**Утверждаю**

**директор школы Г.М.Лугуев**

**Возрастная категория 7-11 лет**

**МКОУ « Хурхинская СОШ»**

**Для обучающихся 1-4 кл**

**в 1-смену**

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| **№ ре­цептуры** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
|  |  | **Б** | **Ж** | **У** |  | **Bi** | **А** | **С** | **Са** | **Р** | \_Mg . | **Fe** |
| 1 ДЕНЬ | | | | | | | | | | | | | |
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| **61** | **Салат морковь с курагой** | **100** | **4,83** | **0,27** | **54,38** | **225,87** | **0,09** | **3,25** | **3,72** | **149,02** | **135,89** | **97,70** | **2,99** |
| **208 2005** | **Суп**  **картофельный с макаронными изделиями** | **250** | **2,69** | **2,84** | **17,14** | **104,75** | **0,11** |  | **8,25** | **24,6** | **66,65** | **27** | **1,09** |
| **637 2005** | **Птица отварная** | **504** | **10,55** | **6,8** |  | **103,13** | **0,02** | **10** |  | **19.5** | **71,5** | **10** | **0,9** |
| **679 2005** | **Каша гречневая рассыпчатая** | **150** | **7,46** | **5,61** | **20,78** | **230,45** | **0,28** | **0,045** | **12** | **150,6** | **218,4** | **52,7** | **2,6** |
| **944 2005** | **Чай с лимоном витаминизация** | **200/15/7** | **0,2** | **0** | **17,2** | **91** |  |  | **2,86** | **15,74** | **7,3** | **5,96** | **0,64** |
| **1350**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,47** | **26,08** | **4,97** | **0,38** |
|  | **Яблоко** | **100** | **0,4** | **0,4** | **9,8** | **44** | **0,06** | **0,2** |  | **38** | **17** | **11** | **0,4** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Пряник пром. производства** | **50** | **2,2** | **1,45** | **38,55** | **166,5** |  |  |  |  |  |  |  |
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|  | **ИТОГО 1день** |  | **31,21** | **17,72** | **175,59** | **1051,33** |  |  |  |  |  |  |  |
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| 2 ДЕНЬ | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| Б | Ж | **У** | **В!** | А | С | **Са** | Р | Mg | **Fe** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **176 2011** | **Каша рисовая вязкая с маслом** | **200Y7** | **5,92** | **8,6** | **41,7** | **299,36** | **0,26** | **81** | **1,2** | **37,7** | **135,1** | **46,4** | **0,9** |
| **859 2005** | **Компот из свежих плодов витаминизация** | **200 '** | **0,2** | **0,2** | **22,3 ’** | **110** | **1 0,26** | **0,1 '** | **20,3** | **14,72** | **4,4** | **5,4** | **' 0,9** |
| **420** | **Сосиска в тесте** | **100** | **5,86** | **9,9** | **1,35** | **116,96** | **0,09** | **0,01** |  | **6,48** | **73,83** | **9,47** | **0,84** |
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|  | Итого 2 день |  | **11,98** | **18,7** | **65,35** | **526,32** |  |  |  |  |  |  |  |
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| ЗДЕНЬ | | | | | | | | | | | | | |
| № ре­цептуры | Наименование  блюд | Масса | Пищевые вещества | | | Энергети­  ческая  ценность | Витамины, мг | | | Минеральные вещества, мг | | | |
| Б | Ж | У | Вх | А | С | Са | Р | Mg | Fe |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **204 2005** | **Суп с говядиной** | **250/15** | **0,18** | **3,3** | **14,65** | **113** | **0,11** |  | **8,33** | **24,98** | **96,93** | **29,45** | **1,24** |
| **694 2005** | **Пюре из картофеля** | **150** | **3,06** | **7,8** | **20,45** | **137,15** | **0,14** | **25,5** | **18.14** | **36,98** | **86,6** | **27,75** | **1,01** |
| **1035**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,27** | **26,08** | **4,97** | **0,38** |
| **359** | **Кисель – витаминизация третьих блюд** | **100** |  |  | **16,04** | **60,20** |  |  |  | **4,65** | **4,42** |  | **0,03** |
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|  | Итого 3 день |  | **6,12** | **11,45** | **68,88** | **395,98** |  |  |  |  |  |  |  |
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| 4 ДЕНЬ | | | | | | | | | | | | | |
| **№ ре­цепта** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| Б | Ж | **У** | Bi | А | **С** | **Са** | Р | Mg | **Fe** |
| **307 2010** | **Котлеты рубл. из птицы** | **80** | **9,7** | **13,92** | **7,89** | **196** | **0,04** | **64** | **0,26** | **56** | **105,9** | **15,4** | **1,01** |
| **417 2005** | **Макароны отварные с овощами** | **170** | **19,58** | **1,18** | **63,12** | **145,03** | **0,01** | **0,05** | **3,46** | **54,39** | **0,34** | **12,88** | **0,03** |
| **54** | **Салат свекла с яблоками** | **100** | **1,07** | **4,7** | **10,6** | **86,41** | **0,02** | **0,01** | **9,16** | **33,86** | **30,78** | **16,70** | **1,55** |
| **42 2005** | **Сыр рассольный порц.** | **10** | **2,32** | **2,95** |  | **36,4** | **0** | **26** | **0,07** | **88** | **50** | **3,5** | **0,1** |
| **359** | **Кисель – витаминизация третьих блюд** | **100** |  |  | **16,04** | **60,20** |  |  |  | **4,65** | **4,42** |  | **0,03** |
| **1035**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,27** | **26,08** | **4,97** | **0,38** |
|  | **Яблоко** | **100** | **0,4** | **0,4** | **9,8** | **44** | **0,06** | **0,2** |  | **38** | **17** | **11** | **0,4** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Итого 4 день |  | **35,95** | **23,5** | **125,19** | **653,67** |  |  |  |  |  |  |  |
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| **5 ДЕНЬ** | | | | | | | | | | | | | |
| **№ ре­цептуры** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Вх** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
| **187 2005** | **Щи из свежей капусты со сметаной** | **250/10** | **1,75** | **4,89** | **8,44** | **84,75** |  |  | **18,46** | **43,33** | **47,63** | **22,25** | **0,8** |
| **420 2005** | **Макароны запечённые с яйцом** | **130** | **6.45** | **7,27** | **19,6** | **201,26** | **0,08** | **21,01** |  | **26,81** | **111,92** | **24,81** | **2,01** |
| **А45 в8 2010** | **Винегрет**  **овощной** | **60** | **1,35** | **6,18** | **5,06** | **54,96** | **0,06** |  | **10,25** |  | **44,97** | **20,75** | **0,85** |
| **172 2002** | **Булочка** | **50** | **4** | **2,6** | **27,1** | **149** |  |  |  | **0,97** |  |  | **11,8** |
| **943 1 2005** | **Чай с сахаром - витаминизация** | **200** | **0,2** |  | **14** | **28** |  |  |  | **6,0** |  |  | **0,4** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Итого 5 день |  | **13,75** | **20,94** | **134,3** | **517,97** |  |  |  |  |  |  |  |
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| **6 ДЕНЬ** | | | | | | | | | | | | | |
| № ре­цептуры | Наименование  блюд | Масса | Пищевые вещества | | | Энергети­  ческая  ценность | Витамины, мг | | | Минеральные вещества, мг | | | |
| Б | Ж | У | Bi | А | С | Са | Р | Mg | Fe |
| **56** | **Суп молочный** |  | **2** | **1,48** | **12,3** |  | **0,03** | **0** | **0,57** | **79,89** | **45,57** | **7,46** | **0,37** |
| **469 2005** | **Запеканка из творога со сметаной** | **150/15** | **20,7** | **18,89** | **24,49** | **336** | **0,108** | **0,35** | **0,89** | **271,68** | **413,9** | **58,7** | **1,01** |
| **349** | **Компот из сухофруктов- витаминизация** | **100** | **0,24** |  | **12,84** | **49,18** |  | **0,08** | **0,41** | **9,74** | **15,97** | **7,66** | **0,27** |
| **1035**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,27** | **26,08** | **4,97** | **0,38** |
|  | **Мандарин** | **100** |  |  |  |  |  |  |  |  |  |  |  |
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|  | Итого 6 день |  | **23,82** | **20,72** | **67,37** | **470,81** |  |  |  |  |  |  |  |
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| 7 ДЕНЬ | | | | | | | | | | | | | |
| **№ ре-цепурыа** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| Б | **Ж** | **У** | Bi | **А** | **С** | **Са** | Р | **Mg** | **Fe** |
| **170**  **/2005** | **Борщ из свежей капусты с картофелем** | **250** | **2,52** | **4,65** | **19,12** | **150** | **0,06** | **•** | **10,29** | **44,38** | **53,23** | **26,25** | **1,19** |
| **694 2005** | **Пюре из картофеля** | **150** | **3,06** | **7,8** | **20,45** | **137,15** | **0,14** | **25,5** | **18.14** | **36,98** | **86,6** | **27,75** | **1,01** |
| **608 2005** | **Котлеты из говядины** | **1/50** | **7,78** | **5,68** | **17,92** | **114,38** | **0,05** | **14,37** | **0,075** | **21,88** | **83,07** | **16,07** | **0,75** |
| **859 2005** | **Компот из свежих плодов витаминизация** | **200 '** | **0,2** | **0,2** | **22,3 ’** | **110** | **1 0,26** | **0,1 '** | **20,3** | **14,72** | **4,4** | **5,4** | **' 0,9** |
| **1035**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,27** | **26,08** | **4,97** | **0,38** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Итого 7 день |  | **16,44** | **18,68** | **97,53** | **597,16** |  |  |  |  |  |  |  |
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| **8 ДЕНЬ** | | | | | | | | | | | | | | | | | | | | | | | | |
| **№**  рецепту  ры | Наименование  блюд | | Масса | | Пищевые вещества | | | | | | | | Энергети­  ческая  ценность | | | | Витамины, мг | | | | Минеральные вещества, мг | | | |
| Б | Ж | | | У | | | | Вх | | А | С | Са | Р | Mg | Fe |
| **361 2002** | **Суп-хинкал с говядиной** | | **250/25/50** | | **4,67**  **14,23** | **5,86**  **1,91** | | | **5,9**  **0,28** | | | | **99,09**  **75** | | | | **0,05**  **0,04** | | **0,01** | **0,86**  **0,28** | **8,96**  **6,56** | **78,64**  **116,5** | **11,72**  **15.13** | **2,37**  **1,18** |
| **859 2005** | **Компот из сухофруктов - витаминизация** | **200 '** | **0,2** | **0,2** | | **22,3 ’** | **110** | | **1 0,26** | | **0,1 '** | | **20,3** | | **14,72** | | **4,4** | **5,4** | **' 0,9** |
|  | **мандарин** |  |  |  | |  |  |  |  |  | |  | |  | |  |  |
|  |  |  |  |  | |  |  |  |  |  | |  | |  | |  |  |
|  | Итого 8 день |  | 55,05 | 57,86 | | 228,15 | 1334,19 |  |  |  | |  | |  | |  |  |
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| **9 ДЕНЬ** | | | | | | | | | | | | | |
| № ре­цепта | Наименование  блюд | Масса | Пищевые вещества | | | Энергети­  ческая  ценность | Витамины, мг | | | Минеральные вещества, мг | | | |
| Б | **Ж** | **У** | Вх | **А** | С | Са | Р | **Mg** | **Fe** |
| **10 ср 2010** | **Салат из зеленого горошка** | **100** | **2,98** | **5,19** | **6,25** | **83,6** | **0,11** |  | **11** | **21,45** | **59,95** | **20,8** | **0,68** |
| **20** | **Каша овсяная** | **25** | **2,9** | **3,2** | **4,7** | **7,99** | **0,03** | **0,01** | **1,3** | **120,0** | **90,0** | **14,0** | **0,10** |
| **608 2005** | **Котлеты из говядины** | **1/50** | **7,78** | **5,68** | **17,92** | **114,38** | **0,05** | **14,37** | **0,075** | **21,88** | **83,07** | **16,07** | **0,75** |
| **359** | **Кисель – витаминизация третьих блюд** | **100** |  |  | **16,04** | **60,20** |  |  |  | **4,65** | **4,42** |  | **0,03** |
| **1035**  **2002** | **Чурек** | **40** | **2,88** | **0,35** | **17,74** | **85,63** | **0,05** |  |  | **7,27** | **26,08** | **4,97** | **0,38** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Итого 9день |  | **16,54** | **14,42** | **62,65** | **351,8** |  |  |  |  |  |  |  |
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10 ДЕНЬ

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| **№ ре­цептуры** | **Наименование**  **блюд** | **Масса** | **Пищевые вещества** | | | **Энергети­**  **ческая**  **ценность** | **Витамины, мг** | | | **Минеральные вещества, мг** | | | |
| **Б** | **Ж** | **У** | **Bi** | **А** | **С** | **Са** | **Р** | **Mg** | **Fe** |
| **390 2005** | **Каша молочная из манной крупы, масло, сахар** | **150/5** | **4,68** | **4,58** | **14,55** | **118,98** | **0,08** | **36,72** | **1,09** | **144,13** | **117,04** | **17,64** | **0,3** |
| **424 2005** | **Яйцо отварное** | **1 шт** | **5,1** | **4,6** | **0,3** | **63** | **0,03** | од |  | **22,0** | **76,8** | **4,8** | **1** |
| **959 2005** | **Какао со сгущ. молоком** | **200** | **3,52** | **3,72** | **25,49** | **145,2** | **0,09** | **0,01** | **0,54** | **63,65** | **50** | **10,5** | **0,24** |
| **172 2002** | **Булочка** | **50** | **4** | **2,6** | **27,1** | **149** |  |  |  | **0,97** |  |  | **11,8** |
|  | **мандарин** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО: |  | **17,3** | **15,56** | **67,44** | **476,18** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |