«СОГЛАСОВАНО» «УТВЕРЖДАЮ» \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Директор МБОУ «Пестяковская СШ»

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_О.Н.Чернова

«\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_ 2020 г. « \_\_\_ »\_\_\_\_\_\_\_\_\_2020 г.

**ПРИМЕРНОЕ**

**ДВУХНЕДЕЛЬНОЕ МЕНЮ**

для питания учащихся 1-4 классов

**МБОУ «Пестяковская СШ»**

**Первая неделя**

**Понедельник**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Запеканка творожная со сгущ. молоком*** | ***150/10*** | ***22,4*** | ***23,14*** | ***31,8*** | ***418,75*** | ***0,072*** | ***0,72*** | ***0,178*** | ***0,6*** | ***318,8*** | ***39,7*** | ***345,4*** | ***0,91*** | ***№141*** |
| ***Чай сладкий с лимоном*** | ***200/15/7*** | ***0,1*** | ***0*** | ***0,31*** | ***61*** | ***0*** | ***2,8*** | ***0*** | ***0*** | ***14,2*** | ***2*** | ***4*** | ***0,4*** | ***№294*** |
| ***Хлеб пшеничный*** | ***30*** | ***3,16*** | ***0,4*** | ***19,36*** | ***116,9*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***26,16*** | ***31,14*** | ***61,37*** | ***709,65*** | ***2.13*** | ***14.52*** | ***0.808*** | ***3.06*** | ***346.4*** | ***83.65*** | ***360.1*** | ***13.62*** |  |

**Вторник**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Омлет натуральный*** | ***150*** | ***11,64*** | ***18,04*** | ***3,04*** | ***221,08*** | ***0,09*** | ***0,27*** | ***15,86*** | ***0,71*** | ***118,07*** | ***257,8*** | ***19,88*** | ***2,87*** | ***№132*** |
| ***Колбаса отварная*** | ***60*** | ***3,12*** | ***5,6*** | ***0,06*** | ***157,5*** | ***0,066*** | ***0*** | ***0*** | ***0,09*** | ***9,3*** | ***46,7*** | ***5,4*** | ***0,48*** | ***№363*** |
| ***Чай сладкий*** | ***200/15*** | ***0,1*** | ***0*** | ***15*** | ***60*** | ***0*** | ***0*** | ***0*** | ***0*** | ***11*** | ***3*** | ***1*** | ***0,3*** | ***№300*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,16*** | ***0,4*** | ***19,36*** | ***116,9*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***48,89*** | ***65,3*** | ***199,95*** | ***1496,17*** | ***2.216*** | ***11.27*** | ***16.49*** | ***3.26*** | ***161.43*** | ***349.45*** | ***36.98*** | ***16.32*** |  |

**Среда**

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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Рожки отварные*** | ***150*** | ***5,52*** | ***5,292*** | ***35,525*** | ***182,95*** | ***0,057*** | ***0,015*** | ***0*** | ***0,8*** | ***5,7*** | ***35,7*** | ***8,1*** | ***0,78*** | ***№227*** |
| ***Биточек куриный*** | ***60*** | ***12,4*** | ***6,9*** | ***10,2*** | ***152,5*** | ***0,08*** | ***1,29*** | ***48,5*** | ***1,31*** | ***42,32*** | ***146,87*** | ***17,86*** | ***1,37*** | ***№209*** |
| ***Напиток из плодов шиповника*** | ***200*** | ***0,68*** | ***0*** | ***20,8*** | ***88,2*** | ***0*** | ***55*** | ***0*** | ***0,4*** | ***21,3*** | ***0,1*** | ***3,44*** | ***0,6*** | ***№289*** |
| ***Хлеб пшеничный*** | ***30*** | ***4,58*** | ***0,48*** | ***29,52*** | ***141*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***23,68*** | ***20,27*** | ***105,95*** | ***677,65*** | ***2.797*** | ***67.305*** | ***49.13*** | ***4.97*** | ***83.12*** | ***224.62*** | ***40.1*** | ***15.42*** |  |

**Четверг**

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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Каша рисовая на молоке*** | ***150*** | ***5,12*** | ***6,62*** | ***32,61*** | ***210,13*** | ***0,057*** | ***0,015*** | ***0*** | ***0,8*** | ***5,7*** | ***35,7*** | ***8,1*** | ***0,78*** | ***№114*** |
| ***Яйцо*** | ***1шт*** | ***5,1*** | ***4,6*** | ***0,3*** | ***63*** | ***0,5*** | ***0*** | ***3,2*** | ***0,2*** | ***2,45*** | ***11,9*** | ***1,4*** | ***1,1*** | ***№139*** |
| ***Чай сладкий*** | ***200/15*** | ***0,1*** | ***0*** | ***15*** | ***60*** | ***0*** | ***0*** | ***0*** | ***0*** | ***11*** | ***3*** | ***1*** | ***0,3*** | ***№300*** |
| ***Хлеб пшеничный*** | ***40*** | ***4,58*** | ***0,48*** | ***29,52*** | ***141*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Итого:*** |  | ***15,0*** | ***18,9*** | ***77,53*** | ***540,13*** | ***0.62*** | ***0.015*** | ***3.23*** | ***2.16*** | ***31.75*** | ***90.55*** | ***18.9*** | ***2.85*** |  |

**Пятница**

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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Каша манная молочная*** | ***150*** | ***4,9*** | ***5,27*** | ***29,09*** | ***183,69*** | ***0,09*** | ***0,91*** | ***0,04*** | ***0,72*** | ***94,23*** | ***102,24*** | ***17,82*** | ***0,54*** | ***№107*** |
| ***Сыр порционно*** | ***25*** | ***5,8*** | ***8,3*** | ***0*** | ***91*** | ***0,05*** | ***0,14*** | ***26*** | ***0,3*** | ***1,76*** | ***69,5*** | ***11,13*** | ***1,38*** | ***№366*** |
| ***Кофейный напиток на молоке*** | ***200*** | ***3,79*** | ***3,19*** | ***15,91*** | ***150,83*** | ***0,07*** | ***1,49*** | ***0,02*** | ***0,02*** | ***170,4*** | ***136,8*** | ***34,2*** | ***1,25*** | ***№286/287*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,06*** | ***1,2*** | ***19,9*** | ***104,8*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***14,91*** | ***25,2*** | ***89,62*** | ***711,07*** | ***2.276*** | ***13.54*** | ***26.69*** | ***3.5*** | ***280.59*** | ***350.49*** | ***73.85*** | ***15.84*** |  |

**Неделя вторая**

**Понедельник**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК СБР  2008г |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | р | Mg | Fe |
|  | | | | | | | | | | | | | | |
| ***Каша гречневая на молоке с маслом сливочным*** | ***150/5*** | ***7,99*** | ***11,81*** | ***35,18*** | ***268,03*** | ***0,09*** | ***1,25*** | ***0,1*** | ***0,75*** | ***125,74*** | ***151,2*** | ***31,2*** | ***0,55*** | ***№104/***  ***№365*** |
| ***Кофейный напиток на молоке*** | ***200*** | ***3,79*** | ***3,4*** | ***15,9*** | ***130,8*** | ***0,04*** | ***1,3*** | ***0,02*** | ***0*** | ***126*** | ***90*** | ***14*** | ***0,1*** | ***№287*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,16*** | ***0,4*** | ***19,36*** | ***116,9*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Сыр порционно*** | ***25*** | ***5,8*** | ***8,3*** | ***0*** | ***91*** | ***0,05*** | ***0,14*** | ***26*** | ***0,3*** | ***1,76*** | ***69,5*** | ***11,13*** | ***1,38*** | ***№366*** |
| ***Итого:*** |  | ***20,74*** | ***23,91*** | ***70,44*** | ***606,73*** | ***0.246*** | ***2.69*** | ***26.12*** | ***1.71*** | ***265.5*** | ***349.7*** | ***64.73*** | ***2.69*** |  |

**Вторник**

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| **Наименование блюд** | **Выход** | | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | | |
| ***Вермишель отварная*** | ***150*** | ***4,42*** | | ***4,23*** | ***28,26*** | ***168,88*** | ***0,09*** | ***3,59*** | ***0,03*** | ***0,13*** | ***26,64*** | ***58,7*** | ***18,55*** | ***0,67*** | ***№227*** |
| ***Филе куриное в соусе*** | ***60/40*** | ***9,6*** | | ***9,56*** | ***2,9*** | ***159,36*** | ***0,04*** | ***0,68*** | ***3,75*** | ***4,96*** | ***30,32*** | ***93,53*** | ***16,17*** | ***0,70*** | ***№210*** |
| ***Какао на молоке*** | ***200*** | ***4,25*** | | ***5,04*** | ***32,73*** | ***195,71*** | ***0,06*** | ***1,69*** | ***0,03*** | ***0,02*** | ***163,15*** | ***149,7*** | ***39,45*** | ***1,31*** | ***№269*** |
| ***Хлеб пшеничный*** | ***30*** | ***3,16*** | | ***0,4*** | ***19,36*** | ***116,9*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное порционно*** | ***10*** | ***0,1*** | | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***21,45*** | | ***26,83*** | ***93,12*** | ***753,85*** | ***2.256*** | ***16.96*** | ***4.44*** | ***20.44*** | ***234.31*** | ***343.88*** | ***84.87*** | ***15.35*** |  |

**Среда**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Яйцо варёное*** | ***1шт*** | ***5,1*** | ***4,6*** | ***0,3*** | ***63*** | ***0,5*** | ***0*** | ***3,2*** | ***0,2*** | ***2,45*** | ***11,9*** | ***1,4*** | ***1,1*** | ***№139*** |
| ***Каша «Дружба» на молоке*** | ***150*** | ***6,55*** | ***8,33*** | ***35,09*** | ***241,11*** | ***0,08*** | ***1,32*** | ***0,08*** | ***0,2*** | ***126,6*** | ***140,4*** | ***30,6*** | ***0,56*** | ***№102*** |
| ***Чай сладкий с лимоном*** | ***200/15/7*** | ***0,1*** | ***0*** | ***0,,31*** | ***61*** | ***0*** | ***2,8*** | ***0*** | ***0*** | ***14,2*** | ***2*** | ***4*** | ***0,4*** | ***№294*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,16*** | ***0,4*** | ***19,36*** | ***116,9*** | ***0,66*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Масло сливочное*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***200*** | ***1,35*** | ***0,3*** | ***12,2*** | ***86*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***16,36*** | ***21,56*** | ***82,36*** | ***634,01*** | ***3.24*** | ***15.12*** | ***3.91*** | ***2.86*** | ***157.45*** | ***196.25*** | ***46.7*** | ***14.73*** |  |

**Четверг**

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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Запеканка творожная со сгущ.молоком*** | ***150/10*** | ***22,24*** | ***23,14*** | ***31,8*** | ***418,75*** | ***0,072*** | ***0,72*** | ***0,178*** | ***0,6*** | ***318,8*** | ***39,7*** | ***345,4*** | ***0,91*** | ***№141*** |
| ***Напиток из плодов шиповника*** | ***200*** | ***0,68*** | ***0*** | ***20,8*** | ***88,2*** | ***0*** | ***55*** | ***0*** | ***0,4*** | ***21,3*** | ***0,1*** | ***3,44*** | ***0,6*** | ***№289*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,8*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Масло сливочное*** | ***10*** | ***0,1*** | ***7,2*** | ***0,1*** | ***66*** | ***0*** | ***0*** | ***0,03*** | ***0,5*** | ***0,6*** | ***0,95*** | ***0*** | ***0,01*** | ***№365*** |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***27,22*** | ***31,14*** | ***87,1*** | ***733,85*** | ***4.72*** | ***77.72*** | ***1.408*** | ***4.1*** | ***343.9*** | ***44.75*** | ***353.44*** | ***25.52*** |  |

**Пятница**

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| **Наименование блюд** | **Выход** | **Пищевые вещества** | | | | **Витамины** | | | | **Минеральные вещества** | | | | № ТК  СБР 2008 |
| Б | Ж | У | Ккал | В1 | С | А | Е | Са | Р | Mg | Fe |
| **Завтрак** | | | | | | | | | | | | | | |
| ***Каша пшенная на молоке с маслом сливочным*** | ***150/5*** | ***4,39*** | ***11,89*** | ***20,2*** | ***200,88*** | ***0,16*** | ***0,34*** | ***17,55*** | ***0,14*** | ***80,44*** | ***135,73*** | ***37,63*** | ***1,05*** | ***№112*** |
| ***Сыр порционно*** | ***25*** | ***5,8*** | ***8,3*** | ***0*** | ***91*** | ***0,05*** | ***0,14*** | ***26*** | ***0,3*** | ***1,76*** | ***69,5*** | ***11,13*** | ***1,38*** | ***№366*** |
| ***Какао на молоке*** | ***200*** | ***4,25*** | ***5,04*** | ***32,73*** | ***195,71*** | ***0,06*** | ***1,69*** | ***0,03*** | ***0,02*** | ***163,15*** | ***149,7*** | ***39,45*** | ***1,31*** | ***№269*** |
| ***Хлеб пшеничный*** | ***40*** | ***3,06*** | ***1,2*** | ***19,9*** | ***104,8*** | ***0,066*** | ***0*** | ***0*** | ***0,66*** | ***12*** | ***39*** | ***8,4*** | ***0,66*** |  |
| ***Фрукты в ассортименте(яблоко, нектарин,***  ***апельсин, мандарин, банан)*** | ***100*** | ***0,4*** | ***0,4*** | ***9,8*** | ***47*** | ***2*** | ***11*** | ***0,6*** | ***1,3*** | ***1,6*** | ***2*** | ***2,3*** | ***12*** |  |
| ***Итого:*** |  | ***18*** | ***35,08*** | ***82,73*** | ***705,19*** | ***3.326*** | ***13.17*** | ***44.18*** | ***2.42*** | ***258.95*** | ***395.93*** | ***98.91*** | ***16.4*** |  |

1. Сборник технологических нормативов, рецептур блюд и кулинарных изделий для школьных образовательных учреждений, школ-интернатов, детских домов и детских оздоровительных учреждений, г.Пермь,2008г
2. Сборник технологических нормативов, сборник рецептур блюд и кулинарных изделий для предприятий общественного питания , г.Москва,1996г