Муниципальное бюджетное дошкольное образовательное

учреждение «Ивашковский детский сад №14»

«Утверждаю»

Заведующий МБДОУ

«Ивашковский детский сад №14»

\_\_\_\_\_\_\_\_\_\_\_Л. А. Каширкина

Приказ № 36 от 01.09.2021.

***Примерное 10 дневное меню***

***1-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша молочная из «Геркулеса» жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа «Геркулес»* | | ***22*** | | ***27*** | ***22*** | ***27*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,74*** | | | ***7,28*** | | ***6,68*** | | ***10,23*** | | ***19,12*** | | ***29,31*** | | ***155,54*** | ***281,75*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Какао-напиток на молоке*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Какао напиток быстрорастворимый (сухая смесь)* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***80*** | | ***90*** | ***80*** | ***90*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***5,58*** | | | ***6,2*** | | ***5,76*** | | ***6,4*** | | ***20,12*** | | ***22,36*** | | ***152,84*** | ***169,82*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сок фруктовый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сок фруктовый* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***1*** | | | ***1*** | | ***0,2*** | | ***0,2*** | | ***20,2*** | | ***20,2*** | | ***92*** | ***92*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Суп рыбный*** | | | | | | | | | | | | | | | | | | | | | | |
| *Треска (минтай)* | | ***40*** | | ***50*** | ***37,6*** | ***47*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Консервы рыбные* | | ***37*** | | ***46*** | ***37*** | ***46*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***100*** | | ***125*** | ***72*** | ***90*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Укроп* | | ***2*** | | ***1*** | ***1,5*** | ***0,74*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***1*** | ***2*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | |  | |  | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***12,74*** | | | ***15,93*** | | ***0,6*** | | ***0,75*** | | ***9,22*** | | ***11,53*** | | ***105,44*** | ***131,8*** |
| ***Рагу овощное*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***87*** | | ***105*** | ***60,9*** | ***73*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Капуста белокочанная* | | ***120*** | | ***150*** | ***96*** | ***120*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***30*** | | ***36*** | ***24*** | ***25,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***15*** | | ***18*** | ***12,6*** | ***15,1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***2,5*** | | | ***3,0*** | | ***3,39*** | | ***4,07*** | | ***9,63*** | | ***11,56*** | | ***84,21*** | ***101,05*** |
| ***Котлета мясная рубленная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***60*** | | ***80*** | ***44*** | ***58,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сухари панировочные* | | ***6*** | | ***8*** | ***6*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Хлеб пшеничный* | | ***6*** | | ***8*** | ***6*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,6*** | | ***0.6*** | ***0,6*** | ***0,6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко или вода питьевая* | | ***14*** | | ***19*** | ***14*** | ***19*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***60*** | ***80*** | | ***9,32*** | | | ***12.42*** | | ***7,07*** | | ***9,42*** | | ***9,64*** | | ***12,86*** | | ***139,0*** | ***185,34*** |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Печенье*** | | | | | | | | | | | | | | | | | | | | | | |
| *Печенье* | | ***12*** | | ***23*** | ***12*** | ***23*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***12*** | ***23*** | | ***2,46*** | | | ***6,77*** | | ***2,38*** | | ***3,8*** | | ***7,92*** | | ***21,78*** | | ***56,4*** | ***155,12*** |
| ***Кисель из свежих ягод*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вода питьевая* | | ***180*** | | ***180*** | ***180*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Ягода* | | ***19*** | | ***21*** | ***18*** | ***20*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Крахмал* | | ***8*** | | ***10*** | ***8*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***18*** | | ***20*** | ***18*** | ***20*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,22*** | | | ***0,24*** | | ***0,13*** | | ***0,14*** | | ***17,28*** | | ***19,2*** | | ***106,4*** | ***118,26*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Макароны с сыром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Макаронные изделия* | | ***36*** | | ***41*** |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масса отварных макарон* | |  | |  | ***113*** | ***130*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сыр* | | ***13*** | | ***15*** | ***12*** | ***14*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***130*** | ***150*** | | ***9,28*** | | | ***10,71*** | | ***9.57*** | | ***11,04*** | | ***25,32*** | | ***29,22*** | | ***235,68*** | ***271,94*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***2-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша рисовая молочная жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа рис* | | ***25*** | | ***30*** | ***25*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,53*** | | | ***6,95*** | | ***7,47*** | | ***11,45*** | | ***23,49*** | | ***36,01*** | | ***179,50*** | ***275,24*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Чай сладкий с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Фрукты*** | | | | | | | | | | | | | | | | | | | | | | |
| *Фрукты* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***0,9*** | | | ***0,9*** | | ***0,9*** | | ***0,9*** | | ***22,2*** | | ***22,2*** | | ***99,7*** | ***99,7*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Огурцы соленые*** | | | | | | | | | | | | | | | | | | | | | | |
| *Огурцы соленые(свежие)* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,74*** | | | ***0,99*** | | ***3,19*** | | ***4,25*** | | ***2,20*** | | ***2,95*** | | ***40,85*** | ***54,46*** |
| ***Борщ на мясном бульоне со сметаной*** | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***28*** | | ***35*** | ***22,4*** | ***28*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***28*** | | ***35*** | ***19,6*** | ***24,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Капуста белокачан.* | | ***40*** | | ***40*** | ***32*** | ***40*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***12*** | | ***15*** | ***9,6*** | ***12*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***8*** | | ***10*** | ***6,4*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***2*** | ***2*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***0,4*** | | ***0,4*** | ***0,4*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,08*** | | | ***3,85*** | | ***1,74*** | | ***2,18*** | | ***5,42*** | | ***6,78*** | | ***64,98*** | ***81,23*** |
| ***Тефтели из говядины*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***70*** | | ***80*** | ***65*** | ***70*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***12*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/8*** | | ***1/8*** | ***1/8*** | ***1/8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Хлеб пшеничный* | | ***7*** | | ***8*** | ***7*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***2*** | | ***3*** | ***2*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,7*** | | ***0.8*** | ***0,7*** | ***0,8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***10,93*** | | | ***12,49*** | | ***9,45*** | | ***10,8*** | | ***4,3*** | | ***4,9*** | | ***147,86*** | ***168,98*** |
| ***Пюре картофельное*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***171*** | | ***205*** | ***128*** | ***154*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***40*** | | ***60*** | ***40*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***3,26*** | | | ***3,91*** | | ***4,68*** | | ***5,62*** | | ***8,04*** | | ***9,65*** | | ***123,9148,68*** |  |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Пирожок с повидлом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мука пшеничная* | | ***42*** | | ***48*** | ***42*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***3.2*** | ***3*** | ***3,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***7*** | | ***8*** | ***7*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Дрожжи хлебопекар.* | | ***0,07*** | | ***0,08*** | ***0,07*** | ***0,08*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо 1С* | | ***1/12*** | | ***1/9*** | ***1/12*** | ***1/12*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Повидло* | | ***20*** | | ***26*** | ***20*** | ***26*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***4,43*** | | | ***5,46*** | | ***8,21*** | | ***10,10*** | | ***35,32*** | | ***43,47*** | | ***232,14*** | ***285,71*** |
| ***Кофейный напиток злаковый с молоком*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Кофейный напиток* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***4,08*** | | | ***4,8*** | | ***4,08*** | | ***4,8*** | | ***18,67*** | | ***21,96*** | | ***125,66*** | ***147,84*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Рыба тушеная с овощами*** | | | | | | | | | | | | | | | | | | | | | | |
| *Треска или* | | ***98*** | | ***117*** | ***85*** | ***103*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Минтай* | | ***96*** | | ***115*** | ***85*** | ***103*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***18*** | | ***22*** | ***18*** | ***22*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***37*** | | ***45*** | ***30*** | ***36*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук репчатый* | | ***15*** | | ***18*** | ***12,6*** | ***15,1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***4*** | | ***4*** | ***4*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Томат - паста* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***3*** | | ***3*** | ***2*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***7*** | | ***8*** | ***7*** | ***87*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,75*** | | ***0,9*** | ***0,75*** | ***0,9*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***14,20*** | | | ***17,05*** | | ***7,46*** | | ***8,95*** | | ***6,62*** | | ***7,94*** | | ***150,06*** | ***180,07*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***3-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша пшенная молочная жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Пшено* | | ***25*** | | ***30*** | ***25*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***5,07*** | | | ***7,77*** | | ***7,82*** | | ***11,98*** | | ***19,40*** | | ***29,74*** | | ***168,70*** | ***281,75*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Чай сладкий с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сок фруктовый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сок фруктовый* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***1*** | | | ***1*** | | ***0,2*** | | ***0,2*** | | ***20,2*** | | ***20,2*** | | ***92*** | ***92*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Салат из капусты и моркови с растительным маслом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Капуста белокочанная* | | ***48*** | | ***64*** | ***39*** | ***50*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***6*** | | ***8*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная пищевая* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,74*** | | | ***0,99*** | | ***3,19*** | | ***4,25*** | | ***2,20*** | | ***2,95*** | | ***40,85*** | ***54,46*** |
| ***Суп с клецками на курином бульоне*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***40*** | | ***50*** | ***28*** | ***35*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон куриный* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***2*** | ***1,48*** | ***1,48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Мука пшеничная* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо 1 С* | | ***¼*** | | ***¼*** | ***¼*** | ***1/4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***5,1*** | | | ***6,38*** | | ***1,72*** | | ***2,15*** | | ***16,9*** | | ***21,13*** | | ***114,24*** | ***142,8*** |
| ***Каша гречневая рассыпчатая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Гречневая крупа* | | ***30*** | | ***45*** | ***30*** | ***45*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***60*** | | ***90*** | ***60*** | ***90*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***6*** | ***4*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,5*** | ***0,25*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***100*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Курица отварная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Курица* | | ***94*** | | ***107*** | ***94*** | ***107*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***15,58*** | | | ***17,81*** | | ***9,95*** | | ***11,37*** | | ***0*** | | ***0*** | | ***162,73*** | ***185,98*** |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Вафли*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вафли* | | ***12*** | | ***23*** | ***12*** | ***23*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***12*** | ***23*** | | ***2,46*** | | | ***6,77*** | | ***2,38*** | | ***3,8*** | | ***7,92*** | | ***21,78*** | | ***56,4*** | ***155,12*** |
| ***Какао напиток на молоке*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Какао – напиток быстрорастворимый* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***5,58*** | | | ***6,2*** | | ***5,76*** | | ***6,4*** | | ***20,12*** | | ***22,36*** | | ***152,84*** | ***169,82*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Винегрет*** | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***31*** | | ***47*** | ***24*** | ***36*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***43*** | | ***65*** | ***32*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***18*** | | ***27*** | ***14*** | ***21*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук репчатый* | | ***6*** | | ***9*** | ***5*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Огурец соленый* | | ***18*** | | ***27*** | ***14*** | ***21*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Горошек консер* | | ***11*** | | ***16*** | ***7*** | ***11*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***5*** | | ***7*** | ***5*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,4*** | ***0,25*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***100*** | ***150*** | | ***1,61*** | | | ***2,42*** | | ***5,19*** | | ***7,78*** | | ***8,4*** | | ***12,6*** | | ***91,51*** | ***137,27*** |
| ***Яйцо вареное*** | | | | | | | | | | | | | | | | | | | | | | |
| *яйцо вареное* | | ***52*** | | ***68*** | ***50*** | ***66*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***7,74*** | | | ***10,32*** | | ***7,02*** | | ***9,36*** | | ***0,09*** | | ***0,12*** | | ***94,05*** | ***123,6*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***4-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Творожная запеканка*** | | | | | | | | | | | | | | | | | | | | | | |
| *Творог* | | ***70*** | | ***91*** | ***68,6*** | ***89,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/6*** | | ***1/6*** | ***1/6*** | ***1/6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***30*** | | ***40*** | ***30*** | ***40*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***2*** | | ***3*** | ***2*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***8*** | | ***10*** | ***8*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Крупа манная* | | ***7*** | | ***9*** | ***7*** | ***9*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***100*** | ***130*** | | ***13,66*** | | | ***17,76*** | | ***9,04*** | | ***11,75*** | | ***9,92*** | | ***12,90*** | | ***181,33*** | ***235,73*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Чай сладкий*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Фрукты*** | | | | | | | | | | | | | | | | | | | | | | |
|  | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
|  | |  | |  | ***200*** | ***200*** | | ***0,9*** | | | ***0,9*** | | ***0,9*** | | ***0,9*** | | ***22,2*** | | ***22,2*** | | ***99,7*** | ***99,7*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сельдь с луком и растительным маслом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сельдь с/с* | | ***43*** | | ***55*** | ***38*** | ***49*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***5*** | | ***7*** | ***4,1*** | ***6,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***5,57*** | | | ***7,43*** | | ***5,41*** | | ***7,22*** | | ***0,9*** | | ***1,2*** | | ***74,66*** | ***99,55*** |
| ***Суп свекольник со сметаной*** | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***32*** | | ***40*** | ***25,6*** | ***32*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***60*** | | ***75*** | ***48*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***12*** | | ***15*** | ***9,6*** | ***12*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Укроп* | | ***2*** | | ***2*** | ***2*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Томат - паста* | | ***2*** | | ***2*** | ***2*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон* | |  | |  | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,74*** | | | ***4,68*** | | ***1,7*** | | ***2,13*** | | ***10,18*** | | ***12,73*** | | ***72,82*** | ***91,03*** |
| ***Мясо отварное тушеное с картофелем по домашнему*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***154*** | | ***188*** | ***107,8*** | ***131*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Говядина* | | ***85*** | | ***103*** | ***78*** | ***95*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***12*** | ***8,4*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***20*** | | ***24*** | ***14,4*** | ***17,3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Томат* | | ***18*** | | ***22*** | ***17*** | ***21*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,5*** | ***0,25*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***220*** | | ***14,87*** | | | ***18,17*** | | ***13,48*** | | ***16,48*** | | ***15,64*** | | ***19,12*** | | ***252,13*** | ***308,15*** |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Булочка домашняя*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мука пшеничная* | | ***42*** | | ***48*** | ***42*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/4*** | | ***1/4*** | ***1/4*** | ***1/4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***7*** | ***5*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Дрожжи хлебопекарные* | | ***0,07*** | | ***0,08*** | ***0,07*** | ***0,08*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***3,2*** | ***3*** | ***3,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***7,34*** | | | ***8,38*** | | ***7,63*** | | ***8,72*** | | ***23,18*** | | ***26,49*** | | ***201.11*** | ***229,84*** |
| ***Молоко*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***157,5*** | | ***189*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***4,58*** | | | ***5,49*** | | ***4,8*** | | ***4,89*** | | ***7,58*** | | ***9,09*** | | ***85,05*** | ***102,06*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Омлет*** | | | | | | | | | | | | | | | | | | | | | | |
| *Яйцо* | | ***45(1)*** | | ***45(1)*** | ***45*** | ***45*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***60*** | | ***60*** | ***60*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***3*** | ***3*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,25*** | ***0,25*** | ***0,25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***80*** | ***800*** | | ***6.28*** | | | ***6,28*** | | ***7,25*** | | ***7,25*** | | ***2,57*** | | ***2,57*** | | ***99,94*** | ***99,94*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***5-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша гречневая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Гречка* | | ***25*** | | ***30*** | ***25*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***40*** | ***10*** | ***40*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***5,23*** | | | ***8,03*** | | ***7,82*** | | ***11,98*** | | ***18,75*** | | ***28,8*** | | ***166,79*** | ***255,74*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Кофейный напиток*** | | | | | | | | | | | | | | | | | | | | | | |
| *Кофейный напиток* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***70*** | | ***80*** | ***70*** | ***80*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***4,08*** | | | ***4,8*** | | ***4,08*** | | ***4.8*** | | ***18,67*** | | ***21,96*** | | ***125,66*** | ***147,84*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Фрукты*** | | | | | | | | | | | | | | | | | | | | | | |
| *Фрукты* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***0,9*** | | | ***0,9*** | | ***0,9*** | | ***0,9*** | | ***22,2*** | | ***22,2*** | | ***99,7*** | ***99,7*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Помидоры свежие с растительным маслом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Помидоры свежие* | | ***50*** | | ***66*** | ***46,5*** | ***61,3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,46*** | | | ***0,62*** | | ***3,23*** | | ***4,31*** | | ***1,60*** | | ***2,13*** | | ***38,42*** | ***51,22*** |
| ***Суп картофельный*** | | | | | | | | | | | | | | | | | | | | | | |
| *Бульон* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***100*** | | ***125*** | ***70*** | ***88*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Зелень* | | ***2*** | | ***2,5*** | ***1,5*** | ***1,9*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***2*** | ***2*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***0,4*** | | ***0,4*** | ***0,4*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,78*** | | | ***4,73*** | | ***2*** | | ***2,5*** | | ***15,5*** | | ***19,3*** | | ***112,5*** | ***140,63*** |
| ***Голубцы ленивые со сметаной*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***65*** | | ***75*** | ***63*** | ***72*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***15*** | ***7*** | ***12*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Капуста белокочанная* | | ***80*** | | ***100*** | ***65*** | ***82*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***10*** | | ***15*** | ***7*** | ***12*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Рис* | | ***8*** | | ***10*** | ***8*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***1*** | | ***2*** | ***1*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Томат паста* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***8*** | | ***8*** | ***8*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1,2*** | ***1*** | ***1,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***120*** | ***150*** | | ***8,77*** | | | ***10,97*** | | ***8,78*** | | ***10,98*** | | ***11,21*** | | ***14,01*** | | ***159,85*** | ***199,82*** |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Кефир (йогурт)*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сахар* | | ***10*** | | ***10*** | ***10*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Кефир 9йогурт)* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***5,60*** | | | ***5,60*** | | ***6,40*** | | ***6,40*** | | ***8,20*** | | ***8,20*** | | ***155,50*** | ***155,50*** |
| ***Гренки*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб пшеничный* | | ***40*** | | ***40*** | ***40*** | ***40*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***40*** | ***40*** | | ***2,96*** | | | ***2,96*** | | ***1,16*** | | ***1,16*** | | ***20,56*** | | ***20,56*** | | ***100,0*** | ***100,0*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сырники с повидлом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Творог* | | ***50,65*** | | ***102*** | ***50*** | ***100*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/20*** | | ***1/10*** | ***1/20*** | ***1/10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Мука* | | ***6,65*** | | ***13,3*** | ***6,65*** | ***13,3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***3,35*** | | ***7*** | ***3,35*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***2*** | | ***4*** | ***2*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***50*** | ***100*** | | ***7,3*** | | | ***14,5*** | | ***8,06*** | | ***16,13*** | | ***9,07*** | | ***18,13*** | | ***137,34*** | ***274,67*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***6-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша манная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа манная* | | ***15*** | | ***20*** | ***15*** | ***20*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,11*** | | | ***6,3*** | | ***3,78*** | | ***5,8*** | | ***12,08*** | | ***18,52*** | | ***98,85*** | ***151,57*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Чай сладкий с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сок фруктовый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сок фруктовый* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***1*** | | | ***1*** | | ***0,2*** | | ***0,2*** | | ***20,2*** | | ***20,2*** | | ***92*** | ***92*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Салат из капусты с растительным маслом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Капуста белокочанная* | | ***48*** | | ***64*** | ***39*** | ***50*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная пищевая* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,74*** | | | ***0,99*** | | ***3,19*** | | ***4,25*** | | ***2,20*** | | ***2,95*** | | ***40,85*** | ***54,46*** |
| ***Суп вермишелевый на курином бульоне*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вермишель* | | ***8*** | | ***10*** | ***8*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***60*** | | ***80*** | ***42*** | ***55*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон куриный* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***2*** | ***1,48*** | ***1,48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Мука пшеничная* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,48*** | | | ***4,35*** | | ***0,54*** | | ***0,68*** | | ***14,52*** | | ***18,15*** | | ***85,64*** | ***107,05*** |
| ***Картофельное пюре*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***171*** | | ***205*** | ***128*** | ***154*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***40*** | | ***60*** | ***40*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***3,26*** | | | ***3,91*** | | ***4,68*** | | ***5,62*** | | ***8,04*** | | ***9,65*** | | ***123,9148,68*** |  |
| ***Курица отварная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Курица* | | ***94*** | | ***107*** | ***94*** | ***107*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***15,58*** | | | ***17,81*** | | ***9,95*** | | ***11,37*** | | ***0*** | | ***0*** | | ***162,73*** | ***185,98*** |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Печенье*** | | | | | | | | | | | | | | | | | | | | | | |
| *Печенье* | | ***12*** | | ***23*** | ***12*** | ***23*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***12*** | ***23*** | | ***2,46*** | | | ***6,77*** | | ***2,38*** | | ***3,8*** | | ***7,92*** | | ***21,78*** | | ***56,4*** | ***155,12*** |
| ***Кофейный напиток*** | | | | | | | | | | | | | | | | | | | | | | |
| *Кофейный напиток* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***70*** | | ***80*** | ***70*** | ***80*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***4,08*** | | | ***4,8*** | | ***4,08*** | | ***4.8*** | | ***18,67*** | | ***21,96*** | | ***125,66*** | ***147,84*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Блины*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мука пшеничная* | | ***33*** | | ***66*** | ***33*** | ***66*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***0,5*** | | ***1*** | ***0,5*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***55*** | | ***110*** | ***55*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Дрожжи* | | ***2*** | | ***4*** | ***2*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***2*** | | ***4*** | ***2*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***2,5*** | | ***5*** | ***2,5*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***2,5*** | | ***5*** | ***2,5*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,6*** | | ***1,2*** | ***0,6*** | ***1,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***75*** | ***150*** | | ***5,6*** | | | ***11,2*** | | ***10,70*** | | ***21,4*** | | ***24,6*** | | ***49.2*** | | ***218*** | ***436*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***7-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша пшенная молочная жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа пшено* | | ***25*** | | ***30*** | ***25*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,53*** | | | ***6,95*** | | ***7,47*** | | ***11,45*** | | ***23,49*** | | ***36,01*** | | ***179,50*** | ***275,24*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Кофейный напиток злаковый с молоком*** | | | | | | | | | | | | | | | | | | | | | | |
| *Кофейный напиток* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***70*** | | ***80*** | ***70*** | ***80*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***4,08*** | | | ***4,8*** | | ***4,08*** | | ***4.8*** | | ***18,67*** | | ***21,96*** | | ***125,66*** | ***147,84*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Фрукты*** | | | | | | | | | | | | | | | | | | | | | | |
| *Фрукты* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***0,9*** | | | ***0,9*** | | ***0,9*** | | ***0,9*** | | ***22,2*** | | ***22,2*** | | ***99,7*** | ***99,7*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Салат из свеклы*** | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***52*** | | ***69*** | ***43,5*** | ***57,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное.* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,25*** | ***0,25*** | ***0,25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,75*** | | | ***0,1*** | | ***3,19*** | | ***4,25*** | | ***3,82*** | | ***5,1*** | | ***46,59*** | ***62,12*** |
| ***Суп гороховый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Горох* | | ***24*** | | ***30*** | ***24*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***60*** | | ***80*** | ***42*** | ***55*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***5,72*** | | | ***7,15*** | | ***0,48*** | | ***0,6*** | | ***16,12*** | | ***20,15*** | | ***101,88*** | ***127,35*** |
| ***Котлета рыбная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Минтай* | | ***71*** | | ***80*** | ***67*** | ***75*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***10*** | ***8,4*** | ***8,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/6*** | | ***1/6*** | ***1/6*** | ***1/6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Хлеб пшеничный* | | ***6*** | | ***7*** | ***6*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***5*** | | ***5*** | ***5*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,7*** | | ***0.8*** | ***0,7*** | ***0,8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***10*** | | ***10*** | ***10*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***15,64*** | | | ***17,88*** | | ***2,18*** | | ***2,49*** | | ***4,17*** | | ***4,77*** | | ***95,64*** | ***109,30*** |
| ***Рис с овощами*** | | | | | | | | | | | | | | | | | | | | | | |
| *Рис* | | ***30*** | | ***45*** | ***29,4*** | ***44,1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***20*** | | ***30*** | ***20*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***6*** | ***4*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***12*** | | ***18*** | ***10*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***15*** | ***7*** | ***10,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***100*** | ***150*** | | ***2,25*** | | | ***3,38*** | | ***3,66*** | | ***5,49*** | | ***16,97*** | | ***25,46*** | | ***125,7*** | ***188,55*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Пирожок с капустой*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мука пшеничная* | | ***42*** | | ***48*** | ***42*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***4*** | ***4*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***4*** | | ***4*** | ***4*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***2*** | | ***3*** | ***2*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Дрожжи хлебопекар.* | | ***0,07*** | | ***0,08*** | ***0,07*** | ***0,08*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо 1С* | | ***1/6*** | | ***1/5*** | ***1/6*** | ***1/5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,3*** | | ***0,36*** | ***0,3*** | ***0,36*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Капуста белокочанная* | | ***27*** | | ***31*** | ***21,3*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***4,78*** | | | ***5,46*** | | ***6,93*** | | ***7,92*** | | ***20,64*** | | ***23,58*** | | ***174,43*** | ***199,34*** |
| ***Кисель из свежих ягод*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вода питьевая* | | ***180*** | | ***180*** | ***180*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Ягода* | | ***19*** | | ***21*** | ***18*** | ***20*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Крахмал* | | ***8*** | | ***10*** | ***8*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***18*** | | ***20*** | ***18*** | ***20*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,22*** | | | ***0,24*** | | ***0,13*** | | ***0,14*** | | ***17,28*** | | ***19,2*** | | ***106,4*** | ***118,26*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Омлет*** | | | | | | | | | | | | | | | | | | | | | | |
| *Яйцо* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***60*** | | ***60*** | ***60*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***3*** | ***3*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,25*** | | ***0,25*** | ***0,25*** | ***0,25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***80*** | ***80*** | | ***6,28*** | | | ***6,28*** | | ***7,25*** | | ***7,25*** | | ***2,57*** | | ***2,57*** | | ***99,94*** | ***99,94*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***8-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша молочная из «Геркулеса» жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа «Геркулес»* | | ***22*** | | ***27*** | ***22*** | ***27*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,74*** | | | ***7,28*** | | ***6,68*** | | ***10,23*** | | ***19,12*** | | ***29,31*** | | ***155,54*** | ***281,75*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Какао-напиток на молоке*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Какао напиток быстрорастворимый (сухая смесь)* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***80*** | | ***90*** | ***80*** | ***90*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***5,58*** | | | ***6,2*** | | ***5,76*** | | ***6,4*** | | ***20,12*** | | ***22,36*** | | ***152,84*** | ***169,82*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сок фруктовый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сок фруктовый* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***1*** | | | ***1*** | | ***0,2*** | | ***0,2*** | | ***20,2*** | | ***20,2*** | | ***92*** | ***92*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Салат из свежей капусты*** | | | | | | | | | | | | | | | | | | | | | | |
| *Капуста белокочанная* | | ***48*** | | ***64*** | ***39*** | ***50*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная пищевая* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,74*** | | | ***0,99*** | | ***3,19*** | | ***4,25*** | | ***2,20*** | | ***2,95*** | | ***40,85*** | ***54,46*** |
| ***Рассольник со сметаной на мясном бульоне*** | | | | | | | | | | | | | | | | | | | | | | |
| *Огурцы соленые* | | ***15*** | | ***19*** | ***13*** | ***16*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***60*** | | ***80*** | ***42*** | ***55*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Крупа перловая* | | ***5*** | | ***7*** | ***5*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***1,2*** | | ***1,5*** | ***0,9*** | ***1,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Бульон мясной* | |  | |  | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,38*** | | | ***4,23*** | | ***1,9*** | | ***2,38*** | | ***12,24*** | | ***15,3*** | | ***94,74*** | ***118,43*** |
| ***Бефстроганов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***88*** | | ***88*** | ***84*** | ***84*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***8*** | | ***8*** | ***7*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***20*** | | ***20*** | ***16*** | ***16*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***8*** | | ***8*** | ***8*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Мука пшеничная* | | ***2*** | | ***2*** | ***2*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***2*** | | ***2*** | ***2*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1,2*** | | ***1,2*** | ***1,2*** | ***1,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***8*** | | ***8*** | ***8*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода* | | ***8*** | | ***8*** | ***8*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***80*** | ***80*** | | ***13,38*** | | | ***13,38*** | | ***12,62*** | | ***12,62*** | | ***3,4*** | | ***3,4*** | | ***180,66*** | ***180,66*** |
| ***Картофельное пюре*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***171*** | | ***205*** | ***128*** | ***154*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***40*** | | ***60*** | ***40*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***3,26*** | | | ***3,91*** | | ***4,68*** | | ***5,62*** | | ***8,04*** | | ***9,65*** | | ***123,9148,68*** |  |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Вафли*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вафли* | | ***12*** | | ***23*** | ***12*** | ***23*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***12*** | ***23*** | | ***2,46*** | | | ***6,77*** | | ***2,38*** | | ***3,8*** | | ***7,92*** | | ***21,78*** | | ***56,4*** | ***155,12*** |
| ***Молоко*** | | | | | | | | | | | | | | | | | | | | | | |
| *Молоко* | | ***157,5*** | | ***189*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***4,58*** | | | ***5,49*** | | ***4,8*** | | ***4,89*** | | ***7,58*** | | ***9,09*** | | ***85,05*** | ***102,06*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Манники со сгущенным молоком*** | | | | | | | | | | | | | | | | | | | | | | |
| *Вода питьевая* | | ***49*** | | ***49*** | ***49*** | ***49*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Манка* | | ***34*** | | ***34*** | ***34*** | ***34*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***75*** | | ***75*** | ***75*** | ***75*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***2,25*** | | ***2,25*** | ***2,25*** | ***2,25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***7,5*** | | ***7,5*** | ***7,5*** | ***7,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/5*** | | ***1/5*** | ***1/5*** | ***1/5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Изюм* | | ***7,8*** | | ***7,5*** | ***7,5*** | ***7,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***150*** | | ***9,28*** | | | ***10,71*** | | ***9.57*** | | ***11,04*** | | ***25,32*** | | ***29,22*** | | ***235,68*** | ***271,94*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***9-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | ***Брутто*** | | | | ***Нетто*** | | | | ***Белки*** | | | ***Жиры*** | | | | ***Углеводы*** | | | | ***Калорийность*** | | |
|  | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** | | ***дети до 3 лет*** | | ***с 3 лет до 7*** |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша рисовая молочная жидкая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Крупа рис* | | ***25*** | | ***30*** | ***25*** | ***30*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***10*** | | ***48*** | ***10*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***130*** | | ***150*** | ***130*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***6*** | ***5*** | ***6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,4*** | | ***0,5*** | ***0,4*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***230*** | | ***4,53*** | | | ***6,95*** | | ***7,47*** | | ***11,45*** | | ***23,49*** | | ***36,01*** | | ***179,50*** | ***275,24*** |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | ***8*** | | ***8*** | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| *Выход* | |  | |  | ***8*** | ***8*** | | ***6,64*** | | | ***6,64*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***0,08*** | | ***59,84*** | ***59,84*** |
| ***Кофейный напиток злаковый с молоком*** | | | | | | | | | | | | | | | | | | | | | | |
| *Кофейный напиток* | | ***3*** | | ***4*** | ***3*** | ***4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***100*** | | ***110*** | ***100*** | ***110*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***70*** | | ***80*** | ***70*** | ***80*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***4,08*** | | | ***4,8*** | | ***4,08*** | | ***4.8*** | | ***18,67*** | | ***21,96*** | | ***125,66*** | ***147,84*** |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Сок фруктовый*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сок фруктовый* | | ***200*** | | ***200*** | ***200*** | ***200*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***200*** | | ***1*** | | | ***1*** | | ***0,2*** | | ***0,2*** | | ***20,2*** | | ***20,2*** | | ***92*** | ***92*** |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Огурцы соленые*** | | | | | | | | | | | | | | | | | | | | | | |
| *Огурцы соленые(свежие)* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***45*** | ***60*** | | ***0,74*** | | | ***0,99*** | | ***3,19*** | | ***4,25*** | | ***2,20*** | | ***2,95*** | | ***40,85*** | ***54,46*** |
| ***Суп картофельный*** | | | | | | | | | | | | | | | | | | | | | | |
| *Бульон* | | ***120*** | | ***150*** | ***120*** | ***150*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Картофель* | | ***100*** | | ***125*** | ***70*** | ***88*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Зелень* | | ***2*** | | ***2,5*** | ***1,5*** | ***1,9*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***8*** | | ***10*** | ***6,4*** | ***8,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***4*** | | ***5*** | ***3,4*** | ***4,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Петрушка* | | ***2*** | | ***2*** | ***2*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***0,4*** | | ***0,4*** | ***0,4*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сметана* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***200*** | ***250*** | | ***3,78*** | | | ***4,73*** | | ***2*** | | ***2,5*** | | ***15,5*** | | ***19,3*** | | ***112,5*** | ***140,63*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Котлета мясная рубленая*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***60*** | | ***80*** | ***44*** | ***58,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сухари панировочные* | | ***6*** | | ***8*** | ***6*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Хлеб пшеничный* | | ***6*** | | ***8*** | ***6*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,6*** | | ***0.6*** | ***0,6*** | ***0,6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко или вода питьевая* | | ***14*** | | ***19*** | ***14*** | ***19*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***60*** | ***80*** | | ***9,32*** | | | ***12.42*** | | ***7,07*** | | ***9,42*** | | ***9,64*** | | ***12,86*** | | ***139,0*** | ***185,34*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Свекла тушеная*** | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***150*** | | ***180*** | ***120*** | ***144*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***8*** | | ***10*** | ***6*** | ***8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***2*** | | ***3*** | ***2*** | ***3*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Зелень* | | ***1,5*** | | ***2*** | ***1,1*** | ***1,48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1,5*** | | ***2*** | ***1,5*** | ***2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***130*** | ***150*** | | ***2,12*** | | | ***2,44*** | | ***3,9*** | | ***4,5*** | | ***10,62*** | | ***12,26*** | | ***89,10*** | ***102,81*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Компот из сухофруктов*** | | | | | | | | | | | | | | | | | | | | | | |
| *Сухофрукты смесь* | | ***13*** | | ***15*** | ***13*** | ***15*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***9*** | | ***10*** | ***9*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***176*** | | ***196*** | ***176*** | ***196*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***180*** | ***200*** | | ***0,94*** | | | ***1,04*** | | ***0*** | | ***0*** | | ***24,26*** | | ***26,96*** | | ***96,70*** | ***107,44*** |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Ватрушка с творогом*** | | | | | | | | | | | | | | | | | | | | | | |
| *Мука пшеничная* | | ***42*** | | ***48*** | ***42*** | ***48*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***20*** | | ***25*** | ***20*** | ***25*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***3.2*** | ***3*** | ***3,2*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло растительное* | | ***4*** | | ***5*** | ***4*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***7*** | ***5*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Дрожжи хлебопекар.* | | ***0,07*** | | ***0,08*** | ***0,07*** | ***0,08*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо 1С* | | ***1/4*** | | ***1/4*** | ***1/4*** | ***1/4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,5*** | | ***0,5*** | ***0,5*** | ***0,5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Творог* | | ***30*** | | ***35*** | ***30*** | ***35*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***4,43*** | | | ***5,46*** | | ***8,21*** | | ***10,10*** | | ***35,32*** | | ***43,47*** | | ***201,11*** | ***229,84*** |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | |
| ***Рыбная котлета*** | | | | | | | | | | | | | | | | | | | | | | |
| *Минтай* | | ***71*** | | ***80*** | ***67*** | ***75*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Лук* | | ***10*** | | ***10*** | ***8,4*** | ***8,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Яйцо* | | ***1/6*** | | ***1/6*** | ***1/6*** | ***1/6*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Хлеб пшеничный* | | ***6*** | | ***7*** | ***6*** | ***7*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Морковь* | | ***5*** | | ***5*** | ***5*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***0,7*** | | ***0.8*** | ***0,7*** | ***0,8*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***10*** | | ***10*** | ***10*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***70*** | ***80*** | | ***15,64*** | | | ***17,88*** | | ***2,18*** | | ***2,49*** | | ***4,17*** | | ***4,77*** | | ***95,64*** | ***109,30*** |
| ***Картофельное пюре*** | | | | | | | | | | | | | | | | | | | | | | |
| *Картофель* | | ***171*** | | ***205*** | ***128*** | ***154*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Молоко* | | ***40*** | | ***60*** | ***40*** | ***60*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Масло сливочное* | | ***3*** | | ***5*** | ***3*** | ***5*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Соль йодированная* | | ***1*** | | ***1*** | ***1*** | ***1*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***150*** | ***180*** | | ***3,26*** | | | ***3,91*** | | ***4,68*** | | ***5,62*** | | ***8,04*** | | ***9,65*** | | ***123,9148,68*** |  |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | ***0,3*** | | ***0,4*** | ***0,3*** | ***0,4*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Вода питьевая* | | ***150*** | | ***180*** | ***150*** | ***180*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Сахар* | | ***5*** | | ***10*** | ***5*** | ***10*** | |  | | |  | |  | |  | |  | |  | |  |  |
| *Выход* | |  | |  | ***170*** | ***200*** | | ***0*** | | | ***0*** | | ***0*** | | ***0*** | | ***11,05*** | | ***13*** | | ***41,89*** | ***49,28*** |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | ***40*** | | ***50*** | ***40*** | ***50*** | |  | | | ***2,35*** | |  | | ***0,35*** | |  | | ***24,9*** | |  | ***107*** |
| *Хлеб Пшеничный* | | ***60*** | | ***80*** | ***60*** | ***80*** | |  | | | ***6,16*** | |  | | ***1,92*** | |  | | ***42,72*** | |  | ***203,2*** |
|  | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |
| *Состав за день* | |  | |  |  |  | |  | | |  | |  | |  | |  | |  | |  |  |

***10-й день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Наименование продукта*** | | | ***Брутто*** | | | | | | | | | | | | | | | | ***Нетто*** | | | | | | | | | | | | | | | | ***Белки*** | | | | | | | | | | | | | | ***Жиры*** | | | | | | | | | | | | | | | | | ***Углеводы*** | | | | | | | | | | | | | | | | ***Калорийность*** | | | | | | | | | | |
|  | | | ***дети до 3 лет*** | | | | | | | ***с 3 лет до 7*** | | | | | | | | | ***дети до 3 лет*** | | | | | | | | ***с 3 лет до 7*** | | | | | | | | ***дети до 3 лет*** | | | | | | | ***с 3 лет до 7*** | | | | | | | ***дети до 3 лет*** | | | | | | | | | ***с 3 лет до 7*** | | | | | | | | ***дети до 3 лет*** | | | | | | | | ***с 3 лет до 7*** | | | | | | | | ***дети до 3 лет*** | | | | | | | ***с 3 лет до 7*** | | | |
| ***Завтрак*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Каша гречневая*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Гречка* | | | | | ***25*** | | | | | | | ***30*** | | | | | | | ***25*** | | | | | | | ***30*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Вода питьевая* | | | | | ***10*** | | | | | | | ***40*** | | | | | | | ***10*** | | | | | | | ***40*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Молоко* | | | | | ***130*** | | | | | | | ***150*** | | | | | | | ***130*** | | | | | | | ***150*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Масло сливочное* | | | | | ***4*** | | | | | | | ***5*** | | | | | | | ***4*** | | | | | | | ***5*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Сахар* | | | | | ***5*** | | | | | | | ***6*** | | | | | | | ***5*** | | | | | | | ***6*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Соль йодированная* | | | | | ***0,4*** | | | | | | | ***0,5*** | | | | | | | ***0,4*** | | | | | | | ***0,5*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Выход* | | | | |  | | | | | | |  | | | | | | | ***150*** | | | | | | | ***230*** | | | | | | | | ***5,23*** | | | | | | | | | ***8,03*** | | | | | | | | ***7,82*** | | | | | | | | ***11,98*** | | | | | | | | ***18,75*** | | | | | | | | ***28,8*** | | | | | | | | ***166,79*** | | | | | | ***255,74*** | | | |
| ***Масло к завтраку*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Масло сливочное* | | | | | ***8*** | | | | | | | ***8*** | | | | | | | ***8*** | | | | | | | ***8*** | | | | | | | | ***6,64*** | | | | | | | | | ***6,64*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***59,84*** | | | | | | ***59,84*** | | | |
| *Выход* | | | | |  | | | | | | |  | | | | | | | ***8*** | | | | | | | ***8*** | | | | | | | | ***6,64*** | | | | | | | | | ***6,64*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***0,08*** | | | | | | | | ***59,84*** | | | | | | ***59,84*** | | | |
| ***Какао-напиток на молоке*** | | | | |  | | | | | | |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Молоко* | | | | | ***100*** | | | | | | | ***110*** | | | | | | | ***100*** | | | | | | | ***110*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Какао напиток быстрорастворимый (сухая смесь)* | | | | | ***3*** | | | | | | | ***4*** | | | | | | | ***3*** | | | | | | | ***4*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Сахар* | | | | | ***9*** | | | | | | | ***10*** | | | | | | | ***9*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Вода питьевая* | | | | | ***80*** | | | | | | | ***90*** | | | | | | | ***80*** | | | | | | | ***90*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Выход* | | | | |  | | | | | | |  | | | | | | | ***180*** | | | | | | | ***200*** | | | | | | | | ***5,58*** | | | | | | | | | ***6,2*** | | | | | | | | ***5,76*** | | | | | | | | ***6,4*** | | | | | | | | ***20,12*** | | | | | | | | ***22,36*** | | | | | | | | ***152,84*** | | | | | | ***169,82*** | | | |
| ***Второй завтрак*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Фрукты*** | | | | |  | | | | | | |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Фрукты* | | | | | ***200*** | | | | | | | ***200*** | | | | | | | ***200*** | | | | | | | ***200*** | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |  | | | |
| *Выход* | | | | |  | | | | | | |  | | | | | | | ***200*** | | | | | | | ***200*** | | | | | | | | ***0,9*** | | | | | | | | | ***0,9*** | | | | | | | | ***0,9*** | | | | | | | | ***0,9*** | | | | | | | | ***22,2*** | | | | | | | | ***22,2*** | | | | | | | | ***99,7*** | | | | | | ***99,7*** | | | |
| ***Обед*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Салат из моркови*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Морковь* | | | | | ***42*** | | | | | | ***56*** | | | | | | | ***34*** | | | | | | | ***45*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | |
| *Масло растительное* | | | | | ***3*** | | | | | | ***4*** | | | | | | | ***3*** | | | | | | | ***4*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | |
| *Сахар* | | | | | ***2*** | | | | | | ***3*** | | | | | | | ***2*** | | | | | | | ***3*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | |
| *Изюм* | | | | | ***5*** | | | | | | ***7*** | | | | | | | ***5*** | | | | | | | ***7*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | |
| *лимон* | | | | | ***2*** | | | | | | ***3*** | | | | | | | ***1*** | | | | | | | ***25*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | |
| *Выход* | | | | |  | | | | | |  | | | | | | | ***45*** | | | | | | | ***60*** | | | | | | | | ***0,57*** | | | | | | | | ***0,76*** | | | | | | | | | ***3,19*** | | | | | | | ***4,25*** | | | | | | | | ***8,79*** | | | | | | | | ***11,72*** | | | | | | | | ***65,29*** | | | | | | | | | | ***87,05*** | |
| ***Борщ на мясном бульоне со сметаной*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Свекла* | | ***28*** | | | | | ***35*** | | | | | | | | ***22,4*** | | | | | | | ***28*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Бульон* | | ***120*** | | | | | ***150*** | | | | | | | | ***120*** | | | | | | | ***150*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Картофель* | | ***28*** | | | | | ***35*** | | | | | | | | ***19,6*** | | | | | | | ***24,5*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Капуста белокачан.* | | ***40*** | | | | | ***40*** | | | | | | | | ***32*** | | | | | | | ***40*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Морковь* | | ***12*** | | | | | ***15*** | | | | | | | | ***9,6*** | | | | | | | ***12*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Лук* | | ***8*** | | | | | ***10*** | | | | | | | | ***6,4*** | | | | | | | ***8*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Соль йодированная* | | ***1*** | | | | | ***1*** | | | | | | | | ***1*** | | | | | | | ***1*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Петрушка* | | ***2*** | | | | | ***2*** | | | | | | | | ***2*** | | | | | | | ***1*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Сахар* | | ***0,4*** | | | | | ***0,4*** | | | | | | | | ***0,4*** | | | | | | | ***0,4*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Сметана* | | ***5*** | | | | | ***10*** | | | | | | | | ***5*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Выход* | |  | | | | |  | | | | | | | | ***200*** | | | | | | | ***250*** | | | | | | | | ***3,08*** | | | | | | | | ***3,85*** | | | | | | | | | ***1,74*** | | | | | | | | ***2,18*** | | | | | | | | ***5,42*** | | | | | | | | ***6,78*** | | | | | | | | ***64,98*** | | | | | | | | | ***81,23*** | | | | |
| ***Тефтели из говядины*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Мясо говядины* | | ***70*** | | | | | ***80*** | | | | | | | | ***65*** | | | | | | | ***70*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Лук* | | ***10*** | | | | | ***12*** | | | | | | | | ***9*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Яйцо* | | ***1/8*** | | | | | ***1/8*** | | | | | | | | ***1/8*** | | | | | | | ***1/8*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Хлеб пшеничный* | | ***7*** | | | | | ***8*** | | | | | | | | ***7*** | | | | | | | ***8*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Масло сливочное* | | ***2*** | | | | | ***3*** | | | | | | | | ***2*** | | | | | | | ***3*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Соль йодированная* | | ***0,7*** | | | | | ***0.8*** | | | | | | | | ***0,7*** | | | | | | | ***0,8*** | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| *Выход* | |  | | | | |  | | | | | | | | ***70*** | | | | | | | ***80*** | | | | | | | | ***10,93*** | | | | | | | | ***12,49*** | | | | | | | | | ***9,45*** | | | | | | | | ***10,8*** | | | | | | | | ***4,3*** | | | | | | | | ***4,9*** | | | | | | | | ***147,86*** | | | | | | | | | ***168,98*** | | | | |
| ***Макароны*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Макаронные изделия* | | | | | ***36*** | | | | | | | | ***41*** | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | |  | | | | | |
| *Масса отварных макарон* | | | | |  | | | | | | | |  | | | | | | | ***113*** | | | | | | | | ***130*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | |  | | | | | |
| *Масло сливочное* | | | | | ***5*** | | | | | | | | ***6*** | | | | | | | ***5*** | | | | | | | | ***6*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | |  | | | | | |
| *Соль йодированная* | | | | | ***0,5*** | | | | | | | | ***0,5*** | | | | | | | ***0,5*** | | | | | | | | ***0,5*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | |  | | | | | |
| *Выход* | | | | |  | | | | | | | |  | | | | | | | ***130*** | | | | | | | | ***150*** | | | | | | | | ***9,28*** | | | | | | | | ***10,71*** | | | | | | | | ***9.57*** | | | | | | | | ***11,04*** | | | | | | | | ***25,32*** | | | | | | | | ***29,22*** | | | | | | | | ***235,68*** | | | ***271,94*** | | | | | |
|  | | | |  | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | | |
| ***Компот из сухофруктов*** | | | |
| *Сухофрукты смесь* | | | | ***13*** | | | | | ***15*** | | | | | | | | ***13*** | | | | | | | ***15*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | | |
| *Сахар* | | | | ***9*** | | | | | ***10*** | | | | | | | | ***9*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | | |
| *Вода питьевая* | | | | ***176*** | | | | | ***196*** | | | | | | | | ***176*** | | | | | | | ***196*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | | | |  | | |
| *Выход* | | | |  | | | | |  | | | | | | | | ***180*** | | | | | | | ***200*** | | | | | | | | ***0,94*** | | | | | | | | ***1,04*** | | | | | | | | ***0*** | | | | | | | | ***0*** | | | | | | | | ***24,26*** | | | | | | | | ***26,96*** | | | | | | | | ***96,70*** | | | | | | | | | | ***107,44*** | | |
| ***Полдник*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Кефир (йогурт)*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Сахар* | ***10*** | | | | | ***10*** | | | | | | | | ***10*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | |
| *Кефир 9йогурт)* | ***200*** | | | | | ***200*** | | | | | | | | ***200*** | | | | | | | ***200*** | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | |
| *Выход* |  | | | | |  | | | | | | | | ***200*** | | | | | | | ***200*** | | | | | | | | ***5,60*** | | | | | | | | ***5,60*** | | | | | | | | ***6,40*** | | | | | | | | ***6,40*** | | | | | | | | ***8,20*** | | | | | | | | ***8,20*** | | | | | | | | ***155,50*** | | | | | | | | ***155,50*** | | | | | | |
| ***Печенье*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Печенье* | | | | ***12*** | | | | ***23*** | | | | | | | | ***12*** | | | | | | | ***23*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Выход* | | | |  | | | |  | | | | | | | | ***12*** | | | | | | | ***23*** | | | | | | | | ***2,46*** | | | | | | | | ***6,77*** | | | | | | | ***2,38*** | | | | | | | | ***3,8*** | | | | | | | | ***7,92*** | | | | | | | | ***21,78*** | | | | | | | | ***56,4*** | | | | | | | | ***155,12*** | | | | | |
| ***Ужин*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Сырники со сгущенным молоком*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Вода питьевая* | | | | ***49*** | | | | ***49*** | | | | | | | | ***49*** | | | | | | | ***49*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Творог* | | | | ***34*** | | | | ***34*** | | | | | | | | ***34*** | | | | | | | ***34*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Молоко* | | | | ***75*** | | | | ***75*** | | | | | | | | ***75*** | | | | | | | ***75*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Масло сливочное* | | | | ***2,25*** | | | | ***2,25*** | | | | | | | | ***2,25*** | | | | | | | ***2,25*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Сахар* | | | | ***7,5*** | | | | ***7,5*** | | | | | | | | ***7,5*** | | | | | | | ***7,5*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Яйцо* | | | | ***1/5*** | | | | ***1/5*** | | | | | | | | ***1/5*** | | | | | | | ***1/5*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Изюм* | | | | ***7,8*** | | | | ***7,5*** | | | | | | | | ***7,5*** | | | | | | | ***7,5*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Выход* | | | |  | | | |  | | | | | | | | ***150*** | | | | | | | ***150*** | | | | | | | | ***9,28*** | | | | | | | | ***10,71*** | | | | | | | ***9.57*** | | | | | | | | ***11,04*** | | | | | | | | ***25,32*** | | | | | | | | ***29,22*** | | | | | | | | ***235,68*** | | | | | | | | ***271,94*** | | | | | |
| ***Чай с сахаром*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Чай* | | | | ***0,3*** | | | | ***0,4*** | | | | | | | | ***0,3*** | | | | | | | ***0,4*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Вода питьевая* | | | | ***150*** | | | | ***180*** | | | | | | | | ***150*** | | | | | | | ***180*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Сахар* | | | | ***5*** | | | | ***10*** | | | | | | | | ***5*** | | | | | | | ***10*** | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Выход* | | | |  | | | |  | | | | | | | | ***170*** | | | | | | | ***200*** | | | | | | | | ***0*** | | | | | | | | ***0*** | | | | | | | ***0*** | | | | | | | | ***0*** | | | | | | | | ***11,05*** | | | | | | | | ***13*** | | | | | | | | ***41,89*** | | | | | | | | ***49,28*** | | | | | |
| ***Хлеб на весь день*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *Хлеб ржаной* | | | | ***40*** | | | | ***50*** | | | | | | | | ***40*** | | | | | | | ***50*** | | | | | | | |  | | | | | | | | ***2,35*** | | | | | | |  | | | | | | | | ***0,35*** | | | | | | | |  | | | | | | | | ***24,9*** | | | | | | | |  | | | | | | | | ***107*** | | | | | |
| *Хлеб Пшеничный* | | | | ***60*** | | | | ***80*** | | | | | | | | ***60*** | | | | | | | ***80*** | | | | | | | |  | | | | | | | | ***6,16*** | | | | | | |  | | | | | | | | ***1,92*** | | | | | | | |  | | | | | | | | ***42,72*** | | | | | | | |  | | | | | | | | ***203,2*** | | | | | |
|  | | | |  | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |
| *Состав за день* | | | |  | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | | | |  | | | | | |