|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **13 день** | | | | | | | | | | | | |  |  |  |
| **Прием пищи, наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Энергети- ческая ценность, ккал** | **Витамины** | | | | **Минеральные вещества** | | | | **№ рецеп- туры** | **Сборник рецептур** |
| **Белки, г** | **Жиры, г** | **Углевод ы, г** | **В1, мг** | **С, мг** | **А, мг** | **E, мг** | **Са, мг** | **Mg, мг** | **Р, мг** | **Fе, мг** |
| **Завтрак** | | | | | | | | | | | | | | | |
| МАСЛО (ПОРЦИЯМИ) | 10 | 0.1 | 8.3 | 0.1 | 75 | 0 | 0 | 0.07 | 0.1 | 1 | 0 | 2 | 0 | 13 | 2008 |
| СЫР (ПОРЦИЯМИ) | 30 | 6.9 | 8.9 | 0 | 109 | 0.01 | 0 | 0.09 | 0.2 | 264 | 11 | 150 | 0.3 | 14 | 2008 |
| КАША ВЯЗКАЯ МОЛОЧНАЯ РИСОВАЯ | 150 | 4.1 | 7.7 | 29.9 | 206.1 | 0 | 0.4 | 0.1 | 0.3 | 77.9 | 22.5 | 94.4 | 0.4 | 174 | 2011 |
| КАКАО С МОЛОКОМ | 200 | 2.9 | 2.5 | 24.8 | 134 | 0.04 | 1 | 0.01 | 0 | 121 | 14 | 90 | 1 | 433 | 2008 |
| БАТОН | 60 | 4.5 | 1.7 | 30.8 | 157.2 | 0.1 | 0 | 0 | 0 | 11.4 | 7.8 | 39 | 0.6 |  | 2008 |
| **Итого за прием пищи:** | **450** | **18.5** | **29.1** | **85.6** | **681.3** | **0.15** | **1.4** | **0.27** | **0.6** | **475.3** | **55.3** | **375.4** | **2.3** |  |  |
| **II Завтрак** | | | | | | | | | | | | | | | |
| БУЛОЧКА ТВОРОЖНАЯ | 50 | 6.7 | 3.2 | 25.9 | 159.0 | 0 | 0 | 0 | 0.1 | 36.5 | 9.2 | 67.6 | 0.5 | 440 | 2011 |
| СОК ЯБЛОЧНЫЙ | 200 | 1 | 0.2 | 19.8 | 86 | 0.02 | 4 | 0 | 0.2 | 14 | 8 | 14 | 2.8 | 442 | 2008 |
| ЯБЛОКО | 150 | 0.6 | 0.6 | 14.7 | 70.5 | 0 | 15 | 0 | 0.9 | 24 | 12 | 16.5 | 3.3 |  | 2008 |
| **Итого за прием пищи:** | **400** | **8.3** | **4.0** | **60.4** | **315.5** | **0.02** | **19** | **0** | **1.2** | **74.5** | **29.2** | **98.1** | **6.6** |  |  |
| **Обед** | | | | | | | | | | | | | | | |
| САЛАТ ИЗ СВЕЖИХ ОГУРЦОВ | 80 | 0.6 | 8.1 | 1.8 | 82.1 | 0 | 7.3 | 0 | 3.5 | 16.7 | 10.2 | 30.8 | 0.7 | 19 | 2008 |
| СУП ИЗ ОВОЩЕЙ | 300 | 3.6 | 5.04 | 12.24 | 109.2 | 0.1 | 13.2 | 0.26 | 0.24 | 36 | 26.4 | 63.6 | 0.96 | 95 | 2008 |
| ТЕФТЕЛИ ИЗ ПЕЧЕНИ И РИСА | 75/50 | 11.18 | 8.39 | 10.73 | 163.15 | 0.11 | 7.15 | 2.72 | 3.45 | 16.9 | 15.6 | 157.3 | 3.25 | 287 | 2008 |
| КАРТОФЕЛЬ ОТВАРНОЙ | 230 | 4.45 | 7.22 | 36.1 | 227.33 | 0.23 | 32.26 | 0.06 | 0.31 | 32.26 | 46.08 | 121.34 | 1.84 | 333 | 2008 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 200 | 0.6 | 0.1 | 31.7 | 131 | 0.02 | 0 | 0.01 | 0.5 | 21 | 16 | 23 | 0.7 | 402 | 2008 |
| ХЛЕБ РЖАНОЙ | 50 | 3.3 | 0.4 | 21.2 | 102 | 0.1 | 0 | 0 | 1.1 | 9 | 9.5 | 43.5 | 2 |  | 2008 |
| БАТОН | 80 | 6 | 2.3 | 41.1 | 209.6 | 0.1 | 0 | 0 | 0 | 15.2 | 10.4 | 52 | 0.8 |  | 2008 |
| **Итого за прием пищи:** | **1065** | **29.73** | **31.55** | **154.87** | **1024.38** | **0.66** | **59.91** | **3.05** | **9.10** | **147.06** | **134.18** | **491.54** | **10.25** |  |  |
| **Полдник** | | | | | | | | | | | | | | | |
| БЛИНЧИКИ | 100 | 5.2 | 5.3 | 29.3 | 184.6 | 0.1 | 0 | 0 | 0.3 | 17.6 | 7.7 | 45.8 | 0.6 | 399 | 2011 |
| ЧАЙ С МОЛОКОМ | 200 | 3.1 | 2.4 | 16.2 | 99.5 | 0 | 0.6 | 0 | 0 | 119.8 | 20.2 | 84.6 | 1.4 | 378 | 2011 |
| БАНАН | 150 | 2.3 | 0.8 | 31.5 | 144 | 0.1 | 15 | 0 | 0 | 12 | 63 | 42 | 0.9 |  | 2008 |
| **Итого за прием пищи:** | **450** | **10.6** | **8.5** | **77.0** | **428.1** | **0.2** | **15.6** | **0** | **0.3** | **149.4** | **90.9** | **172.4** | **2.9** |  |  |
| **Ужин** | | | | | | | | | | | | | | | |
| ВИНЕГРЕТ ОВОЩНОЙ | 80 | 1.12 | 8.08 | 5.28 | 98.4 | 0.02 | 12 | 0.2 | 3.68 | 30.4 | 15.2 | 28.8 | 0.8 | 51 | 2008 |
| СОСИСКИ ОТВАРНЫЕ | 80 | 8.96 | 19.52 | 0.32 | 212.8 | 0.16 | 0 | 0 | 0.32 | 28.8 | 16 | 129.6 | 1.6 | 254 | 2008 |
| КАПУСТА ТУШЕНАЯ | 230 | 5.84 | 6.6 | 15.05 | 142.85 | 0.06 | 41.47 | 0.17 | 0.46 | 138.24 | 44.54 | 90.62 | 1.84 | 346 | 2008 |
| ЧАЙ С САХАРОМ | 200/15 | 0.22 | 0.11 | 16.2 | 64.8 | 0 | 0 | 0 | 0 | 5.4 | 4.32 | 8.64 | 1.08 | 430 | 2008 |
| ПРЯНИКИ | 30 | 1.8 | 1.4 | 22.5 | 109.8 | 0 | 0 | 0 | 0 | 3.3 | 2.7 | 15 | 0.2 |  | 2008 |
| ХЛЕБ РЖАНОЙ | 50 | 3.3 | 0.4 | 21.2 | 102 | 0.1 | 0 | 0 | 1.1 | 9 | 9.5 | 43.5 | 2 |  | 2008 |
| БАТОН | 80 | 6 | 2.3 | 41.1 | 209.6 | 0.1 | 0 | 0 | 0 | 15.2 | 10.4 | 52 | 0.8 |  | 2008 |
| КЕФИР | 200 | 6 | 0.2 | 8 | 62 | 0.08 | 2 | 0 | 0 | 252 | 30 | 196 | 0 | 435 | 2008 |
| **Итого за прием пищи:** | **965** | **33.24** | **38.61** | **129.65** | **1002.25** | **0.52** | **55.47** | **0.37** | **5.56** | **482.34** | **132.66** | **564.16** | **8.32** |  |  |
| **Всего за день:** | | **100.37** | **111.76** | **507.52** | **3451.53** | **1.55** | **151.38** | **3.69** | **16.76** | **1328.6 0** | **442.24** | **1701.6 0** | **30.37** |  |  |