**Восьмой день: среда 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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **317** | **Каша кукурузная молочная** |  |  |  | | **250** | **4,075** | | | **0,6** | | | **0,6** | | | **165,975** | | **0,0583** | | **0,033** | | **0** | | | **9,8505** | | | | **1,3298** | | |
| **263** | **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**  **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** |  |  |  | | **50** | **0,608** | | | **3,476** | | | **4,818** | | | **51,786** | | **0,012** | | **0,018** | | **15,100** | | | **20,330** | | | | **0,464** | | |
| **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** | | |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **609**  **261**  **-** | **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** | | |
| **Яблоки** |  |  |  | | **100** | **0,4** | | | **0,4** | | | **9,8** | | | **47** | | | **0** | |  | | **10** | | **16** | | | | **2,2** | | |
| **Соль за весь день** |  |  |  | |  |  | | |  | | |  | | |  | | |  | |  | |  | |  | | | |  | | |
| **ИТОГО** |  |  |  | |  |  | | |  | | |  | | |  | | |  | |  | |  | |  | | | |  | | |
| **ИТОГО за весь день** |  |  |  | |  |  | | |  | | |  | | |  | | |  | |  | |  | |  | | | |  | | |