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|  |  | **Утверждаю:** | | |  |  |
|  |  | "\_\_\_\_\_" | \_\_\_\_\_\_ |  |  | 2020г. |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***33,6*** | ***27,3*** | ***111,0*** | ***824*** | ***80,00*** |
| **Рассольник ленинградский со сметаной** | **250** | **4,5** | **4,0** | **13,4** | **108** | **12,55** |
| **Курица запеченная** | **100** | **16,2** | **15,1** | **0,7** | **204** | **44,69** |
| **Макаронные изделия отварные** | **150** | **4,8** | **3** | **36,7** | **193** | **7,36** |
| **Сок** | **200** | **0,6** | **0,2** | **15,8** | **67** | **10,00** |
| **Хлеб ржаной** | **30** | **1,4** | **0,3** | **13,1** | **61** | **1,80** |
| **Хлеб пшеничный** | **60** | **4,9** | **0,8** | **21,7** | **114** | **3,60** |
| ***ИТОГО:*** | | ***33,6*** | ***27,3*** | ***111,0*** | ***824*** | ***80,00*** |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***35,8*** | ***29,3*** | ***128,1*** | ***919*** | ***80,00*** |
| **Рассольник ленинградский со сметаной** | **250** | **4,5** | **4,0** | **13,4** | **108** | **11,00** |
| **Курица запеченная** | **100** | **16,2** | **15,1** | **0,7** | **204** | **44,69** |
| **Макаронные изделия отварные** | **180** | **5,8** | **3,6** | **44** | **232** | **7,71** |
| **Сок** | **200** | **0,6** | **0,2** | **15,8** | **67** | **10,00** |
| **Хлеб ржаной** | **50** | **2,4** | **0,5** | **21,9** | **101** | **3,00** |
| **Хлеб пшеничный** | **60** | **4,9** | **0,8** | **21,7** | **114** | **3,60** |
| ***ИТОГО:*** | | ***35,8*** | ***29,3*** | ***128,1*** | ***919*** | ***80,00*** |
| Мед. Работник |  |  |  |  |  |  |
| Повар-бригадир |  |  |  |  |  |  |

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|  |  | | **Утверждаю:** | | | | | |  | |  | | |
|  |  | | "\_\_\_\_\_" | | \_\_\_\_\_\_ | |  | |  | | 2020г. | | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | |
| **Наименование блюда** | | | **Химический состав** | | | | | | | | | | **цена, руб** |
| **Выход, г** | | **Белки, г** | | **Жиры, г** | | **Угл. г** | | **ЭЦ, ккал** | |
| ***Обед*** | | | | | ***23,4*** | | ***23,0*** | | ***129,0*** | | ***817*** | | ***80,00*** |
| **Суп крестьянский с крупой, с мясом** | | | **250** | | **5,4** | | **5,7** | | **17,2** | | **142** | | **15,47** |
| **Котлеты из говядины** | | | **100** | | **9,7** | | **11,8** | | **13,6** | | **199** | | **38,46** |
| **Рис припущенный с овощами** | | | **150** | | **2,5** | | **4,4** | | **32,4** | | **179** | | **18,10** |
| **Компот из сухофруктов + витамин "С"** | | | **200** | | **0,7** | | **0,0** | | **23,9** | | **98** | | **4,37** |
| **Хлеб ржаной** | | | **20** | | **0,9** | | **0,2** | | **8,7** | | **41** | | **1,20** |
| **Хлеб пшеничный** | | | **40** | | **3,3** | | **0,6** | | **14,4** | | **76** | | **2,40** |
| ***ИТОГО:*** | | | | | ***23,4*** | | ***23,0*** | | ***129,0*** | | ***817*** | | ***80,00*** |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | | | **Химический состав** | | | | | | | | | | | | | | **цена, руб** |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | **Угл. г** | | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | | | | ***28,1*** | | | ***29,1*** | | ***152,3*** | | | ***983*** | | | ***80,00*** |
| **Суп крестьянский с крупой** | | | | | **250** | | | **5,4** | | | **5,7** | | **17,2** | | | **142** | | | **6,76** |
| **Котлеты из говядины** | | | | | **100** | | | **12,1** | | | **14,7** | | **17,0** | | | **249** | | | **39,44** |
| **Рис припущенный с овощами** | | | | | **180** | | | **3,2** | | | **7,2** | | **38,9** | | | **233** | | | **24,03** |
| **Компот из сухофруктов + витамин "С"** | | | | | **200** | | | **0,7** | | | **0,0** | | **23,9** | | | **98** | | | **4,37** |
| **Хлеб ржаной** | | | | | **50** | | | **2,4** | | | **0,5** | | **21,9** | | | **101** | | | **3,00** |
| **Хлеб пшеничный** | | | | | **40** | | | **3,3** | | | **0,6** | | **14,4** | | | **76** | | | **2,40** |
| ***ИТОГО:*** | | | | | | | | ***28,1*** | | | ***29,1*** | | ***152,3*** | | | ***983*** | | | ***80,00*** |
| Мед. Работник | | | | |  | | |  | | |  | |  | | |  | | |  |
| Повар-бригадир | | | | |  | | |  | | |  | |  | | |  | | |  |
|  |  | | | **Утверждаю:** | | | | | | | | |  | | |  | | | |
|  |  | | | "\_\_\_\_\_" | | | \_\_\_\_\_\_ | | |  | | |  | | | 2020г. | | | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | **Химический состав** | | | | | | | | | | | | | **цена, руб** | | | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | **Угл. г** | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | | ***24,9*** | | | ***23,8*** | | ***114,5*** | | ***772*** | | | ***80,00*** | | | |
| **Суп с рыбными консервами** | | | **250** | | | **6,3** | | | **4,5** | | **10,3** | | **107** | | | **15,16** | | | |
| **Рагу из птицы** | | | **250** | | | **11,2** | | | **13,2** | | **37,4** | | **313** | | | **31,04** | | | |
| **Сок** | | | **200** | | | **0,6** | | | **0,2** | | **15,8** | | **67** | | | **10,00** | | | |
| **Йогурт молочный полужирный в индивид. упаковке** | | | **115** | | | **1,8** | | | **1,5** | | **4,5** | | **39** | | | **18,40** | | | |
| **Хлеб ржаной** | | | **30** | | | **1,4** | | | **0,3** | | **13,1** | | **61** | | | **1,80** | | | |
| **Хлеб пшеничный** | | | **60** | | | **4,9** | | | **0,8** | | **21,7** | | **114** | | | **3,60** | | | |
| ***ИТОГО:*** | | | | | | ***24,9*** | | | ***23,8*** | | ***114,5*** | | ***772*** | | | ***80,00*** | | | |

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| Меню для детей с 11 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | |  | | | |  | | |  | | |  | | |  | | |  | |
| **Наименование блюда** | | **Химический состав** | | | |  | | |  | | |  | | |  | | | **цена, руб** | |
|  | | **Выход, г** | | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | | **ЭЦ, ккал** | | |  | |
| ***Обед*** | |  | | | | ***32,9*** | | | ***29,2*** | | | ***132,0*** | | | ***923*** | | | ***80,00*** | |
| **Суп с рыбными консервами** | | **250** | | | | **6,3** | | | **4,5** | | | **10,3** | | | **107** | | | **15,16** | |
| **Рагу из птицы** | | **300** | | | | **16,3** | | | **17,1** | | | **37,0** | | | **367** | | | **51,84** | |
| **Сок** | | **200** | | | | **0,6** | | | **0,2** | | | **15,8** | | | **67** | | | **10,00** | |
| **Хлеб ржаной** | | **50** | | | | **2,4** | | | **0,5** | | | **21,9** | | | **101** | | | **3,00** | |
| ***ИТОГО:*** | |  | | | | ***32,9*** | | | ***29,2*** | | | ***132,0*** | | | ***923*** | | | ***80,00*** | |
| Мед. Работник | |  | | | |  | | |  | | |  | | |  | | |  | |
| Повар-бригадир | |  | | | |  | | |  | | |  | | |  | | |  | |
|  | |  | | **Утверждаю:** | | | | | | | | |  | | | |  | | |
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| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | **Химический состав** | | | | | | | | | | | | | **цена, руб** | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | | **ЭЦ, ккал** |
| ***Обед*** | | | | | | ***26,2*** | | | ***27,2*** | | | ***118,6*** | | | ***824*** | ***80,00*** | |
| **Суп с крупой с мясом, со сметаной** | | | **250** | | | **4,8** | | | **6,1** | | | **20,1** | | | **155** | **16,36** | |
| **Сосиски (колбаса) отварные с маслом** | | | **80** | | | **10,0** | | | **12,1** | | | **4,1** | | | **165** | **40,79** | |
| **Макаронные изделия отварные с овощами** | | | **150** | | | **3,5** | | | **3,9** | | | **31,7** | | | **176** | **10,88** | |
| **Компот из свежих плодов + витамин "С"** | | | **200** | | | **0,2** | | | **0,0** | | | **20,6** | | | **83** | **6,57** | |
| **Хлеб ржаной** | | | **30** | | | **1,4** | | | **0,3** | | | **13,1** | | | **61** | **1,80** | |
| **Хлеб пшеничный** | | | **60** | | | **4,9** | | | **0,8** | | | **21,7** | | | **114** | **3,60** | |
| ***ИТОГО:*** | | | | | | ***26,2*** | | | ***27,2*** | | | ***118,6*** | | | ***824*** | ***80,00*** | |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***32,2*** | ***32,5*** | ***142,9*** | ***993*** | ***80,00*** |
| **Суп с крупой со сметаной** | **250** | **4,8** | **6,1** | **20,1** | **155** | **7,39** |
| **Сосиски (колбаса) отварные с маслом** | **100** | **12,5** | **15,1** | **5,1** | **206** | **49,77** |
| **Макаронные изделия отварные с овощами** | **180** | **4,2** | **4,7** | **38** | **211** | **13,27** |
| **Компот из свежих плодов + витамин "С"** | **200** | **0,2** | **0,0** | **20,6** | **83** | **6,57** |
| **Хлеб ржаной** | **50** | **2,4** | **0,5** | **21,9** | **101** | **3,00** |
| ***ИТОГО:*** | | ***32,2*** | ***32,5*** | ***142,9*** | ***993*** | ***80,00*** |
| Мед. Работник |  |  |  |  |  |  |
| Повар-бригадир |  |  |  |  |  |  |

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|  |  | | **Утверждаю:** | | | | | | |  | |  | |
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| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | |
| **Наименование блюда** | | **Химический состав** | | | | | | | | | **цена, руб** | |
| **Выход, г** | | **Белки, г** | **Жиры, г** | | **Угл. г** | | **ЭЦ, ккал** | |
| ***Обед*** | | | | ***27,8*** | ***23,7*** | | ***124,4*** | | ***822*** | | ***80,00*** | |
| **Свекольник с мясом, со сметаной** | | **250** | | **4,1** | **5,4** | | **16,2** | | **130** | | **18,26** | |
| **Тефтели рыбные запеченные** | | **100** | | **15,1** | **10,3** | | **17,0** | | **221** | | **34,34** | |
| **Картофельное пюре** | | **150** | | **3,3** | **4,4** | | **23,5** | | **147** | | **12,00** | |
| **Сок** | | **200** | | **0,6** | **0,2** | | **15,8** | | **67** | | **10,00** | |
| **Хлеб ржаной** | | **30** | | **1,4** | **0,3** | | **13,1** | | **61** | | **1,80** | |
| **Хлеб пшеничный** | | **60** | | **4,9** | **0,8** | | **21,7** | | **114** | | **3,60** | |
| ***ИТОГО:*** | | | | ***27,8*** | ***23,7*** | | ***124,4*** | | ***822*** | | ***80,00*** | |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***32,1*** | ***28,5*** | ***139,7*** | ***943*** | ***80,00*** |
| **Свекольник с мясом, со сметаной** | **250** | **4,1** | **5,4** | **16,2** | **130** | **18,26** |
| **Тефтели рыбные запеченные** | **100** | **15,1** | **10,3** | **17,0** | **221** | **34,34** |
| **Картофельное пюре** | **180** | **3,9** | **5,9** | **26,7** | **176** | **13,80** |
| **Сок** | **200** | **0,6** | **0,2** | **15,8** | **67** | **10,00** |
| **Хлеб пшеничный** | **60** | **4,9** | **0,8** | **21,7** | **114** | **3,60** |
| ***ИТОГО:*** | | ***32,1*** | ***28,5*** | ***139,7*** | ***943*** | ***80,00*** |
| Мед. Работник |  |  |  |  |  |  |
| Повар-бригадир |  |  |  |  |  |  |

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| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***27,7*** | ***29,9*** | ***119,1*** | ***856*** | ***80,00*** |
| **Суп гороховый с гренками с мясои** | **250** | **4,6** | **8,3** | **31,7** | **220** | **17,75** |
| **Жаркое по-домашнему** | **250** | **15,7** | **16,3** | **32,3** | **339** | **53,79** |
| **Отвар шиповника** | **200** | **0,7** | **0,3** | **21,1** | **90** | **5,46** |
| **Хлеб пшеничный** | **50** | **4,1** | **0,7** | **18,1** | **95** | **3,00** |
| ***ИТОГО:*** | | ***27,7*** | ***29,9*** | ***119,1*** | ***856*** | ***80,00*** |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***29,3*** | ***31,1*** | ***128,9*** | ***913*** | ***80,00*** |
| **Суп гороховый с гренками с мясои** | **250** | **4,6** | **8,3** | **31,7** | **220** | **17,75** |
| **Жаркое по-домашнему** | **250** | **15,7** | **16,3** | **32,3** | **339** | **53,79** |
| **Отвар шиповника** | **200** | **0,7** | **0,3** | **21,1** | **90** | **5,46** |
| **Хлеб пшеничный** | **60** | **4,9** | **0,8** | **21,7** | **114** | **3,60** |
| ***ИТОГО:*** | | ***29,3*** | ***31,1*** | ***128,9*** | ***913*** | ***80,00*** |
| Мед. Работник |  |  |  |  |  |  |
| Повар-бригадир |  |  |  |  |  |  |

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|  |  | | **Утверждаю:** | | | | | | |  | |  | |
|  |  | | "\_\_\_\_\_" | | \_\_\_\_\_\_ | |  | | |  | | 2020г. | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | |
| **Наименование блюда** | | **Химический состав** | | | | | | | | | **цена, руб** | |
| **Выход, г** | | **Белки, г** | | **Жиры, г** | | **Угл. г** | **ЭЦ, ккал** | |
| ***Обед*** | | | | ***28,6*** | | ***26,3*** | | ***118,8*** | ***827*** | | ***80,00*** | |
| **Суп из овощей с мясом, со сметаной** | | **250** | | **4,1** | | **5,4** | | **11** | **109** | | **18,75** | |
| **Котлеты из говядины и курицы "Школьные"** | | **100** | | **14,0** | | **9,4** | | **5,9** | **164** | | **39,20** | |
| **Гарнир гречневый рассыпчатый** | | **150** | | **3,1** | | **6,6** | | **25** | **172** | | **12,57** | |
| **Компот из кураги + витамин "С"** | | **200** | | **0,9** | | **0,0** | | **26,3** | **109** | | **4,68** | |
| **Хлеб ржаной** | | **40** | | **1,9** | | **0,4** | | **17,5** | **81** | | **2,40** | |
| **Хлеб пшеничный** | | **40** | | **3,3** | | **0,6** | | **14,4** | **76** | | **2,40** | |
| ***ИТОГО:*** | | | | ***28,6*** | | ***26,3*** | | ***118,8*** | ***827*** | | ***80,00*** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | | **Химический состав** | | | | | | | | | | | | | **цена, руб** | | |
| **Выход, г** | | | **Белки, г** | | **Жиры, г** | | **Угл. г** | | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | | | ***34,1*** | | ***29,8*** | | ***149,4*** | | | ***1003*** | | | ***80,00*** | | |
| **Суп из овощей со сметаной** | | | | **250** | | | **4,1** | | **5,4** | | **11** | | | **109** | | | **10,21** | | |
| **Котлеты из говядины и курицы "Школьные"** | | | | **120** | | | **17,1** | | **10,3** | | **7,2** | | | **190** | | | **46,13** | | |
| **Гарнир гречневый рассыпчатый** | | | | **180** | | | **3,7** | | **7,9** | | **45** | | | **266** | | | **15,38** | | |
| **Компот из кураги + витамин "С"** | | | | **200** | | | **0,9** | | **0,0** | | **26,3** | | | **109** | | | **4,68** | | |
| **Хлеб пшеничный** | | | | **60** | | | **4,9** | | **0,8** | | **21,7** | | | **114** | | | **3,60** | | |
| ***ИТОГО:*** | | | | | | | ***34,1*** | | ***29,8*** | | ***149,4*** | | | ***1003*** | | | ***80,00*** | | |
| Мед. Работник | | | |  | | |  | |  | |  | | |  | | |  | | |
| Повар-бригадир | | | |  | | |  | |  | |  | | |  | | |  | | |
|  |  | | | **Утверждаю:** | | | | | | | | | | |  | | |  | |
|  |  | | | "\_\_\_\_\_" | | | \_\_\_\_\_\_ | | | |  | | | |  | | | 2020г. | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | **Химический состав** | | | | | | | | | | | | | | | **цена, руб** | | | |
| **Выход, г** | | | **Белки, г** | | | | **Жиры, г** | | | **Угл. г** | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | ***28,5*** | | | | ***25,7*** | | | ***129,4*** | | ***863*** | | | ***80,00*** | | | |
| **Борщ с капустой и картофелем, с мясом, со сметаной** | | **250** | | | **4,3** | | | | **5,7** | | | **16,7** | | **135** | | | **17,89** | | | |
| **Плов из птицы** | | **200** | | | **16,2** | | | | **14,2** | | | **38,2** | | **345** | | | **29,03** | | | |
| **Сок** | | **200** | | | **0,6** | | | | **0,2** | | | **15,8** | | **67** | | | **10,00** | | | |
| **Фрукт** | | **134** | | | **0,3** | | | | **0,3** | | | **17,4** | | **73** | | | **20,08** | | | |
| **Хлеб пшеничный** | | **50** | | | **4,1** | | | | **0,7** | | | **18,1** | | **95** | | | **3,00** | | | |
| ***ИТОГО:*** | | | | | ***28,5*** | | | | ***25,7*** | | | ***129,4*** | | ***863*** | | | ***80,00*** | | | |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | **Химический состав** | | | | | | | | | | | | | | **цена, руб** | | | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | | ***32,1*** | | | ***29,0*** | | | ***138,9*** | | ***945*** | | | ***80,00*** | | | |
| **Борщ с капустой и картофелем, с мясом, со сметаной** | | | **250** | | | **4,3** | | | **5,7** | | | **16,7** | | **135** | | | **17,89** | | | |
| **Плов из птицы** | | | **250** | | | **18,2** | | | **16,2** | | | **38,2** | | **371** | | | **48,51** | | | |
| **Сок** | | | **200** | | | **0,6** | | | **0,2** | | | **15,8** | | **67** | | | **10,00** | | | |
| **Хлеб пшеничный** | | | **60** | | | **4,9** | | | **0,8** | | | **21,7** | | **114** | | | **3,60** | | | |
| ***ИТОГО:*** | | | | | | ***32,1*** | | | ***29,0*** | | | ***138,9*** | | ***945*** | | | ***80,00*** | | | |
| Мед. Работник | | |  | | |  | | |  | | |  | |  | | |  | | | |
| Повар-бригадир | | |  | | |  | | |  | | |  | |  | | |  | | | |
|  |  | | | **Утверждаю:** | | | | | | | | | |  | | | |  | | |
|  |  | | | "\_\_\_\_\_" | | | \_\_\_\_\_\_ | | |  | | | |  | | | | 2020г. | | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | **Химический состав** | | | | | | | | | | | | | | **цена, руб** | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | | **ЭЦ, ккал** | |
| ***Обед*** | | | | | | ***27,5*** | | | ***15,6*** | | | ***135,8*** | | | ***794*** | | ***80,00*** | |
| **Суп картофельный с клецками** | | | **250** | | | **5,5** | | | **3,9** | | | **14** | | | **113** | | **20,02** | |
| **Биточки рубленные из птицы паровые** | | | **120** | | | **8,2** | | | **8,5** | | | **18,6** | | | **184** | | **40,29** | |
| **Кпртофельное пюре** | | | **150** | | | **3,3** | | | **4,4** | | | **23,5** | | | **147** | | **10,82** | |
| **Компот из сухофруктов + витамин "С"** | | | **200** | | | **0,7** | | | **0,0** | | | **23,9** | | | **98** | | **4,37** | |
| **Хлеб ржаной** | | | **15** | | | **1,9** | | | **0,4** | | | **17,5** | | | **81** | | **0,90** | |
| **Хлеб пшеничный** | | | **60** | | | **5,7** | | | **1,0** | | | **25,3** | | | **133** | | **3,60** | |
| ***ИТОГО:*** | | | | | | ***27,5*** | | | ***15,6*** | | | ***135,8*** | | | ***794*** | | ***80,00*** | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | | | **Химический состав** | | | | | | | | | | | | | | | **цена, руб** | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | | **ЭЦ, ккал** | | |
| ***Обед*** | | | | | | | ***32,5*** | | | ***18,8*** | | | ***154,9*** | | | ***919*** | | | ***80,00*** | |
| **Суп картофельный с клецками** | | | | **250** | | | **5,5** | | | **3,9** | | | **14** | | | **113** | | | **17,94** | |
| **Биточки рубленные из птицы паровые** | | | | **120** | | | **8,2** | | | **8,5** | | | **18,6** | | | **184** | | | **40,29** | |
| **Кпртофельное пюре** | | | | **180** | | | **3,9** | | | **5,9** | | | **26,7** | | | **176** | | | **13,80** | |
| **Компот из сухофруктов + витамин "С"** | | | | **200** | | | **0,7** | | | **0,0** | | | **23,9** | | | **98** | | | **4,37** | |
| **Хлеб ржаной** | | | | **60** | | | **2,8** | | | **0,6** | | | **26,2** | | | **122** | | | **3,60** | |
| ***ИТОГО:*** | | | | | | | ***32,5*** | | | ***18,8*** | | | ***154,9*** | | | ***919*** | | | ***80,00*** | |
| Мед. Работник | | | |  | | |  | | |  | | |  | | |  | | |  | |
| Повар-бригадир | | | |  | | |  | | |  | | |  | | |  | | |  | |
|  |  | | | **Утверждаю:** | | | | | | | | |  | | | |  | | | |
|  |  | | | "\_\_\_\_\_" | | | \_\_\_\_\_\_ | | |  | | |  | | | | 2020г. | | | |
| Меню для детей с 7 до 11 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | | | | | | | | | | | | | |
| **Наименование блюда** | | **Химический состав** | | | | | | | | | | | | | | **цена, руб** | | |
| **Выход, г** | | | **Белки, г** | | | **Жиры, г** | | | **Угл. г** | | | **ЭЦ, ккал** | |
| ***Обед*** | | | | | ***27,3*** | | | ***28,4*** | | | ***107,4*** | | | ***795*** | | ***80,00*** | | |
| **Суп с макаронными изделиями с курицей** | | **250** | | | **7,7** | | | **5,4** | | | **18,5** | | | **153** | | **22,73** | | |
| **Биточки из говядины** | | **80** | | | **9,7** | | | **11,8** | | | **13,6** | | | **199** | | **35,36** | | |
| **Макаронные изделия отварные** | | **180** | | | **5,8** | | | **3,6** | | | **44** | | | **232** | | **7,71** | | |
| **Сок** | | **200** | | | **0,6** | | | **0,2** | | | **15,8** | | | **67** | | **10,00** | | |
| **Хлеб ржаной** | | **30** | | | **1,4** | | | **0,3** | | | **13,1** | | | **61** | | **1,80** | | |
| **Хлеб пшеничный** | | **40** | | | **3,3** | | | **0,6** | | | **14,4** | | | **76** | | **2,40** | | |
| ***ИТОГО:*** | | | | | ***27,3*** | | | ***28,4*** | | | ***107,4*** | | | ***795*** | | ***80,00*** | | |

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| Меню для детей с 12 до 18 лет на \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2020 г. | | | | | | |
| **Наименование блюда** | **Химический состав** | | | | | **цена, руб** |
| **Выход, г** | **Белки, г** | **Жиры, г** | **Угл. г** | **ЭЦ, ккал** |
| ***Обед*** | | ***31,6*** | ***33,7*** | ***122,5*** | ***920*** | ***80,00*** |
| **Суп с макаронными изделиями с курицей** | **250** | **7,7** | **5,4** | **18,5** | **153** | **19,85** |
| **Биточки из говядины** | **100** | **12,1** | **14,7** | **17,0** | **249** | **39,44** |
| **Макаронные изделия отварные** | **180** | **5,8** | **3,6** | **44** | **232** | **7,71** |
| **Сок** | **200** | **0,6** | **0,2** | **15,8** | **67** | **10,00** |
| **Хлеб ржаной** | **50** | **2,4** | **0,5** | **21,9** | **101** | **3,00** |
| ***ИТОГО:*** | | ***31,6*** | ***33,7*** | ***122,5*** | ***920*** | ***80,00*** |
| Мед. Работник |  |  |  |  |  |  |
| Повар-бригадир |  |  |  |  |  |  |