**Понеділок, 4 тиждень**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Найменування страв** | | **Вихід** | | | | | | | | **Білки** | | | | | | | | | **Жири** | | | | | | | **Вуглеводи** | | | | | | | | **Ккалор.** | | | | | |
| **Вікова група** | | **1-3** | **3-4** | | | | **4-6(7)** | | | **1-3** | | | **3-4** | | | **4-6(7)** | | | **1-3** | **3-4** | | | **4-6(7)** | | | **1-3** | | | | **3-4** | | **4-6(7)** | | **1-3** | | | **3-4** | | **4-6(7)** |
| **Сніданок** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Яйце відварене (Я) | | 40 | | 40 | | 40 | | | 5,8 | | | 5,8 | | | 5,08 | | | 4,60 | | | 4,60 | | | 4,60 | | | 0,28 | | 0,28 | | 0,28 | | 62,80 | | | 62,80 | | 62,80 | |
| Макарони відварні з сиром твердим (МП)(Л)(МП) | | 80/  10 | | 80/  10 | | 100/  15 | | | 4,94 | | | 4,94 | | | 6,38 | | | 3,82 | | | 3,82 | | | 5,0 | | | 21,66 | | 21,66 | | 27,25 | | 142,89 | | | 142,89 | | 182,16 | |
| Салат із свіжих огірків | | 60 | | 60 | | 80 | | | 0,38 | | | 0,38 | | | 0,55 | | | 3,05 | | | 3,05 | | | 4,07 | | | 1,55 | | 1,55 | | 2,07 | | 33,55 | | | 33,55 | | 44,73 | |
| Свіжі фрукти (яблуко) | | 60 | | 60 | | 80 | | | 0,24 | | | 0,24 | | | 0,32 | | | 0,24 | | | 0,24 | | | 0,32 | | | 6,24 | | 6,24 | | 8,32 | | 27,0 | | | 27,0 | | 36,0 | |
| Чай | | 150 | | 150 | | 180 | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | | |  | |  | |
| **Всього за сніданок:** | |  | |  | |  | | | **10,64** | | | **10,64** | | | **12,33** | | | **11,71** | | | **11,71** | | | **13,99** | | | **29,73** | | **29,73** | | **37,92** | | **266,24** | | | **266,24** | | **325,69** | |
| **Обід** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Суп гречаний МП Л | 150 | | | 150 | 200 | | | 1,78 | | | 1,78 | | | 2,0 | | | 3,16 | | | | | 3,16 | | | 5,95 | | | 6,62 | | 6,62 | | 8,56 | | | 120,14 | | 120,14 | | 151,68 |
| Шніцель зі свинини (Я) | 60 | | | 60 | 81 | | | 8,36 | | | 8,36 | | | 11,09 | | | 14,49 | | | | | 14,49 | | | 19,15 | | | 8,58 | | 8,58 | | 11,17 | | | 198,68 | | 198,68 | | 262,02 |
| Пюре картопляне (МП)(Л) | 87 | | | 87 | 103 | | | 2,01 | | | 2,01 | | | 2,51 | | | 2,12 | | | | | 2,12 | | | 2,65 | | | 14,53 | | 14,53 | | 18,16 | | | 84,50 | | 84,50 | | 105,63 |
| Салат зі свіжої капусти та яблук | 60 | | | 60 | 80 | | | 0,78 | | | 0,78 | | | 1,04 | | | 5,10 | | | | | 5,10 | | | 6,80 | | | 3,84 | | 3,84 | | 5,12 | | | 62,50 | | 62,50 | | 83,30 |
| Хліб цільнозерновий (Г)(ЗП) | 30 | | | 30 | 30 | | | 2,76 | | | 2,76 | | | 2,76 | | | 0,63 | | | | | 0,63 | | | 0,63 | | | 13,68 | | 13,68 | | 13,68 | | | 72,6 | | 72,6 | | 72,6 |
| Компот із сухофруктів | 100 | | | 100 | 150 | | | 0,23 | | | 0,23 | | | 0,35 | | | 0 | | | | | 0 | | | 0 | | | 5,5 | | 10,5 | | 15,75 | | | 20,10 | | 39,05 | | 46,86 |
| **Всього за обід:** |  | | |  |  | | | **15,63** | | | **15,63** | | | **19,79** | | | **23,50** | | | | | **23,50** | | | **30,87** | | | **56,10** | | **61,30** | | **77,69** | | | **494,60** | | **513,55** | | **647,35** |
| **Вечеря** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Пудінг сирно-яблучний(Я) (МП)(Л) | | 134/80 | | 140/80 | | 178/101 | | | 16,04 | | | 16,04 | | | 20,43 | | | 12,00 | | | | 12,00 | 15,00 | | | | | 14,13 | | 20,66 | | 25,97 | | | 213,08 | | 255,72 | | 322,01 |
| Соус сметаний (МП)(Л)(Г) | | 40 | | 40 | | 55 | | | 0,98 | | | 0,98 | | | 1,55 | | | 2,44 | | | | 2,44 | 3,97 | | | | | 4,67 | | 4,67 | | 6,74 | | | 44,62 | | 44,62 | | 68,99 |
| Молоко | | 100 | | 100 | | 120 | | | 2,82 | | | 2,82 | | | 3,38 | | | 2,5 | | | | 2,5 | 3,0 | | | | | 4,73 | | 4,73 | | 5,68 | | | 52,0 | | 52,0 | | 62,4 |
| Фрукти свыжі (банан) | | 60 | | 60 | | 80 | | | 0,93 | | | 0,93 | | | 1,24 | | | 0,06 | | | | 0,06 | 0,08 | | | | | 13,41 | | 13,41 | | 17,88 | | | 54,74 | | 54,74 | | 72,98 |
| Салат з моркви60 | | 60 | | 60 | | 80 | | | 0,91 | | | 0,91 | | | 1,22 | | | 4,04 | | | | 4,04 | 5,39 | | | | | 5,91 | | 5,91 | | 7,88 | | | 60,32 | | 60,32 | | 81,23 |
| **Всього за вечерю:** | |  | |  | |  | | | **21,68** | | | **21,68** | | | **27,82** | | | **21,04** | | | | **21,04** | **27,44** | | | | | **42,85** | | **49,44** | | **63,55** | | | **424,76** | | **467,40** | | **534,71** |
| **Всьго за день:** | |  | |  | |  | | | **47,95** | | | **47,95** | | | **59,94** | | | **56,25** | | | | **56,2** | **72,30** | | | | | **128,6** | | **140,4** | | **179,1** | | | **1185,6** | | **1247,2** | | **11507,75** |