Примерное меню для учащихся 1-4 х классов МКОУ ИШИ 2024-2025г.

**День 1 :** понедельник

**Неделя :** первая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 43 | **САЛАТ ИЗ БЕЛОК КАПУСТЫ** | **80** | **1.13** | **4.06** | **7.22** | **69.92** | **0.02** | **25.96** |  |  | **29.90** | **22.09** | **12.13** | **0.41** |
| 214 | **СУП ГОРОХОВЫЙ** | **250** | **8** | **5** | **23** | **140** |  | **6** |  |  | **43** | **146** | **36** | **2** |
| 283 | **КОТЛЕТА КУРИННАЯ,** | **80** | **13** | **16.1** | **13** | **124** |  | **5** |  |  | **101** | **110** | **15** | **1** |
| 168 | **Г/ РИС ОТКИДНОЙ** | **180** | **10.07** | **10.67** | **49.33** | **296** |  |  |  |  | **25.33** | **265.33** | **177.33** | **5.33** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 2 :** вторник

**Неделя :** первая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 71 | **ОВОЩНАЯ НАРЕЗКА** | **80** | **1.44** | **0.24** | **4.56** | **27.20** | **0.08** | **17.92** |  |  | **38.13** | **44.80** | **27.20** | **1.12** |
| 187 | **ЩИ СО СМЕТАНОЙ** | **250** | **1.75** | **4.89** | **8.69** | **84.75** | **0.06** | **18.46** |  |  | **43.33** | **47.63** | **22.25** | **0.80** |
| 591 | **ГУЛЯШ МЯСНОЙ** | **80** | **19.72** | **17.89** | **4.76** | **168.2** | **0.17** | **1.28** |  |  | **24.36** | **194.69** | **26.01** | **2.32** |
| 694 | **ПЮРЕ КАРТОФЕЛЬНОЕ** | **150** | **3.06** | **4.8** | **30.45** | **137.25** | **0.14** | **18.17** | **25.50** |  | **36.98** | **86.60** | **27.75** | **1.01** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 3 :** среда

**Неделя :** первая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 45 | **САЛАТ ВИНЕГРЕТ** | **80** | **1.09** | **4.94** | **6.75** | **75.84** | **0.05** | **8.20** |  |  | **18.56** | **35.98** | **16.60** | **0.68** |
| 208 | **СУП С ВЕРМИШЕЛЬЮ** | **250** | **2.69** | **2.84** | **12.14** | **104.75** | **0.11** | **8.25** |  |  | **24.6** | **66.65** | **27.0** | **1.09** |
| 608 | **КОТЛЕТА МЯСНАЯ** | **80** | **11.44** | **9.24** | **10.56** | **183.0** | **0.08** | **0.12** | **23.0** |  | **35.0** | **133.1** | **25.7** | **1.2** |
| 178 | **Г/ГОРОХОВОЕ ПЮРЕ** | **180/5** | **13.1** | **12.19** | **52.5** | **318** | **0.62** |  |  |  | **100.99** |  | **91.48** | **5.95** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 4 :** четверг

**Неделя :** первая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 321 | **ОВОЩИ ТУЩЕННЫЕ** | **80** | **1.22** | **5.87** | **6.70** | **88.53** | **0.04** | **4.62** | **16.53** |  | **12.75** | **32.96** | **14.83** | **0.52** |
| 39 | **СУП БУРЧАК-ШУРПА** | **250** | **2** | **3** | **4** | **135** |  | **11** |  |  | **32** | **45** | **20** | **1** |
| 279 | **КОТЛЕТА РЫБНАЯ** | **80/30** | **10.40** | **5.60** | **8.40** | **337.6** |  | **1.8** |  |  | **53.6** | **161.6** | **37.6** | **1.8** |
| 204 | **Г/МАКАРОНЫ ОТВАРНЫЕ** | **150** | **5** | **9** | **20** | **213** |  |  |  |  | **3** | **21** | **5** | **5** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 5 :** пятница

**Неделя :** первая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | | |
| 71 | **ОВОЩНАЯ НАРЕЗКА** | | **40/40** | **1.44** | **0.24** | **4.56** | **27.20** | **0.08** | **17.92** |  |  | **38.13** | **44.80** | **27.20** | **1.12** |
| 56-01 | **БОРЩ С КАПУСТОЙ И КАРТ** | | **250** | **3** | **5** | **8** | **94** |  | **19** |  |  | **36** | **50** | **23** | **1** |
| 1-1 | **БЕЛЯШ С МЯСОМ** | | **200** | **17.6** | **20.40** | **35.6** | **278.60** | **0.14** | **4.8** | **0.06** | **1.4** | **36.6** | **193.6** | **28.8** | **2.6** |
| 859 | **КОМПОТ ФРУКТОВЫЙ** | | **200** | **0.20** | **0.20** | **28.30** | **110.00** | **0.02** | **2.7** |  |  | **12.0** | **2.4** |  | **0.8** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО | |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 1:понедельник**

**Неделя :**вторая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 27 | **САЛАТ ИЗ МОРКОВИ С ЗЕЛ.ГОР** | **80** | **1.52** | **8.08** | **4.72** | **97.60** | **0.06** | **3.68** |  |  | **17.6** |  |  | **0.48** |
| 204 | **СУП ХАРЧО** | **250** | **6.18** | **3.30** | **14.65** | **113.0** | **0.11** | **8.33** |  |  | **24.98** | **96.93** | **29.45** | **1.24** |
| 304 | **ПЛОВ ИЗ КУРИЦЫ** | **180/70** | **20.83** | **20.17** | **43.67** | **297.22** |  | **4.17** |  |  | **58.33** | **369.44** | **98.61** | **2.78** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 2 :** вторник

**Неделя :** вторая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 26 | **САЛАТ СВЕКОЛЬНЫЙ С ИЗЮМ** | **80** | **1.2** | **3.6** | **13.2** | **86** | **0.02** | **2.65** |  |  | **21.58** |  | **12.56** | **0.81** |
| 39-1 | **СУП С ЧЕЧЕВИЦЕЙ** | **250** | **2** | **3** | **5** | **127** | **0.28** | **11** |  |  | **32** | **45** | **20** | **1** |
| 7-8 | **БЕФСТРОГАНОВ** | **60/30** | **12.88** | **13.76** | **5.28** | **196** | **0.08** | **0.24** |  |  | **55.6** |  |  | **1.76** |
| 168 | **Г/ГРЕЧНЕВЫЙ** | **180** | **10.67** | **10.67** | **40.0** | **198.67** |  |  |  |  | **22.67** | **238.67** | **160** | **5.33** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 3 :** среда

**Неделя :** вторая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 71 | **ОВОЩНАЯ НАРЕЗКА** | **80** | **1.44** | **0.24** | **4.56** | **27.20** | **0.08** | **17.92** |  |  | **38.13** | **44.80** | **27.20** | **1.12** |
| 187 | **ЩИ** | **250** | **1.75** | **4.89** | **8.69** | **84.75** | **0.06** | **18.46** |  |  | **43.33** | **47.63** | **22.25** | **0.80** |
| 286 | **ТЕФТЕЛИ МЯСН. С ОВ.ПОДЛ** | **80/30** | **21.78** | **22.81** | **14.90** | **223.0** | **0.07** | **1.13** | **51.0** |  | **57.80** | **141.4** | **28.40** | **1.27** |
| 692 | **Г/КАРТОФЕЛЬ ОТВ** | **150** | **2.86** | **4.32** | **23.01** | **142.35** | **0.15** | **21.0** | **21.0** |  | **14.64** | **79.73** | **29.33** | **1.16** |
| 859 | **КОМПОТ ИЗ ФРУКТОВ** | **200** | **0.20** | **0.20** | **28.30** | **110.00** | **0.02** | **2.7** |  |  | **12.0** | **2.4** |  | **0.8** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ИТОГО |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 4 :** четверг

**Неделя :** вторая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 336 | **КАПУСТА ТУШЕННАЯ** | **80** | **1.48** | **3.46** | **18.41** | **113.88** | **0.12** | **16.80** | **16.80** |  | **11.71** | **63.78** | **23.46** | **0.92** |
| 39 | **СУП С ФАСОЛЬЮ** | **250** | **2** | **3** | **5** | **135** | **0.28** | **11** |  |  | **32** | **45** | **20** | **1** |
| 244 | **РЫБА ПОРЦ С ОВ.ПОДЛИВОЙ** | **100** | **12.65** | **8.01** | **3.18** | **52.50** | **0.05** | **0.96** | **3.75** |  | **12.88** | **84.25** | **10.0** | **0.54** |
| 168 | **Г/РИС ОТКИДНОЙ** | **150** | **8.73** | **14.61** | **41.11** | **447** | **0.59** |  | **0.14** | **1.5** | **21.11** | **221.11** | **147.78** | **4.44** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**День 5 :** пятница

**Неделя :** вторая

**Сезон:** осенне-зимний

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  рец | Наименование блюда | Масса  порции | Пищевые вещества(г) | | | Энергет.  цен(ккал) | Витамины(мг) | | | | Минеральные вещества | | | |
| белки | жиры | углеводы | В1 | С | А | Е | Са | Р | Мg | Fе |
| **обед** | | | | | | | | | | | | | | |
| 45 | **ВИНЕГРЕТ** | **80** | **1.09** | **4.94** | **5.75** | **75.84** | **0.05** | **8.20** |  |  | **18.56** | **35.98** | **16.60** | **0.68** |
| 208 | **СУП С ВЕРМИШЕЛЬЮ** | **250** | **2.69** | **2.84** | **10.14** | **104.75** | **0.11** | **8.25** |  |  | **24.6** | **66.65** | **27.0** | **1.09** |
| 7061 | **БИТОЧЕК МЯСНОЙ** | **80** | **11.44** | **9.24** | **8.56** | **183.0** | **0.08** | **0.12** | **23.0** |  | **35.0** | **133.1** | **25.7** | **1.2** |
| 694 | **ПЮРЕ КАРТОФЕЛЬНОЕ** | **150** | **3.06** | **4.8** | **25.45** | **137.25** | **0.14** | **18.17** | **25.50** |  | **36.98** | **86.60** | **27.75** | **1.01** |
| 868 | **КОМПОТ ИЗ СУХОФРУКТОВ** | **200** | **0.04** |  | **24.76** | **94.20** | **0.01** | **1.08** |  |  | **6.40** | **3.6** |  | **0.18** |
| 1 | **ХЛЕБ ПШЕНИЧНЫЙ** | **40** | **2.70** | **0.34** | **20.06** | **94.10** | **0.04** |  |  | **0.44** | **8.0** | **26.0** | **5.60** | **0.44** |
| 2 | **ХЛЕБ РЖАНОЙ** | **40** | **2.66** | **0.48** | **16.74** | **81.92** | **0.22** | **0.28** |  | **0.22** | **51.10** | **87.50** | **28.0** | **1.96** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |