

**Понедельник обед**

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| **Обед** | | | | | | | | | | | | | |
| ***59*** | ***Салат из моркови с яблоками*** | ***100*** | *1,06* | *0,17* | *8,52* | *39,90* | *0,05* | *4,38* |  | *0,35* | *23,99* | *44,53* | *30,39* | *1,07* |
| ***96*** | ***Рассольник ленинградский с крупой пшеничной на мясокостном бульоне*** | ***250*** | *2,82* | *5,29* | *11,98* | *142,25* | *0,09* | *8,38* |  | *2,35* | *31,15* | *56,73* | *24,18* | *0,93* |
| ***309*** | ***Макароны отварные с маслом*** | ***150*** | *5,52* | *4,52* | *26,45* | *168,45* | *0,06* |  |  | *0,97* | *4,86* | *37,17* | *21,12* | *1,11* |
| ***246*** | ***Гуляш из отварного мяса (говядины) в томатно-сметанном соусе*** | ***100*** | *13,36* | *14,08* | *0,85* | *164,00* | *0,01* | *1,20* |  |  | *23,60* | *117,03* | *20,27* | *2,00* |
| ***348*** | ***Компот из кураги*** | ***200*** | *0,78* | *0,05* | *27,63* | *114,80* | *0,02* | *0,60* |  | *0,82* | *32,32* | *21,90* | *17,56* | *0,48* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **вторник**  **Обед** | | | | | | | | | | | | | |
| ***67*** | ***Винегрет овощной с растительным маслом (лук репчатый)*** | ***100*** | *1,40* | *10,04* | *7,29* | *125,10* | *0,04* | *9,63* |  | *4,50* | *31,23* | *43,27* | *19,53* | *0,83* | |
| ***82*** | ***Борщ с капустой и картофелем на мясокостном бульоне*** | ***250*** | *2,60* | *5,12* | *10,93* | *138,75* | *0,05* | *10,68* |  | *2,40* | *51,73* | *54,60* | *26,13* | *1,23* | |
| ***229*** | ***Рыба тушеная в томате с овощами (минтай)*** | ***100*** | *9,75* | *4,95* | *3,80* | *105,00* | *0,05* | *3,73* | *5,82* | *2,52* | *39,07* | *162,19* | *48,53* | *0,85* | |
| ***312*** | ***Пюре картофельное*** | ***150*** | *3,07* | *0,02* | *20,44* | *137,25* | *0,14* | *18,16* |  | *0,18* | *36,98* | *86,60* | *27,75* | *1,01* | |
| ***389*** | ***Сок фруктовый (яблочный)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* | |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* | |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* | |

Среда

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| ***61*** | ***Салат из моркови с яблоками и курагой*** | ***100*** | *1,50* | *5,01* | *13,02* | *103,70* | *0,06* | *3,57* |  | *8,25* | *37,92* | *56,22* | *39,10* | *1,06* |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | *57,73* | *23,80* | *1,00* |
| ***295*** | ***Котлета, рубленная из птицы 2 шт. по 50 гр*** | ***105*** | *15,30* | *29,40* | *15,46* | *388,00* | *0,10* | *1,04* | *91,40* | *2,90* | *55,54* | *97,54* | *20,80* | *1,42* |
| ***139*** | ***Капуста тушеная*** | ***100*** | *2,04* | *3,68* | *7,89* | *77,00* | *0,04* | *17,08* | *-* | *1,95* | *58,75* | *40,69* | *20,85* | *0,83* |
| ***389*** | ***Сок фруктовый (абрикосовый)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **28,61** | **42,35** | **111,34** | **982,98** |  |  |  |  |  |  |  |  |

Четверг

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| ***54*** | ***Салат из свеклы отварной с яблоками*** | ***100*** | *1,90* | *6,08* | *11,20* | *103,90* | *0,02* | *6,44* |  | *10,60* | *29,27* | *31,80* | *16,83* | *1,48* |
| ***88*** | ***Щи из свежей капусты с картофелем на мясокостном бульоне*** | ***250*** | *2,57* | *5,15* | *7,90* | *124,75* | *0,06* | *15,78* |  | *2,35* | *51,25* | *49,00* | *22,13* | *0,83* |
| ***302*** | ***Каша гречневая рассыпчатая*** | ***150*** | *8,60* | *6,09* | *38,64* | *243,75* | *0,21* |  |  | *0,61* | *14,82* | *203,93* | *135,83* | *4,56* |
| ***278*** | ***Тефтели мясные паровые*** | ***110*** | *7,83* | *8,75* | *10,25* | *151,00* | *0,05* | *0,72* | *33,92* | *0,55* | *27,95* | *88,37* | *18,33* | *0,87* |
| ***389*** | ***Сок фруктовый (грушевый)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | 27,29 | 27,35 | 127,27 | 893,68 |  |  |  |  |  |  |  |  |

Пятница

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| ***45*** | ***Салат из белокачанной капусты с морковью*** | ***100*** | *1,31* | *3,25* | *6,50* | *60,40* | *0,02* | *17,01* |  | *8,39* | *24,97* | *28,30* | *15,09* | *0,47* |
| ***102*** | ***Суп картофельный с фасолью на мясокостном бульоне*** | ***250*** | *5,60* | *10,84* | *19,23* | *144,43* | *0,15* | *5,83* |  | *2,45* | *43,23* | *137,78* | *38,25* | *1,83* |
| ***261*** | ***Печень свиная тушеная в соусе*** | ***100*** | *13,26* | *8,82* | *2,62* | *160,00* | *0,19* | *24,77* | *2 337,00* | *2,59* | *25,62* | *245,55* | *16,83* | *13,51* |
| ***312*** | ***Пюре картофельное*** | ***150*** | *3,07* | *0,02* | *20,44* | *137,25* | *0,14* | *18,16* |  | *0,18* | *36,98* | *86,60* | *27,75* | *1,01* |
| ***375*** | ***Чай -заварка*** | ***200*** | *0,40* | *0,10* | *0,08* | *6,40* | *0,00* | *0,20* | *-* | *-* | *19,62* | *16,48* | *8,80* | *1,64* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **29,04** | **24,31** | **87,95** | **693,96** |  |  |  |  |  |  |  |  |

Понедельник

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| ***67*** | ***Винегрет овощной с растительным маслом (лук репчатый)*** | ***100*** | *1,40* | *10,04* | *7,29* | *125,10* | *0,04* | *9,63* |  | *4,50* | *31,23* | *43,27* | *19,53* |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | *57,73* | *23,80* |
| ***227*** | ***Рыба припущенная (минтай) с маслом*** | ***110*** | *17,12* | *8,22* | *0,92* | *146,00* | *0,08* | *0,84* | *49,00* | *0,48* | *15,46* | *195,68* | *45,84* |
| ***304*** | ***Рис отварной*** | ***150*** | *3,65* | *5,37* | *36,68* | *209,70* | *0,03* |  |  | *0,28* | *1,37* | *60,95* | *16,34* |
| ***342*** | ***Компот из свежих яблок*** | ***200*** | *0,16* | *0,16* | *27,88* | *114,60* | *0,06* | *0,90* | *-* | *0,08* | *14,18* | *4,40* | *5,14* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* |
| **ИТОГО:** |  |  | **31,10** | **28,05** | **127,54** | **924,88** |  |  |  |  |  |  |  |

Вторник

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| ***61*** | ***Салат из моркови с яблоками и курагой*** | ***100*** | *1,50* | *5,01* | *13,02* | *103,70* | *0,06* | *3,57* |  | *8,25* | *37,92* | *56,22* | *39,10* | *1,06* |
| ***88*** | ***Щи из свежей капусты с картофелем на мясокостном бульоне*** | ***250*** | *2,57* | *5,15* | *7,90* | *124,75* | *0,06* | *15,78* |  | *2,35* | *51,25* | *49,00* | *22,13* | *0,83* |
| ***309*** | ***Макароны отварные с маслом*** | ***150*** | *5,52* | *4,52* | *26,45* | *168,45* | *0,06* |  |  | *0,97* | *4,86* | *37,17* | *21,12* | *1,11* |
| ***246*** | ***Гуляш из отварного мяса (говядины) в томатно-сметанном соусе*** | ***100*** | *13,36* | *14,08* | *0,85* | *164,00* | *0,01* | *1,20* |  |  | *23,60* | *117,03* | *20,27* | *2,00* |
| ***389*** | ***Сок фруктовый (абрикосовый)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |

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| **Обед** | | | | | | | | | | | | | | |
| ***45*** | ***Салат из белокачанной капусты с морковью*** | ***100*** | *1,31* | *3,25* | *6,50* | *60,40* | *0,02* | *17,01* |  | *8,39* | *24,97* | *28,30* | *15,09* | *0,47* |
| ***82*** | ***Борщ с капустой и картофелем на мясокостном бульоне*** | ***250*** | *2,60* | *5,12* | *10,93* | *138,75* | *0,05* | *10,68* |  | *2,40* | *51,73* | *54,60* | *26,13* | *1,23* |
| ***302*** | ***Каша гречневая рассыпчатая*** | ***150*** | *8,60* | *6,09* | *38,64* | *243,75* | *0,21* |  |  | *0,61* | *14,82* | *203,93* | *135,83* | *4,56* |
| ***261*** | ***Печень свиная тушеная в соусе*** | ***100*** | *13,26* | *8,82* | *2,62* | *160,00* | *0,19* | *24,77* | *2 337,00* | *2,59* | *25,62* | *245,55* | *16,83* | *13,51* |
| ***348*** | ***Компот из кураги*** | ***200*** | *0,78* | *0,05* | *27,63* | *114,80* | *0,02* | *0,60* |  | *0,82* | *32,32* | *21,90* | *17,56* | *0,48* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **31,95** | **24,61** | **125,40** | **903,18** |  |  |  |  |  |  |  |  |

Четверг

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| ***54*** | ***Салат из свеклы отварной с яблоками*** | ***100*** | *1,90* | *6,08* | *11,20* | *103,90* | *0,02* | *6,44* |  | *10,60* | *29,27* | *31,80* | *16,83* | *1,48* |
| ***98*** | ***Суп крестьянский с крупой (перловой) на мясокостном бульоне*** | ***250*** | *2,28* | *5,12* | *6,09* | *111,25* | *0,04* | *9,88* |  | *2,30* | *37,88* | *33,58* | *14,18* | *0,58* |
| ***234*** | ***Котлеты рыбные (треска) 2 шт.*** | ***110*** | *13,98* | *7,42* | *19,94* | *240,00* | *0,09* | *1,76* | *30,00* | *5,22* | *81,84* | *184,62* | *55,12* | *1,54* |
| ***139*** | ***Капуста тушеная*** | ***100*** | *2,04* | *3,68* | *7,89* | *77,00* | *0,04* | *17,08* | *-* | *1,95* | *58,75* | *40,69* | *20,85* | *0,83* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
| ***389*** | ***Сок фруктовый (яблочный)*** | *200* | *1* | *0* | *20,2* | *84,8* | *0,022* | *6* | *0* | *0,2* | *14* | *14* | *8* | *2,8* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **26,60** | **23,58** | **104,40** | **802,43** |  |  |  |  |  |  |  |  |

Пятница

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| ***67*** | ***Винегрет овощной с растительным маслом (лук репчатый)*** | ***100*** | *1,40* | *10,04* | *7,29* | *125,10* | *0,04* | *9,63* |  | *4,50* | *31,23* | *43,27* | *19,53* | *0,83* |
| ***112*** | ***Суп с макаронными изделиями и картофелем на курином бульоне*** | ***250*** | *3,37* | *2,98* | *15,69* | *144,00* | *0,09* | *6,08* |  | *1,45* | *31,50* | *57,73* | *23,80* | *1,00* |
| ***288*** | ***Куриные окорочка отварные с маслом*** | ***110*** | *23,46* | *25,82* | *0,50* | *328,00* | *0,04* | *23,50* | *96,20* | *0,42* | *56,00* | *167,10* | *20,28* | *1,82* |
| ***312*** | ***Пюре картофельное*** | ***150*** | *3,07* | *0,02* | *20,44* | *137,25* | *0,14* | *18,16* |  | *0,18* | *36,98* | *86,60* | *27,75* | *1,01* |
| ***388*** | ***Напиток из плодов шиповника*** | ***200*** | *0,68* | *0,28* | *20,76* | *88,20* | *0,01* | *100,00* |  | *0,76* | *21,34* | *3,44* | *3,44* | *0,63* |
|  | ***Хлеб ржано-пшеничный*** | ***40*** | *2,24* | *0,88* | *19,76* | *91,96* | *0,04* |  |  | *0,36* | *9,20* | *42,40* | *10,00* | *1,24* |
|  | ***Хлеб пшеничный*** | ***40*** | *3,16* | *0,40* | *19,32* | *93,52* | *0,04* |  |  | *0,52* | *9,20* | *34,80* | *13,20* | *0,44* |
| **ИТОГО:** |  |  | **37,38** | **40,42** | **103,76** | **1008,03** |  |  |  |  |  |  |  |  |