

**Выполнение натуральных норм школьных обедов для детей с 7 до 11 лет.**

Сезон: осенний

Вариант № 2

(меню без салатов)

20-дневное меню

| Наименование продуктов   | 1 день | 2 день | 3 день | 4 день | 5 день | 6 день | 7 день | 8 день | 9 день | 10 день | 11 день | 12 день | 13 день | 14 день | 15 день | 16 день | 17 день | 18 день | 19 день | 20 день | за 20 дн<br>итого | ср за<br>день | Сум<br>Норма,<br>нетто | % вып. |       |     |
|--|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-------------------|---------------|------------------------|--------|-------|-----|
| Хлеб ржаной  | 25,0   | 25,0   | 25,0   | 25,0   | 25,0   | 25,0   | 25,0   | 25,0   | 25,0   | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0    | 25,0              | 500,0         | 25,0                   | 80     | 31,2  |     |
| Хлеб пшеничный   | 45,0   | 53,0   | 45,0   | 45,0   | 45,0   | 45,0   | 45,0   | 45,0   | 63,0   | 60,7    | 45,0    | 45,0    | 45,0    | 53,0    | 45,0    | 45,0    | 45,0    | 53,0    | 45,0    | 53,0    | 965,7             | 48,3          | 150                    | 32,2   |       |     |
| Мука пшеничная   |        | 4,0    | 4,0    | 5,0    |        |        | 6,2    |        | 3,0    | 8,0     |         |         | 3,0     | 4,0     |         |         |         | 15,5    |         | 4,0     | 56,7              | 2,8           | 15                     | 18,7   |       |     |
| Крупа, бобовые   | 50,0   | 80,0   | 40,0   | 8,0    |        | 48,0   | 12,0   | 69,0   | 50,0   |         |         |         | 50,0    | 19,0    | 63,0    | 12,0    | 61,0    | 12,0    |         | 50,0    | 4,0               | 574,0         | 28,7                   | 45     | 63,8  |     |
| Макароны   |        |        |        | 65,0   | 12,0   |        |        |        |        | 65,0    | 65,0    |         |         |         |         |         |         | 65,0    |         |         |                   | 207,0         | 10,4                   | 15     | 69,3  |     |
| Картофель  | 24,0   | 27,0   | 12,8   | 83,0   | 175,0  | 16,0   | 138,0  | 27,0   | 24,0   | 20,0    | 64,0    | 12,8    | 138,0   | 40,0    | 120,0   | 20,0    | 120,0   | 20,0    | 60,0    | 188,0   | 1329,6            | 66,5          | 188                    | 35,4   |       |     |
| Овощи свежие, зелень   | 121,0  | 92,0   | 86,3   | 40,0   | 84,0   | 119,0  | 19,0   | 28,0   | 148,0  | 64,0    | 79,0    | 125,3   | 78,5    | 83,0    | 43,0    | 125,3   | 135,3   | 98,0    | 84,0    | 39,0    | 1691,7            | 84,6          | 280                    | 30,2   |       |     |
| Фрукты свежие  | 35,0   | 12,0   | 30,0   | 150,0  |        | 30,0   | 185,0  | 30,0   |        | 180,0   | 35,0    |         |         | 30,0    | 150,0   | 35,0    |         |         |         | 30,0    | 180,0             | 1112,0        | 55,6                   | 185    | 30,1  |     |
| Фрукты (плоды) сухие   |        |        |        |        | 20,5   |        |        |        |        | 20,5    |         | 30,0    |         |         |         |         |         |         |         |         |                   | 88,0          | 4,4                    | 15     | 29,3  |     |
| Соки плодовоовощные, напитки витаминизированные, в т. ч. инстатные |        | 200,0  |        | 200,0  |        |        |        |        | 200,0  |         |         |         | 200,0   |         | 200,0   |         | 200,0   |         |         |         |                   | 1200,0        | 60,0                   | 200    | 30,0  |     |
| Мясо   | 24,8   | 60,4   | 134,8  | 40,0   |        | 24,8   |        | 24,8   | 24,8   | 110,0   | 24,8    | 24,8    | 24,8    | 23,8    | 80,0    |         | 80,0    |         | 20,0    | 60,4    |                   | 783,0         | 39,2                   | 70     | 56,0  |     |
| Субпродукты  |        |        |        |        |        |        | 95,0   |        |        |         |         |         |         |         |         |         |         |         |         |         |                   | 95,0          | 4,8                    | 15     | 32,0  |     |
| Птица  |        | 45,0   |        | 44,0   | 19,5   | 90,0   | 19,5   | 80,0   |        |         |         | 80,0    |         | 44,8    | 19,5    | 100,0   | 19,5    | 75,0    | 20,0    | 45,0    |                   | 701,8         | 35,1                   | 35     | 100,0 |     |
| Рыба - филе  |        |        |        | 20,0   | 120,0  |        |        |        | 70,0   |         |         |         | 95,0    | 30,0    |         |         |         |         |         | 95,0    |                   | 430,0         | 21,5                   | 58     | 37,1  |     |
| Колбасные изделия  | 100,0  |        |        |        |        |        |        |        |        |         | 100,0   |         |         |         |         |         |         |         |         |         |                   | 200,0         | 10,0                   | 14,7   | 68,0  |     |
| Молоко   |        | 8,0    |        |        |        |        | 23,0   |        | 12,0   | 28,0    |         |         | 23,0    |         |         |         |         | 58,0    | 10,0    | 31,0    |                   | 193,0         | 9,7                    | 300    | 3,2   |     |
| Кисломолочные продукты   |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   | 0,0           | 0,0                    | 150    | 0,0   |     |
| Творог   |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   | 0,0           | 0,0                    | 50     | 0,0   |     |
| Сыр  |        |        | 20,0   |        |        |        | 10,0   | 20,0   |        |         |         | 10,0    | 30,0    |         |         |         | 10,0    | 20,0    | 5,0     |         |                   | 125,0         | 6,3                    | 9,8    | 64,3  |     |
| Сметана  | 10,0   |        | 10,0   |        | 15,0   |        | 8,0    | 5,6    | 10,0   |         |         | 15,6    |         |         |         | 10,0    |         |         |         | 10,0    |                   | 74,2          | 3,7                    | 10     | 37,0  |     |
| Масло сливочное  | 14,0   | 10,0   | 22,0   | 10,2   | 10,0   |        | 20,2   | 10,0   | 22,0   | 18,0    | 5,0     | 11,0    | 10,0    | 18,0    |         | 10,0    |         | 20,5    | 14,0    | 20,0    |                   | 180,4         | 9,0                    | 30     | 30,0  |     |
| Масло растительное   | 2,0    | 9,0    | 5,2    | 2,0    | 8,6    | 8,0    | 8,0    | 3,6    | 3,6    | 5,2     | 2,0     | 3,6     | 3,6     | 9,0     | 7,0     | 2,4     | 12,0    | 3,6     | 8,6     | 4,0     |                   | 111,0         | 5,6                    | 15     | 37,3  |     |
| Яйцо, шт   |        |        | 1,0    |        |        |        |        | 1,0    | 0,1    |         |         |         | 1,0     |         |         |         |         | 1,0     | 0,1     |         |                   | 4,2           | 0,2                    | 1 шт   | 20,0  |     |
| Сахар  | 20,0   | 11,0   | 17,5   | 0,8    | 18,0   | 20,0   | 20,0   | 20,0   | 1,3    | 17,0    | 20,0    | 37,5    | 1,2     | 21,0    |         | 20,0    | 3,0     | 17,0    | 21,0    | 21,0    |                   | 307,3         | 15,4                   | 40     | 38,5  |     |
| Кондитерские изделия   |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   |               | 0,0                    | 0,0    | 10    | 0,0 |
| Чай  |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   |               | 0,0                    | 0,0    | 0,4   | 0,0 |
| Какао  |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   |               | 0,0                    | 0,0    | 1,2   | 0,0 |
| Кофейный напиток   |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   |               | 0,0                    | 0,0    | 2     | 0,0 |
| Дрожжи хлебопекарные   |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |         |                   |               | 0,0                    | 0,0    | 1     | 0,0 |
| Соль   | 0,8    | 0,6    | 1,2    | 0,8    | 0,9    | 0,7    | 1,0    | 1,4    | 1,1    | 1,8     | 1,1     | 1,1     | 1,6     | 1,0     | 1,5     | 1,6     | 1,5     | 0,8     | 1,0     | 1,1     |                   | 22,6          | 1,1                    | 3      | 36,7  |     |