного мяса** | |  | |  | | | **80** | | **80** | | | | **6** | | | **7,6** | | **2,47** | | | **164,8** | | **0,04** | **0,02** | | | **0,8** | | | | **3,79** | | | **0,18** |
| **23**  **240**  **299.15** | | **Салат из свежей капусты** | |  | |  | | |  | | **50** | | | | **0,321** | | | **1,739** | | **1,216** | | | **21,496** | | **0,009** | **0,011** | | | **9,200** | | | | **10,680** | | | **0,148** |
| **Компот из сухих плодов** | |  | |  | | | **200** | | **200** | | | | **0,16** | | | **0,16** | | **15,893** | | | **60** | | **0,013** | **0,013** | | | **6,6** | | | | **60** | | | **6,64** |
| **Хлеб пшеничный** | |  | |  | | |  | | **0,006** | | | | **7,6** | | | **0,6** | | **52,3** | | | **233** | | **0,1** | **0,07** | | | **0** | | | | **20** | | | **0,9** |
| **Яблоки** | |  | |  | | | **113,6** | | **100** | | | | **0,4** | | | **0,4** | | **9,8** | | | **47** | | **0** | **-** | | | **10** | | | | **16** | | | **2,2** |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **609**  **255**  **209** | | **Печенье** | |  |  | | | | |  | | **60** | | **4,5** | | | **5,88** | | | | **44,64** | | | **250,2** |  | | **0** | | | |  | |  | |  | |
| **Конфеты** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | | |  | |  | |  | |
| **Молоко кипяченное** | |  | |  | | | **200** | | **200** | | | | **5,8** | | | **5** | | **9,6** | | | **108** | | **0,08** | | | **0,3** | | | **2,6** | | **240** | | | **0,2** |
| **Яйцо вареное** | |  | |  | | | **40** | | **1 шт.** | | | | **5,1** | | | **4,6** | | **0,3** | | | **63** | | **0,03** | | | **0,18** | | | **0** | | **22** | | |  |
| **Соль за весь день** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | | |  | |  | | |  |
| **ИТОГО** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | | |  | |  | | |  |
| **ИТОГО за весь день** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | | |  | |  | | |  |