**Четвертый день: четверг 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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **317** | **Каша манная молочная** | |  | | |  | | | **250** | | **250** | | | | **4,075** | | | **0,6** | | **0,6** | | | **165,975** | | | **0,0583** | | | **0,033** | | | | **0** | | | **9,8505** | | | | **1,3298** |
| **261** | **Чай с молоком** | |  | | |  | | |  | | **180/12** | | | | **0,8** | | | **1** | | **13,5** | | | **56** | | | **60,35** | | | **0,09** | | | | **0,02** | | | **0,07** | | | | **0,65** |
|
| **1** | **Хлеб пшен. с маслом** | |  | | |  | | |  | | **30/5** | | | | **2,3** | | | **4,36** | | **14,62** | | | **108** | | | **0,03** | | | **0,03** | | | | **0** | | | **6,6** | | | | **0,34** |
| **ИТОГО** | |  | | |  | | |  | |  | | | |  | | |  | |  | | |  | | |  | | |  | | | |  | | |  | | | |  |
| **Обед** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **98**  **49**  **152** | | **Суп рисовый** | |  | |  | | |  | | **250** | | | | **2,24** | | | **4,7** | | **9,8** | | | **90,9** | | **0,22** | | | **0,08** | | | | | **4,25** | | | | **47** | | | **0,8** |
| **Макаронные изд.отварные** | |  | |  | | |  | | **150/200** | | | | **5,9** | | | **8,11** | | **31,29** | | | **229,76** | | **0,06** | | | **0,02** | | | | | **0** | | | | **7** | | | **0,8** |
| **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 свежих плодов** | |  | |  | | | **200** | | **200** | | | | **0,16** | | | **0,16** | | **15,893** | | | **60** | | **0,013** | | | **0,013** | | | | | **6,6** | | | | **6,64** | | | **0,92** |
| **Хлеб пшеничный** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | | | | |  | | | |  | | |  |
| **Яблоки** | |  | |  | | | **113,6** | | **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** | |  | |  | | |  | | **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** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | | | |  | | | | |  | | |  | |  | | |  |