Утверждаю:

 Заведующий МКДОУ

 «Детский сад «Теремок»

 \_\_\_\_\_\_\_ Х.А.Кураева

 «\_\_\_»\_\_\_\_\_\_\_\_\_\_\_20\_\_ г

 **Примерное цикличное меню на 10 дней**

**по МКДОУ «Детский сад «Теремок»**

**осенне - зимний период**

**Возрастная категория от 3 до 7 лет**

**День - понедельник**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Неделя - первая**

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| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | **витамины** | **Минер, в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Вх** | **В2** | **С** | **Са** | **Fe** |
| **Азбука****питания** | **Завтрак** |
| Каша манная молочная | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - |
| Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Обед** |
| Суп гороховый на к/б | 200г. | 1,87 | 3,11 | 10,87 | 79,03 | 0,05 | 0,045 | 5,04 | 25,23 | 1,39 |
| Макароны отварные | 130г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 |
| Гуляш из говядины | 60/40 г. | 18,56 | 20,82 | 5,77 | 283,8 | 0,2 | 0,23 | 3,87 | - | - |
| Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
|  Компот из кураги | 200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 |
| **Уплотнённый полдник** |
| Каша рисовая молочная | 200 г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 |
| Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| Печенье | 30 г. | 2,25 | 3,54 | 22,32 | 125,1 | - | - | - | - | - |
| **Итого** |  |  | **53,31** | **59,56** | **242,2** | **1706** |  |  |  |  |  |

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| **День - вторник****Неделя - первая**

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| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | **витамины** | **Минер.** **в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука****питания** | **Завтрак** |
| Каша пшеичная молочная | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | - | - | - | - | - |
| Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - |
| Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Обед** |
| Суп картофельный с фасолью | 200г. | 3,00 | 2,63 | 13,47 | 89,55 | 0,065 | 0,04 | 8,79 | 10,5 | 0,41 |
| Жаркое по -домашнему | 220г. | 22,54 | 17,33 | 22,13 | 334,0 | 0,33 | 0,32 | 16,3 | 29,5 | 4,36 |
| Салат капустный с морковью | 50 г. | 0,66 | 4,03 | 4,25 | 53,9 | 0,08 | 0,041 | 6,49 | 22,5 | 0,5 |
| Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
|  Компот из кураги |  200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 |
| **Уплотнённый полдник** |
| Макароны отварные с творогом и маслом | 200г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 |
| Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|   |
| **Итого** |  |  | **70,5** | **75,0** | **268,1** | **1914** |  |   |   |   |   |

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| **День - среда****Неделя - первая**

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| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | **витамины** | **Минер. в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **В2** | **С** | **Са** | **Fe** |
| **Азбука****питания** | **Завтрак** |
| Каша рисовая молочная | 200г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 |
| Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | - | - | - | - | - |
| Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Обед** |
| Салат капустный с морковкой | 50 г. | 0,66 | 4,03 | 4,25 | 53,97 | - | - | - | - | - |
| Суп перловый | 200г. | 2,09 | 4,21 | 16,32 | 108,51 | 0,085 | 0,05 | 10,09 | 9,05 | 0,41 |
| Макароны отварные | 130г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 |
| Жаренная рыба | 70 г. | 10,36 | 1,93 | 6,79 | 85,93 | 0,07 | 1,01 | - | 40,93 | 0,49 |
| Хлеб | 70 г. | 5,81 | 0,91 | 33,67 | 158,09 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Яблочный компот | 180 г. | 0,72 | - | 21,0 | 90,0 | - | - | - | - | - |
| **Уплотнённый полдник** |
| Оладьи с маслом | 75/5 г. | 4,67 | 4,31 | 40,69 | 220,31 | - | - | - | - | - |
| Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|   |
| Итого |   |   | 78,6 | 53,1 | 279,1 | 1899 |   |   |   |   |   |

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|  **День - четверг****Неделя - первая**

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| --- | --- | --- | --- | --- | --- | --- |
| **№** | **Приём пищи** | **Масса** | **Пищевые вещества** |  | **витамины** | **Минер. в-ва** |
| **рецептур** | **Наименование блюд** | **порции** | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука** | **Завтрак** |
| **питания** | Каша манная молочная с маслом | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - |
|   | Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - |
|   | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|   | **Обед** |
|   | Борщ на к/б  | 200г. | 2,58 | 7,82 | 9,12 | 114,35 | 0,182 | 0,1 | 29,14 | 52,05 | 1,27 |
|   | Плов узбекский с курицей | 200г. | 3,11 | 8,5 | 32,43 | 216,5 | 0,112 | 0,15 | 5,04 | 6,3 | 0,052 |
|   |  Помидор маринованный  | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 |
|   | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
|   |  Компот из кураги |  200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 |
|   | **Уплотнённый полдник** |
|   | Чуду с творогом и маслом | 200 г. | 6,18 | 8,37 | 32,34 | 232,48 | - | - | - | - | - |
|   | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
|   | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|   |  |  |  |  |  |  |  |  |  |  |  |
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| **Итого** |  |  | **44,2** | **60,13** | **279,4** | **1806** |  |  |  |   |   |

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|  **День-пятница****Неделя - первая**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | **витамины** | **Минер, в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Вх** | **в2** | **С** | **Са** | **Fe** |
| **Азбука****питания** |  **Завтрак** |
| Каша пшенная молочная с маслом | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | 0,07 | 0,28 | 1,5 | 186 | 0,29 |
| Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - |
| Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|  **Обед** |
| Суп вермишеловый на к/б | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - |
| Голубцы с мясом | 200г. | 14,3 | 38,13 | 12,66 | 450,63 | 0,29 | 0,22 | 30,85 | 51,7 | 2,93 |
| Каша гречневая с масл. | 200 г. | 8,01 | 8,69 | 30,72 | 232,8 | 0,22 | 0,35 | 1/5 | 18,68 | 0,55 |
|  Огурец маринов. | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 |
| Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Яблочный компот | 180 г. | 0,72 | - | 21,0 | 90,0 | - | - | - | - | - |
|  **Уплотнённый полдник** |
| Суп молочный рисовый | 200 г. | 5,58 | 6,12 | 19,73 | 156,08 | 0,07 | 0,24 | 0,14 | 168,75 | 0,29 |
| Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| Мармелад  | 35 | 3,54 | 0 | 0 | 35,18 | 152,5 | 0 | 0 | 0 | 0 |
|   |
| **Итого** |  |  | **55,0** | **87,9** | **233,1** | **1917** |  |  |  |  |  |

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|  **День - суббота****Неделя - первая**

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| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | **витамины** | **Минер.****в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука****Питания** | **Завтрак** |
| Каша манная молочная с маслом | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | 0,09 | 0,03 | 13 | 176,2 | - |
| Хлеб  | 50г. | 3,36 | 0,52 | 25,77 | 115,5 | - | - | - | - | - |
| Какао на молоке | 180г. | 4,4 | 4,8 | 22,1 | 157,0 | 0,07 | 0,26 | 1/4 | 168 | 0,14 |
| **Обед** |
| Суп молочный, вермишелевый | 200г. | 5,58 | 6,12 | 19,73 | 156,08 | - | - | - | - |  |
| Картофельное пюре | 130г. | 2,77 | 5,25 | 20,19 | 139,06 | 0,1 | 0,06 | 11,25 | 40,95 | 1,38 |
| Хлеб | 70 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Компот из с/ф | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - |
| **Уплотнённый полдник** |
| Яйцо отварное | 50 г. | 6,35 | 5,75 | 0,35 | 78,5 | 0,035 | 0,08 | - | 16,5 | 0,75 |
| Хлеб с маслом | 50 г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 16,8 | 0,84 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| Йогурт фруктовый | 100 г. | 2,7 | 12,0 | 179,0 | 94,0 | - | - | - | - | - |
| Итого |   |   | 55,5 | 61,5 | 260,5 | 1824 |   |   |   |   |   |

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 **День - понедельник****Неделя - вторая**

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| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | **витамины** | **Минер, в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука** | **Завтрак** |
| **питания** | Каша рисовая молочная с маслом | 200г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 |
|   | Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
|   | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
|  | Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - |
|   | **Обед** |
|   | Суп с картошкой с овощами | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - |
|   | Котлеты из говядины | 70 г. | 10,68 | 11,72 | 5,74 | 176,75 | - | - | - | - | - |
|   | Макароны отварные | 130г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 |
|   | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
|   | Компот из с/ф | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - |
|   | **Уплотнённый полдник** |
|   | Сырники из творога | 150 г. | 10,24 | 12,50 | 5,0 | 173,46 | 0,112 | 1,2 | 4,56 | 100,8 | 1,33 |
|  | Хлеб с маслом | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
|   | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Итого** |  |  | **56,2** | **69,35** | **252,8** | **1828** |  |  |  |  |  |

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|  **День - вторник****Неделя - вторая**

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| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | **витамины** | **Минер.** **в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука****Питания** | **Завтрак** |
| Каша пшенная молочная с маслом | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | 0,07 | 0,28 | 1,5 | 186 | 0,29 |
| Хлеб  | 50г. | 3,36 | 0,52 | 25,77 | 115,5 | - | - | - | - | - |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Обед** |
| Суп карт, с мясными фрикадельками | 130/25Г. | 7,0 | 6,06 | 8,94 | 116,43 | - | - | - | - | - |
| Каша гречневая молочная с маслом | 200 г. | 8,01 | 8,69 | 30,72 | 232,8 | 0,22 | 0,35 | 1/5 | 18,68 | 0,55 |
| Хлеб | 70 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Компот яблочный | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - |
| Салат капустный с морковкой | 50 г. | 0,66 | 4,03 | 4,25 | 53,97 | - | - | - | - | - |
| **Уплотнённый полдник** |
| Яйцо отварное | 50 г. | 6,35 | 5,75 | 0,35 | 78,5 | 0,035 | 0,08 | - | 16,5 | 0,75 |
| Хлеб с маслом | 50 г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 16,8 | 0,84 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| Вафля | 200 | 5,6 | 6,4 | 9,4 | 116,0 | - | - | - | - | - |
| **Итого** |  |  | **55,5** | **61,5** | **260,5** | **1824** |  |  |  |  |   |

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| **День - среда****Неделя - вторая**

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| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | **витамины** | **Минер, в-ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** |
| **Азбука****питания** | **Завтрак** |
| Каша рисовая молочная | 200 г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 |
| Хлеб с маслом | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Обед** |
| Суп гороховый | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - |
| Перловая рассыпчатая | 140 г. | 3,04 | 4,5 | 27,44 | 163,0 | - | - | - | - | - |
| Жаренная рыба | 70 г. | 10,36 | 1,93 | 6,79 | 85,93 | 0,07 | 1,01 | - | 40,93 | 0,49 |
|  Огурец маринованный  | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 |
| Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Компот из с/ф | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - |
| **Уплотнённый полдник** |
| Оладьи с маслом | 75/5 г. | 4,67 | 4,31 | 40,69 | 220,31 | - | - | - | - | - |
| Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Итого** |  |  | **48,0** | **50,9** | **286,5** | **1772** |  |  |  |  |  |

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| **День - четверг****Неделя - вторая**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **№****рецептур** | **Приём пищи Наименование блюд** | **Масса****порции** | **Пищевые вещества** | **витамины** | **Минер, в- ва** |
| **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **В2** | **С** | **Са** | **Fe** |
| **Азбука****питания** | **Завтрак** |
| Каша манная молочная с маслом | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - |
| Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - |
| Хлеб  | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий  | 150г. | 1,82 | 1,92 | 12,84 | 72,74 | 0,03 | 0,13 | 0,7 | 8,4 | 0,07 |
| **Обед** |
|  |  |  |  |  |  |  |  |  |  |  |
| Суп вермишеловый на к/б | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - |
| Плов из курицы | 0,250 | 20,30 | 17,00 | 1,98 | 377 | 0,62 | 0,06 | 1,01 | 45,1 | 2,19 |
|  Помидор маринованный  | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 |
| Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 |
| Компот из сухофруктов | 200 г. | 0,56 | - | 27,89 | 113,84 | - | - | - | - | - |
| **Уплотнённый полдник** |
| Чуду с творогом и маслом | 200 г. | 6,18 | 8,37 | 32,34 | 232,48 | - | - | - | - | - |
| Хлеб | 40г. | 30,42 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 |
| Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - |
| **Итого** |  | **59,2** | **52,8** | **2828** | **1806** |  |  |  |  |  |
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