**Десятый день: пятница 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** | |
| **263/264** | **Чай с сахаром** | |  |  | |  | | **180/12** | | | **0** | | | **0** | | | **011,98** | | | **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**  **8**  **152** | **Суп картофельный с вермишелью** | |  |  | |  | | **250** | | | **2,22** | | | **1,88** | | | **13,98** | | | **89,78** | | | **0,06** | | | **0,04** | | **4,58** | | | **29** | | | | **0,7** | |
| **Рис отварной** | |  |  | |  | | **200** | | | **5,82** | | | **9,74** | | | **50** | | | **298,47** | | | **0,39** | | | **0,08** | |  | | | **93,84** | | | | **2,39** | |
| **Гуляш из отварного мяса** | |  |  | |  | | **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 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** | | | **0,1** | | | **0,07** | | | **0,9** | | **0** | | | **20** | | | | **0,9** | |
| **Яблоки** | |  |  | |  | | **100** | | | **0,4** | | | **0,4** | | | **9,8** | | | **47** | | | **0** | | |  | | **10** | | | **16** | | | | **2,2** | |
| **Полдник** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **255**  **311** | **Печенье** |  | |  | | |  | | | **60** | | **4,5** | | **5,88** | | | | **44,64** | | | **250,2** | | | **0** | | **0** | | | **0** | | | **0** | | | | **0** |
| **Конфеты** | |  |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | |  | | |
| **Молоко кипяченное** | |  |  | |  | | **200** | | | **5,8** | | | **5** | | | **9,6** | | | **108** | | | **0,08** | | | **0,3** | | **2,6** | | | **240** | | | | **0,2** | |
| **Каша пшеничная** | |  |  | |  | | **200** | | | **6,76** | | | **10,41** | | | **25,86** | | | **224,94** | | | **0,1** | | | **0,2** | | **0,9** | | | **186** | | | | **0,7** | |
| **Соль за весь день** | |  |  | |  | | **5** | | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | | |  | |
| **ИТОГО** | |  |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | | |  | |
| **ИТОГО за весь день** | |  |  | |  | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | | |  | | | |  | |