|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | **Наименование блюда** | **Масса, г** | **Пищевые вещества** | | | **Энерг.**  **ценность, ккал** | **Минер. вещества, мг** | | | | **Витамины, мг** | | |
|  |  |  | Белки | Жиры | Углеводы |  | Са | Mg | Р | Fe | В1 | С | А |
|  | 7.10.2021г. | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | |
| **42** | Вареники со сметаной | 80.00 | 6.10 | 5.80 | 9.40 | 142.20 | 125.00 | 11.25 | 113.58 | 0.21 | 0.15 | 0.10 | 17.00 |
|  | Сметана | 11.00 | 0.31 | 2.20 | 0.35 | 22.66 | 9.67 | 0.99 | 6.70 | 0.02 |  |  |  |
|  | Масло | 4.00 | 0.06 | 6.44 | 0.90 | 0.00 | 0.59 | 0.00 | 1.35 | 0.00 | 0.00 | 0.00 | 36.27 |
|  | Хлеб с повидлом | 60.00 | 5.76 | 0.70 | 29.23 | 162.24 | 6.30 | 6.70 | 30.50 | 1.40 | 0.10 | 0.00 | 0.00 |
|  | Повидло | 23.00 | 0.10 | - | 13.20 | 61.40 | 4.10 | 2.10 | 3.00 | 0.35 | - | - | - |
| **20** | Чай с сахаром | 200.00 | 0.00 | 0.00 | 13.45 | 28.00 | 11.00 | 0.00 | 0.00 | 0.70 | 0.00 | 0.00 | 0.00 |
| **8** | Яйцо вареное | 40.00 | 5.08 | 4.60 | 0.28 | 63.00 | 22.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 |
|  | Апельсин | 145.00 | 0.91 | 0.20 | 9.10 | 40.20 | 5.00 | 0.00 | 75.80 | 2.20 | 0.03 | 10.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО 1 день :** |  | **18.32** | **19.94** | **75.91** | **519.70** | **183.66** | **21.04** | **230.93** | **5.88** | **0.28** | **10.10** | **53.27** |
|  | | | | | | | | | | | | | |
| **Обед** | | | | | | | | | | | | | |
| **36** | Суп харчо с курицей | 200/ 40 | 6.89 | 1.9 | 6.58 | 85.79 | 20.17 | 24.89 | - | 1.13 | 0.12 | 6.43 | - |
| **9** | Каша кукурузная | 150.00 | 6.60 | 5.72 | 9.86 | 184.10 | 16.64 | 47.34 | 134.43 | 1.55 | 0.17 | 0.00 | 21.00 |
| **1** | Котлета куриная | 50.00 | 13.50 | 11.28 | 11.60 | 120.00 | 24.28 | 30.75 | 44.00 | 1.08 | 0.05 | 6.25 | - |
| **23** | Кукуруза | 26.00 | 0.48 | 0.10 | 4.33 | 16.18 | 0.96 | 4.82 | 15.41 | 0.69 | 0.01 | 0.60 | - |
|  | Кефир | 90.00 | 2.70 | 1.39 | 3.60 | 74.07 | 148.50 | 16.20 | 123.30 | 0.00 | 0.72 | 1.44 | 0.00 |
|  | Пряник | 45.00 | 15.24 | 1.00 | 21.00 | 34.45 | - | - | - | - | - | - | - |
|  | Хлеб | 60.00 | 5.76 | 0.70 | 29.23 | 162.24 | 6.30 | 6.70 | 30.50 | 1.40 | 0.10 | 0.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого на 1 день:** |  | **51.17** | **22.09** | **86.20** | **676.83** | **216.85** | **130.70** | **347.64** | **5.85** | **1.17** | **14.72** | **21.00** |