|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Прием пищи | Блюдо | **Выход, г** | | **Расход на 1 порц, г** | | **Расход на день, кг** | | |
|
| 2 неделя 1 день |  | **ясли** | **сад** | **ясли** | **сад** | **ясли** | **сад** | **Всего** |
| завтрак | Масло слив | **8** | **10** | **8** | **10** | **0,000** | **0,000** | **0,000** |
| Печенье | **25** | **25** | **25** | **25** | **0,000** | **0,000** | **0,000** |
| Каша гречневая молочная | **150** | **180** |  |  |  |  |  |
| Масло слив |  |  | **5** | **5** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **80** | **90** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,5** | **1** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **4** | **4,5** | **0,000** | **0,000** | **0,000** |
| Крупа гречн |  |  | **25** | **27** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **56** | **76** | **0,000** | **0,000** | **0,000** |
| Чай с молоком и сахаром | **150** | **180** |  |  |  |  |  |
|  | Молоко |  |  | **76** | **92** | **0,000** | **0,000** | **0,000** |
|  | Сахар |  |  | **7** | **10** | **0,000** | **0,000** | **0,000** |
|  | Чай |  |  | **0,5** | **0,6** | **0,000** | **0,000** | **0,000** |
|  | Вода |  |  | **40** | **60** | **0,000** | **0,000** | **0,000** |
| 2й завтрак | Сок | **150** | **180** | **150** | **180** | **0,000** | **0,000** | **0,000** |
| обед | Суп вермишелевый с курой | **150** | **200** |  |  |  |  |  |
| Вермишель |  |  | **12** | **16** | **0,000** | **0,000** | **0,000** |
| Лук |  |  | **8** | **10** | **0,000** | **0,000** | **0,000** |
| Морковь |  |  | **8** | **10** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **4** | **4** | **0,000** | **0,000** | **0,000** |
| Бульон/вода |  |  | **145** | **190** | **0,000** | **0,000** | **0,000** |
| Курица |  |  | **18,0** | **20** | **0,000** | **0,000** | **0,000** |
| Плов со свининой | **170** | **170** |  |  |  |  |  |
| Свинина |  |  | **45** | **45** | **0,000** | **0,000** | **0,000** |
| Рис |  |  | **44** | **44** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **3** | **3** | **0,000** | **0,000** | **0,000** |
| Лук |  |  | **14** | **14** | **0,000** | **0,000** | **0,000** |
| Морковь |  |  | **24** | **24** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **2** | **2** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **96** | **96** | **0,000** | **0,000** | **0,000** |
| Икра свекольная | **20** | **30** |  |  |  |  |  |
| Свекла |  |  | **24** | **36** | **0,000** | **0,000** | **0,000** |
| Лук |  |  | **4** | **6** | **0,000** | **0,000** | **0,000** |
| Томатная паста |  |  | **0,8** | **1,2** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **1,2** | **1,8** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **0,4** | **0,6** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,8** | **1,2** | **0,000** | **0,000** | **0,000** |
| Компот из ягод с/м | **150** | **180** |  |  |  |  |  |
| Сахар |  |  | **9** | **12** | **0** | **0** | **0** |
| Ягоды с/м |  |  | **16** | **20** | **0** | **0** | **0** |
| Вода |  |  | **144** | **173** | **0** | **0** | **0** |
| Хлеб ржаной | **35** | **45** | **35** | **45** | **0** | **0** | **0** |
| ужин | Омлет натуральный | **130** | **150** |  |  |  |  |  |
| Яйцо |  |  | **65** | **80** | **0,000** | **0,000** | **0,000** |
| Масло слив |  |  | **3** | **3** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **70** | **75** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,5** | **1,0** | **0,000** | **0,000** | **0,000** |
| Горошек зеленый |  |  | **15,0** | **15,0** | **0,000** | **0,000** | **0,000** |
| Сыр порционный | **10** | **10** |  |  | **0,000** | **0,000** | **0,000** |
| Чай с низким содержанием сахара | **150** | **180** |  |  |  |  |  |
| Сахар |  |  | **6** | **8** | **0,000** | **0,000** | **0,000** |
| Чай |  |  | **0,5** | **0,6** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **160** | **190** | **0,000** | **0,000** | **0,000** |
| Хлеб пшеничный | **25** | **30** |  |  | **0,000** | **0,000** | **0,000** |