Утверждаю

Заведующий МБДОУ

«Детский сад № 77»

\_\_\_\_\_\_\_Сеидова Г.А.

13.01

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рецептуры | Наименование блюда | | Выход | | | | Химический состав | | | | | | | | | | | | | | | | | Энергетическая ценность,ккал | | | | Витамин С,мг | | | | |
| Ясли | | Сад | | Белки,г | | | | Жиры,г | | | | | | Углеводы, г | | | | | | |
| Ясли | | | Сад | Ясли | | | | | Сад | Ясли | | | | | Сад | | Ясли | | Сад | | Ясли | Сад | | | |
| ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29А | КАША ГРЕЧНЕВАЯ МОЛОЧНАЯ СО СЛ.МАСЛОМ | | 140/4 | | 155/5 | | 5,73 | | 7,92 | | | | 8,71 | | 9,47 | | | | 21,88 | | 32,14 | | | 189,02 | | 238,72 | | 1,30 | | | 1,43 | |
| 41 | КОФЕ НА МОЛОКЕ | | 150 | | 180 | | 2,80 | | 4,20 | | | | 3,20 | | 4,80 | | | | 19,0 | | 19,60 | | | 114,80 | | 132,50 | | 0 | | | 0 | |
| 39А/36А | ХЛЕБ ПШЕНИЧНЫЙ С МАСЛОМ | | 49/7 | | 50/10 | | 2,28/0,05 | | 3,80/0,06 | | | | 0,18/6,60 | | 0,30/8,26 | | | | 15,66/0,08 | | 26,10/0,08 | | | 40,95/59,84 | | 58,25/74,80 | | 1,00 | | | 1,40 | |
| **ИТОГО** | | | 350 | | 400 | | 10,86 | | 15,98 | | | | 18,69 | | 22,83 | | | | 79,45 | | 77,92 | | | 404,61 | | 504,27 | | 2,30 | | | 2,83 | |
| ВТОРОЙ ЗАВТРАК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 66А | СОК | 100 | | 100 | | 0,75 | | 0,90 | | | | 0 | | 0 | | | | 15,15 | | 18,18 | | | 64 | | 76 | | 3,0 | | | 3,60 | |
| ОБЕД | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | СУП ФАСОЛЕВЫЙ С МЯСОМ | | 130 | | 180 | | 4,77 | | 7,07 | | | | 3,50 | | 3,65 | | | | 8,81 | | 25,02 | | | 119,97 | | 224,22 | | 3,48 | | | 5,81 | |
| 64 | КАПУСТА ТУШЕНАЯ | | 90 | | 130 | | 3,0 | | 3,24 | | | | 2,40 | | 2,48 | | | | 9,45 | | 10,48 | | | 66,20 | | 75,93 | | 68,77 | | | 79,98 | |
| 101А | КОТЛЕТА КУРИНАЯ | | 50 | | 70 | | 3,33 | | 4,50 | | | | 7,23 | | 8,58 | | | | 9,82 | | 11,01 | | | 147,56 | | 198,52 | | 0,40 | | | 0,80 | |
| 60А | КОМПОТ ИЗ ИЗЮМА | | 150 | | 180 | | 0,20 | | 0,24 | | | | 0 | | 0 | | | | 19,30 | | 23,35 | | | 76,25 | | 91,99 | | 0 | | | 0 | |
| 40А | ХЛЕБ РЖАНОЙ | | 30 | | 40 | | 1,88 | | 3,50 | | | | 0,28 | | 0,35 | | | | 19,92 | | 24,90 | | | 85,60 | | 191,50 | | 0 | | | 0,03 | |
| **ИТОГО** | | | 450 | | 600 | | 13,18 | | 18,55 | | | | 13,41 | | 15,06 | | | | 67,30 | | 94,76 | | | 495,58 | | 782,16 | | 72,65 | | | 86,62 | |
| ПОЛДНИК | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | КРЕКЕР | | 50 | | 70 | | 4,64 | | 5,56 | | | | 0,99 | | 1,18 | | | | 26,11 | | 31,32 | | | 132,0 | | 158,4 | | 0,13 | | | 0,15 | |
| 57А | МОЛОКО | | 150 | | 180 | | 5,04 | | 5,60 | | | | 5,76 | | 6,40 | | | | 8,46 | | 9,40 | | | 104,40 | | 116,0 | | 1,80 | | | 3,60 | |
| **ИТОГО** | | | 200 | | 250 | | 9,68 | | 11,16 | | | | 6,75 | | 7,58 | | | | 34,57 | | 40,72 | | | 236,40 | | 274,40 | | 1,93 | | | 3,75 | |
| УЖИН | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | МАКАРОННЫЕ ИЗДЕЛИЯ С МАСЛОМ | | 170 | | 200 | | 6,0 | | 6,27 | | | | 4,0 | | 4,66 | | | | 13,12 | | 13,14 | | | 236 | | 236,60 | | 0 | | | 0 | |
| 20А | ИКРА КАБАЧКОВАЯ | | 50 | | 50 | | 0,40 | | 0,90 | | | | 2,0 | | 4,05 | | | | 2,20 | | 3,83 | | | 27,50 | | 54,90 | | 3,15 | | | 5,0 | |
| 45 | ЧАЙ С САХАРОМ | | 180 | | 200 | | 0,5 | | 0,60 | | | | 0,09 | | 0,18 | | | | 14,00 | | 15,15 | | | 45,50 | | 50,52 | | 0 | | | 0 | |
| **ИТОГО** | | | 400 | | 450 | | 450 | | 7,77 | | | | 6,09 | | 8,89 | | | | 29,32 | | 32,12 | | | 309 | | 342,02 | | 3,15 | | | 5,0 | |