**Седьмой день: вторник Неделя вторая**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ 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** |
| **261** | **Чай с молоком** |  |  | | |  | **180/12** | | **0,8** | | **1** | | **13,5** | | **56** | | **0,02** | | **0,07** | | **0,65** | | **60,35** | | **0,09** |
| **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** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **3** | **Борщ** |  |  | | |  | **250** | | **0,75** | | **0,6** | | **5,30** | | **9,43** | | **0** | | **0** | | **5,16** | | **34,36** | | **0,34** |
| **8** | **Рис отварной** |  |  | | |  | **250** | | **5,82** | | **9,74** | | **50,0** | | **298,47** | | **0,39** | | **0,08** | | **-** | | **93,84** | | **2,39** |
| **152** | **Гуляш из отварного мяса** |  |  | | |  | **80** | | **6** | | **7,6** | | **2,47** | | **164,8** | | **0,04** | | **0,02** | | **0,8** | | **3,79** | | **0,18** |
| **240**  **299.15**  **-** | **Компот из свежих плодов** |  |  | | |  | **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** |  |  | | |  | **100** | | **0,4** | | **0,4** | | **9,8** | | **47** | | **0** | | **0** | | **10** | | **16** | | **2,2** |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **609**  **255**  **209**  **299.15** |
| **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** |
| **Яйцо вареное** |  |  | | | **1 шт** | **40** | | **5,1** | | **4,6** | | **0,3** | | **63** | | **0,03** | | **0,18** | | **0** | | **22** | | **1,0** |
| **Хлеб пшеничный** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| **Соль за весь день** |  |  | | |  | **5** | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  | **ИТОГО** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  | **ИТОГО за весь день** |  |  | | |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |