**Девятый 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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **311** | **Каша пшеничная молочная** | |  | |  | | | **200** | | **200** | | | | **6,76** | | | **10,41** | | **25,86** | | | **224,94** | | **0,1** | | | **0,2** | | **0,9** | | **186** | | | **0,7** |
| **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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **98**  **9**  **152** | **Суп с вермишелью** | |  | |  | | |  | | **250** | | | | **2,22** | | | **1,88** | | **13,98** | | | **89,78** | | **0,06** | | | **0,04** | | **4,58** | | **29** | | | **0,7** |
| **Гречка отварная** | |  | |  | | |  | | **200** | | | | **0,38** | | | **64,16** | | **0,62** | | |  | |  | | | **0,07** | |  | | **91,11** | | | **0,80** |
| **Гуляш из отварного мяса** | |  | |  | | |  | | **80** | | | | **6** | | | **7,6** | | **2,47** | | | **164,8** | | **0,04** | | | **0,02** | | **0,8** | | **3,79** | | | **0,18** |
| **21** | **Салат из свежей капусты** | |  | |  | | |  | | **40** | | | | **0,545** | | | **2,582** | | **3,458** | | | **38,389** | | **0,011** | | | **0,016** | | **13,900** | | **18,280** | | | **0,353** |
| **240** | **Компот из свежих плодов** | |  | |  | | |  | | **200** | | | | **0,16** | | | **0,16** | | **15,893** | | | **60** | | **0,013** | | | **0,013** | | **6,6** | | **6,64** | | | **0,92** |
| **299.15** | **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** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **Печенье** |  | |  | | | | |  | | **60** | | **4,5** | | | **5,88** | | | | **44,64** | | | **250,2** |  | |  | | |  | |  | |  | | |
|  | **Конфеты** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | |  | | |
| **263/264** | **Чай с сахаром** | |  | |  | | |  | | **180/12** | | | | **0** | | | **0** | | **11,98** | | | **43** | | **0** | | | **0** | | **0** | | **0,35** | | | **0,6** |
| **209** | **Яйцо вареное** | |  | |  | | | **40** | | **1 шт** | | | | **5,1** | | | **4,6** | | **0,3** | | | **63** | | **0,03** | | | **0,18** | | **0** | | **22** | | | **1,0** |
|  | **Соль за весь день** | |  | |  | | | **5** | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | | |  |
|  | **ИТОГО** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | | |  |
|  | **ИТОГО за весь день** | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | | |  |
|  | |  | |  | | |  | |  | | | |  | | |  | |  | | |  | |  | | |  | |  | |  | | |  |