|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Прием пищи | Блюдо | **Выход, г** | | **Расход на 1 порц, г** | | **Расход на день, кг** | | |
|
| 1 неделя 5 день |  | **ясли** | **сад** | **ясли** | **сад** | **ясли** | **сад** | **Всего** |
| завтрак | Масло слив | **8** | **10** | **8** | **10** | **0,000** | **0,000** | **0,000** |
| Хлеб пшеничный | **25** | **30** | **25** | **30** | **0,000** | **0,000** | **0,000** |
| Каша Дружба | **150** | **180** |  |  |  |  |  |
| Масло слив |  |  | **5** | **5** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **113** | **135** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,5** | **1** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **3,5** | **4,5** | **0,000** | **0,000** | **0,000** |
| Пшено |  |  | **10** | **12** | **0,000** | **0,000** | **0,000** |
| Рис |  |  | **10** | **12** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **58** | **70** | **0,000** | **0,000** | **0,000** |
| кофейный напиток с молоком | **150** | **180** |  |  |  |  |  |
|  | Молоко |  |  | **41** | **50** | **0,000** | **0,000** | **0,000** |
|  | Сахар |  |  | **10** | **12** | **0,000** | **0,000** | **0,000** |
|  | Кофейный напиток |  |  | **3** | **5** | **0,000** | **0,000** | **0,000** |
|  | Вода |  |  | **130** | **150** | **0** | **0** | **0,000** |
| 2й завтрак | Сок | **150** | **180** | **150** | **180** | **0,000** | **0,000** | **0,000** |
| обед | Суп картофельный со свининой | **150** | **200** |  |  |  |  |  |
| Свинина |  |  | **10** | **10** | **0,000** | **0,000** | **0,000** |
| Картофель |  |  | **42** | **55** | **0,000** | **0,000** | **0,000** |
| Морковь |  |  | **5,5** | **6,5** | **0,000** | **0,000** | **0,000** |
| Лук репчатый |  |  | **5,5** | **6,5** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **2** | **2** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **1** | **1** | **0,000** | **0,000** | **0,000** |
| Бульон/вода |  |  | **120** | **160** | **0,000** | **0,000** | **0,000** |
| Котлета куриная | **70** | **70** |  |  |  |  |  |
| Кура |  |  | **51** | **51** | **0,000** | **0,000** | **0,000** |
| Хлеб пшеничный |  |  | **14** | **14** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **17,5** | **17,5** | **0,000** | **0,000** | **0,000** |
| Сухари панировочные |  |  | **7,0** | **7,0** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **1,0** | **1,0** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **3,5** | **3,5** | **0,000** | **0,000** | **0,000** |
| Картофельное пюре | **110** | **130** |  |  |  |  |  |
| Картофель |  |  | **146** | **173** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **25** | **30** | **0,000** | **0,000** | **0,000** |
| Масло сливочное |  |  | **5** | **5** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,5** | **1** | **0,000** | **0,000** | **0,000** |
| Напиток из смеси сухофруктов | **150** | **180** |  |  |  |  |  |
| Сахар |  |  | **5** | **6** | **0,000** | **0,000** | **0,000** |
| Сухофрукты |  |  | **20** | **24** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **147** | **176** | **0,000** | **0,000** | **0,000** |
| Хлеб ржаной | **35** | **45** | **35** | **45** | **0,000** | **0,000** | **0,000** |
| ужин | Каша рисовая молочная с маслом слив | **150** | **180** |  |  |  |  |  |
| Масло слив |  |  | **3** | **3** | **0,000** | **0,000** | **0,000** |
| Молоко |  |  | **80** | **90** | **0,000** | **0,000** | **0,000** |
| Соль |  |  | **0,3** | **0,5** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **4,0** | **4,5** | **0,000** | **0,000** | **0,000** |
| Рис |  |  | **25** | **27** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **56** | **67** | **0** | **0** | **0** |
| Манник 50 | **50** | **50** |  |  |  |  |  |
| Мука |  |  | **7** | **7** | **0,000** | **0,000** | **0,000** |
| Масло растительное |  |  | **1** | **1** | **0,000** | **0,000** | **0,000** |
| Яйцо |  |  | **4** | **4** | **0,000** | **0,000** | **0,000** |
| Сухари панировочные |  |  | **1** | **1** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **7** | **7** | **0,000** | **0,000** | **0,000** |
| Крупа манная |  |  | **20** | **20** | **0,000** | **0,000** | **0,000** |
| Кисломолочный напиток |  |  | **20** | **20** | **0,000** | **0,000** | **0,000** |
| Сода |  |  | **0,0001** | **0,0001** | **0,000** | **0,000** | **0,000** |
| Ванилин |  |  | **0,0001** | **0,0001** | **0,000** | **0,000** | **0,000** |
| Чай с низким содержанием сахара | **150** | **180** |  |  |  |  |  |
| Чай |  |  | **0,5** | **0,6** | **0,000** | **0,000** | **0,000** |
| Сахар |  |  | **6** | **8** | **0,000** | **0,000** | **0,000** |
| Вода |  |  | **160** | **190** | **0,000** | **0,000** | **0,000** |