**МКОУ « Теребенская средняя школа»**

Утверждаю: Согласовано:

Директор школы: Начальник ТО Управления Роспотребнадзора

Т.В.Ипатова \_\_\_\_\_\_\_ по Калужской области в Людиновском,

Жиздринском, Хвастовичском, Ульяновском

Думиничском районах

------------ Н.А.Лузанчук

**Примерное десятидневное меню**

**горячих завтраков**

**обучающихся возрастных групп**

**с 7 до 11 лет и с 11 лет и страше**

**МКОУ «Теребенская средняя школа»**

**Хвастовичского района Калужской области**

***2022-2023 учебный год***

***1 день***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал) энергии тическая ценность** | **Витамины (мг)** | | | **Минеральные вещества (мг)** | |
| **Завтрак** | | | **Б** | **Ж** | **У** |  | **В** | **С** | **а** | **Са Р** | **Fe мг** |
| **1** | **Каша манная молочная вязкая, с маслом** | **200** | **2.4** | **4.2** | **20.8** | **214** | **0,08** | **0,2** | **0,05** | **46.8** | **0,2** |
| **2** | **Чайс лимоном.** | **200** | **0.3** | **1.14** | **15.2** | **120** | **0.01** | **3.67** | **0 .01** | **8.0** | **0.4** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **2.7** | **5.34** | **36.0** | **334.0** | **0.09** | **3.87** | **0.06** | **54.8** | **0.6** |

***2 день***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины (мг)** | | | **Минеральные вещества (мг)** | |
| **Завтрак** | | | **Б** | **Ж** | **У** |  | **В** | **с** | **а** | **Са р** | **М г Фе** |
| **1** | **Каша молочная из хлопьев Геркулес** | **200** | **3.70** | **5.78** | **19.67** | **281.28** | **0.15** | **0.77** | **0.05** | **92.16** | **52.05** |
| **2** | **Чай. с сахаром** | **200** | **0.2** | **1.14** | **15.0** | **116.0** | **0.01** | **3.67** | **0 .01** | **8.0** | **3.0** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **3.9** | **6.92** | **34.67** | **397.28** | **0.16** | **4.44** | **0.06** | **100.16** | **55.05** |

***3 день.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины (мг)** | | | **Минеральные вещества (мг)** | |
| **Завтрак** | | | **Б** | **Ж** | **У** |  | **В1** | **В2** | **С** | **Са** | **Fe** |
| **1** | **Омлет натуральный на молоке** | **200** | **10.0** | **16.7** | **1.9** | **398.0** | **0.07** | **0,15** | **0,2** | **81.1** | **2.07** |
| **2** | **Сок фруктовый** | **200** | **1.00** | **0.20** | **20,20** | **92.00** | **0.02** |  | **4.00** | **14.00** | **0,8** |
|  |  | **400** | **11.0** | **16.9** | **22.1** | **490.0** | **0.09** | **0.15** | **4.2** | **95.1** | **2.87** |
|  |  |  |  |  |  |  |  |  |  |  |  |

***4 день.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша молочная Дружба«** | **200** | **6,20** | **8.60** | **42.7** | **284.30** | **0.10** | **0.19** | **0.05** | **0.7** | **122.98** | **72.3** | **32.49** | **0.1** |
| **2** | **Кофейный напиток на молоке.** | **200** | **2.79** | **3.19** | **19.71** | **237.38** | **0.02** | **0.54** | **0.1** | **0.03** | **49.16** | **37.50** | **10.0** | **0,3** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **8.99** | **11.79** | **62.41** | **621.68** | **0.12** | **0.73** | **0.15** | **0.73** | **172.14** | **109.80** | **42.49** | **0.4** |

***5 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша гречневая молочная** | **200** | **3.70** | **5,78** | **19.67** | **281.28** | **0.15** | **0.77** | **0.05** | **1.23** | **92.16** | **113.68** | **52.05** | **2.91** |
| **2** | **Кисель.** | **200** | **0** | **0** | **16.04** | **120.40** |  |  |  |  | **4.65** | **4.42** |  | **0.03** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **3.70** | **5.78** | **35.71** | **401.68** | **0.15** | **0.77** | **0.05** | **1.23** | **96.81** | **118.10** | **52.05** | **2.94** |

***6 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша манная молочная со сливочным масломи сахаром** | **200** | **2.4** | **94.2** | **20.8** | **214.0** | **0,08** | **0,2** | **0,05** | **0,41** | **46.8** | **69.86** | **19.02** | **0.2** |
| **2** | **Чай. с лимоном** | **200** | **0,3** | **1.14** | **15.2** | **120.0** | **0.01** | **3.67** | **0.01** | **0.01** | **8.0** | **4.0** | **3.0** | **0,4** |
|  |  | **400** | **2.7** | **95.34** | **36.0** | **334.0** | **0.09** | **3.87** | **0.06** | **0.42** | **54.8** | **73.86** | **22.02** | **0.6** |

***7 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Суп вермишелевый молочный** | **200/5** | **7.0** | **7.9** | **24.7** | **141.0** | **0,06** | **0,57** | **0** | **0.18** | **79.89** | **45.57** | **7.46** | **0.83** |
| **2** | **Какао на молоке** | **200** | **2.45** | **2.5** | **16.25** | **380.0** | **0.03** | **0.8** | **0.01** | **0.2** | **76.47** | **89.51** | **12.4** | **0.5** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400/5** | **9.45** | **10.4** | **40.95** | **521.0** | **0.09** | **1.37** | **0.01** | **0.38** | **156.36** | **135.08** | **19.86** | **1.33** |

***8 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша пшённая молочная** | **200** | **3.0** | **4.2** | **20.6** | **218.0** | **0.08** | **0.57** | **0.05** | **0.41** | **66.05** | **79.86** | **19.02** | **0.50** |
| **2** | **Кофейный напиток на молоке** | **200** | **2.79** | **3.19** | **19.71** | **237.38** | **0.02** | **0.54** | **0.1** | **0.03** | **49.16** | **37.50** | **10.0** | **0.3** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **5.79** | **7.39** | **40.31** | **455.38** | **0.1** | **1.11** | **0.15** | **0.44** | **115.21** | **117.36** | **29.02** | **0.8** |

***9 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша гречневая молочная со сливочным маслом** | **200** | **3.70** | **5.78** | **19.67** | **281.28** | **0,15** | **0.77** | **0,05** | **1.23** | **92.16** | **113.68** | **52.02** | **2.91** |
| **2** | **Чай с молоком** | **200** | **1.40** | **1.60** | **16.40** | **86.00** | **0.02** | **0.00** | **0.08** |  | **33.00** | **67.50** | **10.50** | **0.40** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **5.1** | **7.38** | **36.07** | **367.28** | **0.17** | **0.77** | **0.13** | **1.23** | **125.16** | **181.18** | **62.52** | **3.31** |

***10 день***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Завтрак.** | | | | | | | | | | | | | | |
| **№** п/п | **Наименование блюда** | **Масса порции (г)** | **Пищевые вещества (мг)** | | | **(ккал)** | **Витамины.(мг)** | | | | **Минеральные вещества (мг)** | | | |
|  | | | **Б** | **Ж** | **У** |  | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Мg** | **Fe** |
| **1** | **Каша молочная из «Геркулеса» жидкая** | **200** | **3.70** | **5.78** | **19.67** | **281.28** | **0,15** | **0,77** | **0,05** | **1.23** | **92.16** | **113.68** | **52.05** | **2.91** |
| **2** | **Кофейный напиток** | **200** | **2.79** | **3.19** | **219.71** | **237.38** | **0.02** | **0.54** | **0.1** | **0.03** | **49.16** | **37.50** | **10.0** | **0.3** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **400** | **6.49** | **8.97** | **239.38** | **518.66** | **0.17** | **1.31** | **0.15** | **1.26** | **141.32** | **151.18** | **62.05** | **3.21** |