|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № 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 |
|  | **9.10.2021г.** | | | | | | | | | | | | |
|  | **Завтрак** | | | | | | | | | | | | |
| **4** | Плов с курицей | 150.00 | 17.30 | 15.84 | 17.70 | 283.45 | 0.08 | 10.10 | 0.22 | 4.38 | 36.60 | 36.00 | 186.60 |
| **25** | Салат свекольный | 30.00 | 0.19 | 0.19 | 4.63 | 33.31 | 4.73 | 0.00 | 71.63 | 2.08 | 0.03 | 9.45 | 0.00 |
|  | Кекс | 60.00 | 0.30 | 1.12 | 17.94 | 25.08 | - | - | - | - | - | - | - |
|  | 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 |
| **16** | Какао | 200.00 | 4.50 | 3.79 | 24.50 | 132.87 | 113.00 | 0.00 | 0.00 | 0.90 | 0.04 | 1.20 | - |
|  | Яблоко | 110.00 | 0.52 | 0.52 | 12.26 | 36.78 | 12.26 | 0.00 | 11.49 | 2.76 | 0.03 | 13.03 | 0.00 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ИТОГО 1 день :** |  | **28.57** | **22.16** | **106.26** | **673.73** | **136.37** | **16.80** | **113.84** | **11.52** | **36.80** | **59.68** | **186.60** |
|  | | | | | | | | | | | | | |
| **Обед** | | | | | | | | | | | | | |
| **35** | Суп молочный с вермешелью | 150.00 | 6.4 | 7.2 | 22 | 201.56 | 160.00 | 30.50 | 154.30 | 0.46 | 0.80 | 0.92 | 29.50 |
| **42** | Вареники | 80.00 | 6.10 | 5.80 | 9.40 | 142.20 | 125.00 | 11.25 | 113.58 | 0.21 | 0.15 | 0.10 | 17.00 |
| **20** | Чай с сахаром | 200.00 | 0.00 | 0.00 | 16.21 | 35.00 | 11.00 | 0.00 | 0.00 | 0.70 | 0.00 | 0.00 | 0.00 |
|  | 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 |
|  | Зефир | 30.00 | 2.34 | 3.84 | 8.26 | 98.00 | - | - | - | - | - | - | - |
|  | Груша | 85.00 | 0.19 | 0.19 | 4.63 | 33.31 | 4.73 | 0.00 | 71.63 | 2.08 | 0.03 | 9.45 | 0.00 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого на 1 день:** |  | **20.79** | **17.73** | **89.73** | **672.31** | **307.03** | **48.45** | **370.01** | **4.85** | **1.08** | **10.47** | **46.50** |