|  |  |
| --- | --- |
|  | УТВЕРЖДАЮ  Директор МКОУ «Гилевская СОШ»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Т.П.Клименок |

Примерное меню на 2024-2025 год

МКОУ «Гилевская средняя общеобразовательная школа».

5-11 классы

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецептуры** | **Наименование блюда** | **Масса порции** | **Пищевые вещества** | | | **Калорийность (ккал)** | **ВИТАМИНЫ(мг)** | | | | | | | **МИНЕРАЛЬНЫЕ**  **ВЕЩЕСТВА(мг)** | | | |
| **Б** | **Ж** | **У** |
| ***1 день*** | **Завтрак** | | | | | | **В1** | | **С** | **А** | | **Е** | | **Са** | **Р** | **Mg** | **Fe** |
| 309 | Макароны отварные | 200 | 18,0 | 19,0 | 116,0 | 673,0 | 0,32 | | - | - | | 10,62 | | 3,1 | 146,74 | 27,40 | 3,1 |
| 462 | Тефтеля мясная | 80 | 9,0 | 13,0 | 10,0 | 191,0 |  | |  |  | |  | |  |  |  |  |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,0 | | 0,0 | 0,0 | | 0,0 | | 12,0 | 0,0 | 0,0 | 0,80 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 204 | Суп картофельный с крупой | 250 | 9,0 | 9,0 | 14,0 | 112,0 | 0,1 | | 9,11 | 15 | | 0,0 | | 45,3 | 176,53 | 47,35 | 1,26 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | 0,06 | | 34,0 - | - | | - | | 116,0 | - | - | 1,6 |
|  | Всего | 1030 | 29,0 | 57,0 | 223,0 | 1184,0 | 0,47 | | 9,11 | 0,28 | | 10,92 | | 82,55 | 543,09 | 99,57 | 8,62 |
| ***2 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 82 | Борщ с капустой и картофелем | 250 | 10,0 | 7,0 | 11,0 | 144,0 | 0,12 | | 0,79 | - | | - | | 21,57 | - | - | 1,91 |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,01 | | 100,0 | - | | - | | 21,33 | - | - | 0,63 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 124 | Вареники с маслом | 200 | 1,0 | 83,0 | 1,0 | 285,0 | 0,05 | | 12,0 | - | | - | | 31,81 | - | 19,10 | 0,70 |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | 0,06 | | 34,0 | - | | - | | 116,0 | - | - | 1,6 |
|  | Всего | 900 | 13,0 | 98,0 | 80,0 | 749,0 | 1,511 | | 156,47 | 0,11 | | 7,5 | | 372,51 | 493,5 | 179,6 | 11,46 |
| ***3 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 311 | Каша манная с маслом | 200 | 3,0 | 5,0 | 21,0 | 184,0 | 0,05 | | 1,52 | 0,27 | | 0,66 | | 170,39 | 109,98 | 16,65 | 0,38 |
| 951 | Кофейный напиток | 200 | 2,0 | 2,0 | 22,0 | 116,0 | 0,00 | | 0,0 | - | | - | | 6,0 | - | - | 0,4 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 204 | Суп картофельный с крупой | 250 | 3,0 | 3,0 | 17,0 | 112,0 | 0,10 | | 8,33 | - | | - | | 25,90 | 87,35 | 26,50 | 1,01 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
| 648 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | - | | - | - | | - | | 0,48 | - | - | 0,06 |
|  | всего | 950 | 12,0 | 26,0 | 118,0 | 808,0 | 0,22 | | 19,35 | 0,27 | | 0,66 | | 247,22 | 238,3 | 64,05 | 3,8 |
| ***4 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 377 | Чай с лимоном | 200 | 3,0 | 2,0 | 15,0 | 115,0 | 0,02 | | 7,34 | 0,02 | | 0,02 | | 225,1 | 371,08 | 198,16 | 36,84 |
| 312 | Картофельное пюре | 150 | 6,0 | 10,0 | 50,0 | 261,0 | 0,59 | | - | 0,13 | | 1,5 | | 140,76 | 392,09 | 115,22 | 3,59 |
| 231 | Поджарка из рыбы | 100 | 14,0 | 4,0 | 5,0 | 113,0 | 0,13 | | 1,6 | - | | - | | 17,83 | - | 24,11 | 0,58 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 104 | Суп с мясными фрикадельками | 250 | 7,0 | 6,0 | 17,0 | 90,0 | 0,1 | | 20,03 | 0,8 | | 0,9 | | 66,15 | 64,1 | 26,50 | 1,38 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | 0,06 | | 34,0 | - | | - | | 116,0 | - | - | 1,6 |
|  | Всего | 1000 | 34,0 | 38,0 | 142,0 | 1013,0 | 0,95 | | 62,97 | 1,22 | | 2,42 | | 866,39 | 827,27 | 363,99 | 44,61 |
| ***5 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | - | | - | - | | - | | 12 | - | - | 0,8 |
| 646 | Плов из птицы | 250 | 7,0 | 7,0 | 23,0 | 688,0 | 0,16 | | 0,53 | - | | - | | 128,82 | - | 45,0 | 1,17 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | | - | - | | - | | 9,3 | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 111 | Суп с макаронными изделиями | 200 | 3,0 | 3,0 | 17,0 | 110,0 | - | 1,85 | | 1,15 | | 0,1 | | 82,5 | 14,13 | 7,15 | 0,78 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,02 | - | | - | | - | | 34,0 | - | - | - |
|  | Всего | 950 | 14,0 | 26,0 | 123,0 | 1288,0 | 0,23 | 2,38 | | 1,15 | | 0,1 | | 137,8 | 14,13 | 52,15 | 2,57 |
| ***6 день*** | **Завтрак** | | | | | |  |  | | | | | | | | | |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,01 | 100 | | - | | - | | 21,33 | - | - | 0,63 |
|  | Вареники с картофелем с маслом | 200 | 1,0 | 83,0 | 1,0 | 285,0 |  |  | |  | |  | |  |  |  |  |
| 60 | **Обед** | | | | | |  | | | | | | | | | | |
| Суп картофельный с крупой | 250 | 2,0 | 3,0 | 14,0 | 112,0 | 0,09 | 7,0 | | - | | - | | 15,8 | - | 24,01 | 0,91 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | - | - | | - | | - | | 0,48 | - | - | 0,06 |
|  | Всего | 900 | 5,0 | 94,0 | 83,0 | 717,0 | 0,32 | 107 | | 0,15 | | 5,45 | | 262,9 | 217 | 66,92 | 1,59 |
| ***7 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | 0,02 | 7,34 | | 0,02 | | 0,02 | | 225,1 | 371,08 | 198,16 | 36,84 |
| 312 | Картофельное пюре | 250 | 6,0 | 10,0 | 50,0 | 261,0 | 0,16 | 2,76 | | - | | - | | 39,03 | - | - | 3,26 |
| 246 | Гуляш из отварной говядины | 75 | 21,0 | 22,0 | 5,0 | 200,0 |  |  | |  | |  | |  |  |  |  |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 133 | **Обед** | | | | | |  | | | | | | | | | | |
| Суп гороховый с мясом | 250 | 3,0 | 3,0 | 17,0 | 204,0 | 0,1 | 9,64 | | - | | - | | 15,36 | - | 27,14 | 1,03 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,06 | 34,0 | | - | | - | | 116 | - | - | 1,6 |
|  | Всего | 1075 | 34,0 | 51,0 | 155,0 | 1155,0 | 0,39 | 53,74 | | 0,02 | | 0,02 | | 404,79 | 371,08 | 225,3 | 43,35 |
| ***8 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 382 | Какао | 200 | 6,0 | 6,0 | 38,0 | 219,0 | - | - | | - | | - | | 6,0 | - | - | 0,4 |
| 311 | Каша манная с маслом | 150 | 6,0 | 8,0 | 36,0 | 236,0 | 0,02 | - | | - | | - | | 13,26 | - | - | 0,57 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 82 | **Обед** | | | | | |  | | | | | | | | | | |
| Борщ с капустой и картофелем | 250 | 10,0 | 7,0 | 11,0 | 114,0 | - | 12,9 | | 1,03 | | 0,1 | | 85,9 | 21,75 | 10,63 | 0,85 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | | - | | 9,3 | - | - | 0,62 |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | - | - | | - | | - | | 0,48 | - | - | 0,06 |
|  | Всего | 900 | 26,0 | 37,0 | 143,0 | 965,0 | 0,08 | 13,7 | | 1,04 | | 0,1 | | 118,47 | 28,33 | 13,3 | 2,61 |
| ***9 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,02 | 7,34 | | 0,02 | 0,02 | | 225,1 | | 371,08 | 198,16 | 36,84 |
| 304 | Рис отварной | 150 | 12,0 | 19,0 | 28,0 | 596,0 | 0,05 | 1,52 | | 0,27 | 0,66 | | 170,39 | | 109,98 | 16,65 | 0,38 |
| 833 | Соус красный основной | 50 | 1,0 | 1,0 | 3,0 | 113,0 |  |  | |  |  | |  | |  |  |  |
| 231 | Поджарка из рыбы | 100 | 14,0 | 4,0 | 5,0 | 113,0 | 0,13 | 1,6 | | - | - | | 17,83 | | - | 24,11 | 0,58 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | - | | 9,3 | | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 132 | Рассольник с мясом | 250 | 1,0 | 2,0 | 6,0 | 120,0 | 0,08 | 6,7 | | - | - | | 15,58 | | - | 22,49 | 0,85 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | - | | 9,3 | | - | - | 0,62 |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | 0,06 | 34,0 | | - | - | | 116 | | - | - | 1,6 |
|  | всего | 1050 | 32,0 | 42,0 | 128,0 | 1394,0 | 0,39 | 51,16 | | 0,29 | 0,68 | | 554,2 | | 481,06 | 261,41 | 40,87 |
| ***10 день*** | **Завтрак** | | | | | |  | | | | | | | | | | |
| 943 | Чай с сахаром | 200 | 0,0 | 0,0 | 28,0 | 56,0 | - | - | | - | - | | 6,0 | | - | - | 0,4 |
| 297 | Каша гречневая рассыпчатая | 150 | 5,0 | 4,0 | 35,0 | 872,0 | 0,15 | - | | 20,0 | - | | 12,20 | | 147,70 | 98,10 | 30,32 |
| 643 | Птица тушеная в соусе | 75 | 21,0 | 22,0 | 5,0 | 200,0 | 0,14 | - | | 14,0 | - | | 11,25 | | 142,12 | 85,21 | 32,3 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | - | | 9,3 | | - | - | 0,62 |
|  | **Обед** | | | | | |  | | | | | | | | | | |
| 204 | Суп картофельный с крупой | 250 | 2,0 | 3,0 | 14,0 | 104,0 | 0,11 | 8,25 | | - | - | | 24 | | 66,7 | 26,65 | 0,96 |
|  | Хлеб | 50 | 2,0 | 8,0 | 15,0 | 170,0 | 0,05 | - | | - | - | | 9,3 | | - | - | 0,62 |
| 868 | Компот из смеси сухофруктов | 200 | 0,0 | 0,0 | 25,0 | 94,0 | 0,04 | 1,3 | | - | - | | 122,05 | | - | - | 0,56 |
|  | Всего | 975 | 32,0 | 45,0 | 137,0 | 1666,0 | 0,20 | 9,55 | | - | -- | | 166,25 | | 66,7 | 26,65 | 3,02 |