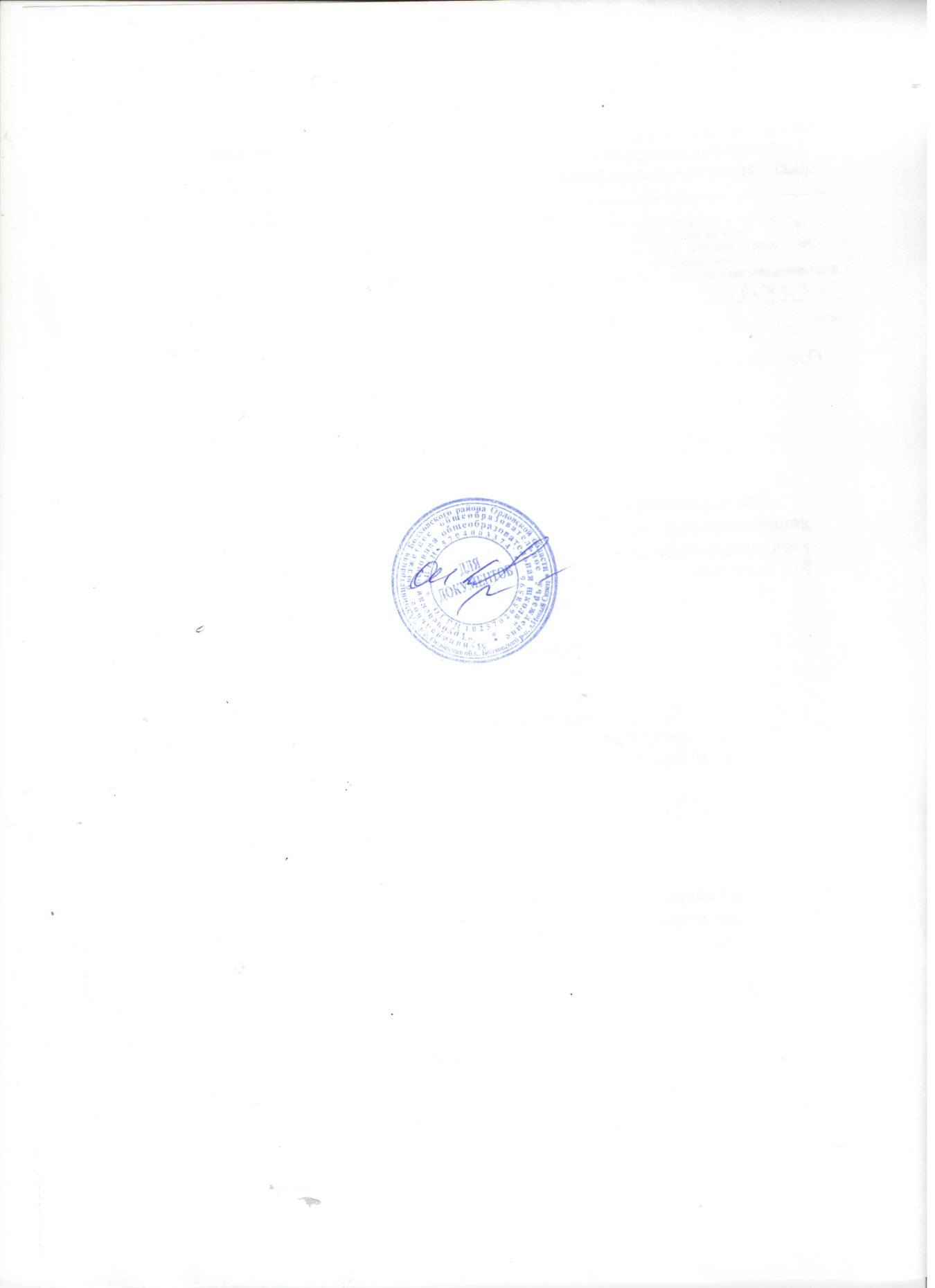
Муниципальное бюджетное общеобразовательное учреждение «Трубчевская основная общеобразовательная школа»

303153, Орловская область, Болховский район, д. Новый Синец, ул. Зелёная, д.11, т.8(48640) 2-66-24

Утверждаю

Директор школы:

О.И. Киреева

Приказ № 115-ОД от 01.09.2025г.

Примерное десятидневное меню питания

для обучающихся 1-4 классов МБОУ «Трубчевская ООШ»

на осенне-зимний период

День: первый

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe |
| 1 | | | 2 | | 3 | | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| ДЕНЬ 1 | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | |
| 209 | | Омлет натуральный | | 200 | | 14.9 | | 17.0 | | 12 | | 282 | 0.09 | 2.1 | 0.2 | 0.5 | 133.3 | 39.5 | 26.1 | 2.1 |
| 864 | | Чай | | 200 | | 0.1 | | 0 | | 15,0 | | 60 | 0.04 | 1.3 | 0.02 | 0,0 | 124 | 62.03 | 27 | 0.8 |
| 153 | | Хлеб пшеничный с маслом сливочным | | 40/10 | | 3.0 | | 0.3 | | 19.68 | | 104 | 0.51 | 0.0 | 0.00 | 0.4 | 8 | 26 | 5.6 | 0.4 |
| 112 | | Сок | | 200 | | 0.9 | | 0.2 | | 10 | | 43 | 0.03 | 10 | 0 | 0.2 | 16 | 11 | 9 | 2.2 |
| Итого: | | | |  | | 18.9 | | 17.5 | | 56.68 | | 489 | 0.67 | 13.4 | 0.22 | 1.1 | 181.3 | 138.53 | 67.7 | 5.5 |
|  | Обед | | | | | | | | | | | | | | | | | | | |
|  | 107 | | Огурец соленый | | 100 | | 0.8 | | 0.1 | | 1.7 | 13 | 0.02 | 5.0 | 0.00 | 0.1 | 23 | 24 | 14 | 0.6 |
| 116 | | | Суп с макаронными изделиями на м/б | | 250 | | 2.7 | | 2.85 | | 28.8 | 111.5 | 0.1 | 8.25 | 0.00 | 1.37 | 15.25 | 63.5 | 24 | 0.95 |
| 355 | | | Рис отварной | | 150 | | 4.4 | | 7.3 | | 42.56 | 245.5 | 0.03 | 0.0 | 0.05 | 0.34 | 6.1 | 84.9 | 27.3 | 0.6 |
| 105 | | | Котлета куриная | | 90 | | 15.0 | | 10.7 | | 7.4 | 167 | 0.1 | 0.8 | 0.04 | 0.4 | 34.66 | 94.3 | 18.6 | 1.14 |
| 545 | | | Компот из свежих фруктов или ягод | | 200 | | 0.5 | | 0.2 | | 22.2 | 93 | 0.03 | 11.6 | 0.00 | 0.1 | 19.0 | 12.0 | 8.0 | 0.8 |
| 879 | | | Хлеб пшенично-ржаной | | 60 | | 5.3 | | 0.96 | | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| Итого: | | | | |  | | 28.7 | | 22.11 | | 129.36 | 769.2 | 0.42 | 25.65 | 0.09 | 3.41 | 126.01 | 405.1 | 129.5 | 7.21 |
| Всего: | | | | |  | | 47.2 | | 39.71 | | 180.44 | 1258.2 | 1.06 | 29.05 | 0.31 | 4.31 | 391.31 | 532.63 | 188.2 | 10.51 |

День: второй

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | Наименование блюда | | Масса порции | | Пищевые вещества | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | |
| белки | | жиры | | углеводы | | В1 | | С | | А | | Е | | Са | | Р | | Mg | | Fe |
| 1 | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 |
| ДЕНЬ 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 189 | Каша молочная из хлопьев овсяных «Геркулес» жидкая | | 200 | | 18.95 | | 18.75 | | 37.0 | | 300.5 | | 0.21 | | | 1.92 | | 0.07 | | 0.67 | | 262.4 | | 80.5 | | 69.5 | | 1.55 |
| 864 | Чай | | 200 | | 0,1 | | 0,0 | | 15.0 | | 60 | | 0.04 | | | 1.3 | | 0.02 | | 0.0 | | 126 | | 90 | | 14 | | 0.1 |
| 153 | Хлеб пшеничный с маслом сливочным | | 40/10 | | 3.0 | | 0.3 | | 19.68 | | 104 | | 0.51 | | | 0.0 | | 0.00 | | 0.4 | | 8 | | 26 | | 5.6 | | 0.4 |
| 112 | Сок | | 200 | | 0.9 | | 0.2 | | 10 | | 43 | | 0.03 | | | 10 | | 0.00 | | 0.2 | | 16 | | 11 | | 9 | | 2.2 |
| Итого: | | |  | | 25.05 | | 17.95 | | 81.58 | | 501.5 | | 0.79 | | | 13.22 | | 0.09 | | 1.27 | | 412.4 | | 207.5 | | 98.1 | | 4.25 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 115 | Салат из белокочанной капусты с морковью | 100 | | 1.6 | | 10.1 | | 9.6 | | 136 | | 0.04 | | | 27.8 | | 0.00 | | 4.5 | | 44 | | 32 | | 17 | | 0.6 | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Рассольник ленинградский на м/ к/б | 250 | 2.0 | 5.2 | 16.2 | 121.25 | 0.09 | 7.7 | 0.00 | 2.3 | 15.5 | 63 | 26.2 | 0.9 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 335 | | Картофельное пюре | | 150 | | 4.2 | | 8.8 | | 21.8 | 184 | | | 0.18 | | 6.8 | | 0.06 | | 0.2 | | 38.3 | | 80 | | 38 | 1.4 | |
| 78 | | Рыба, тушенная в томате с овощами | | 140 | | 13.3 | | 7.2 | | 6.3 | 143 | | | 0.09 | | 4.7 | | 0.01 | | 4.2 | | 35 | | 203 | | 39 | 0.8 | |
| 376 | | Кисель | | 200 | | 0.5 | | 0.2 | | 22.2 | 93 | | | 0.01 | | 0.5 | | 0.0 | | 0.0 | | 28 | | 19 | | 7 | 1.5 | |
| 879 | Хлеб пшенично-ржаной | | 60 | | 5.3 | | 0.96 | | 26.7 | | | 139.2 | 0.14 | | 0.0 | | 0.00 | | 1.1 | | 28 | | 126.4 | | 37.6 | | | 3.12 |
| Итого: | | |  | | 26.9 | | 32.46 | | 102. | | | 816.45 | 0.55 | | 47.5 | | 0.07 | | 12.3 | | 188.8 | | 523.4 | | 164.8 | | | 8.32 |
| Всего: | | |  | | 51.95 | | 50.41 | | 184.38 | | | 1317.95 | 1.34 | | 60.72 | | 0.16 | | 13.57 | | 601.2 | | 730.9 | | 262.9 | | | 12.57 |

День: третий

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | Минеральные вещества (мг) | | | | |
| белки | | жиры | | углеводы | В1 | С | А | Е | Са | Р | Mg | Fe | |
| 1 | | 2 | | 3 | 4 | | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| ДЕНЬ 3 | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | |
| 3 | | Вермишель молочная | | 200 | 15.2 | | 20.4 | | 30.2 | 306 | 0.08 | 0.4 | 0.19 | 0.9 | 200 | 100 | 30.4 | 0.9 | |
| 864 | Чай | | 200 | | 0.1 | 0.0 | | 15.0 | | 60 | 0.00 | 0.0 | 0.0 | 0.0 | 11 | 3 | 1 | 0.3 | |
| 153 | Хлеб пшеничный с маслом сливочным | | 40/10 | | 3.0 | 0.3 | | 19.68 | | 104 | 0.51 | 0.0 | 0.00 | 0.4 | 8.5 | 26 | 5.6 | 0.4 | |
| 122 | Апельсин | | 200 | | 0.9 | 0.2 | | 10 | | 43 | 0.03 | 10.0 | 0.00 | 0.2 | 16 | 11 | 9 | 2.2 | |
| Итого: | | |  | | 19.2 | 20.9 | | 74.88 | | 513 | 0.62 | 10.4 | 0.19 | 1.5 | 235.5 | 140 | 46 | 3.8 | |
| Обед | | | | | | | | | | | | | | | | | | |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 871 | Щи из свежей капусты с картофелем на м/к/б | 250 | 1.75 | 4.97 | 7.77 | 83 | 0.06 | 18.47 | 0.00 | 2.37 | 34 | 47.5 | 22.25 | 0.8 |
| 324.1 | Каша гречневая рассыпчатая | 150 | 10.3 | 9.4 | 58.4 | 303.7 | 0.24 | 0.0 | 0.04 | 0.73 | 17.1 | 90 | 162.3 | 5.4 |
| 277 | Гуляш из отварной курицы | 100 | 15.6 | 14.0 | 15.2 | 297 | 0.07 | 1.3 | 0.04 | 0.7 | 17 | 215 | 30 | 3.2 |
| 545 | Компот из сухофруктов | 200 | 0.5 | 0.2 | 22.2 | 93 | 0.03 | 11.6 | 0.0 | 0.1 | 19 | 12 | 8 | 0.8 |
| 109 | Хлеб пшенично-ржаной | 60 | 5.3 | 0.96 | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28.0 | 126.4 | 37.6 | 3.12 |
| Итого: | |  | 34.95 | 35.03 | 138.67 | 1004.9 | 0.56 | 37.07 | 0.08 | 7.3 | 148.1 | 528.9 | 279.15 | 14.62 |
| Всего: | |  | 54.15 | 55.93 | 213.55 | 1517.9 | 1.18 | 47.47 | 0.27 | 8.8 | 383.6 | 668.9 | 325.15 | 18.42 |

День: четвертый

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | Масса порции | | | | | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | |
| белки | жиры | | | углеводы | | | | В1 | | С | | | | А | | Е | | | Са | | Р | | | Mg | | Fe | |
| 1 | | 2 | | 3 | | | | | | | 4 | 5 | | | 6 | | | | 7 | | | 8 | | 9 | | | | 10 | | 11 | | | 12 | | 13 | | | 14 | | 15 | |
| ДЕНЬ 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 228 | | Каша манная молочная жидкая | | | 200 | | 9.2 | | | | | | 12.4 | | | 30.8 | | | | 372 | | | 0.08 | | | 1.4 | | | 0.05 | | 0.5 | | | 144.15 | | 73.2 | | | 20.2 | | 0.4 |
| 864 | | Чай | | | 200 | | 0.1 | | | | | | 0.0 | | | 15.0 | | | | 60 | | | 0.00 | | | 0.0 | | | 0.00 | | 0.0 | | | 11 | | 3 | | | 1 | | 0.3 |
| 153 | | Хлеб пшеничный с маслом сливочным | | | 40/10 | | 3.0 | | | | | | 0.3 | | | 19.68 | | | | 104 | | | 0.51 | | | 0.0 | | | 0.00 | | 0.4 | | | 8 | | 26 | | | 5.6 | | 0.4 |
| 112 | | Яблоко | | | 200 | | 0.9 | | | | | | 0.2 | | | 10 | | | | 43 | | | 0.03 | | | 0.0 | | | 0.10 | | 0.2 | | | 22 | | 77 | | | 5 | | 1.0 |
| Итого: | | | | |  | | | | | 13.2 | | | | 12.9 | | | | 75.48 | | | 579 | | 0.62 | | 1.4 | | 0.15 | | | | | 0.11 | 185.15 | | 179.2 | | 31.8 | | | | 2.1 |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 107 | | Огурец соленый | | | 100 | | | 0.8 | | | | | 0.1 | | | 1.7 | | | | 13 | | 0.02 | | | 5.0 | | | 0.00 | | 0.1 | | | 23 | | 24 | | | 14 | | 0.6 |
|  | 55 | | Свекольник на м/ к/б | | | 250 | | | 2.17 | | | | | 4.45 | | | 12.02 | | | | 97 | | 0.06 | | | 9.17 | | | 0.04 | | 0.25 | | | 37.75 | | 69.25 | | | 31 | | 1.52 |
|  | 112.1 | | Плов из отварной птицы | | | 180 | | | 16.0 | | | | | 15.9 | | | 37 | | | | 359 | | 0.03 | | | 1.3 | | | 0.01 | | 5.4 | | | 33 | | 133 | | | 31 | | 1.3 |
|  | 376 | | Кисель | | | 200 | | | 0.5 | | | | | 0.2 | | | 22.2 | | | | 93 | | 0.01 | | | 0.5 | | | 0.00 | | 0.0 | | | 28 | | 19 | | | 7 | | 1.5 |
| 879 | | | Хлеб пшенично-ржаной | | | 60 | | 5.3 | | | | | | 0.96 | | | 26.7 | | | | 139.2 | | 0.14 | | | 0.0 | | | 0.00 | | 1.1 | | | 28 | | 126.4 | | | 37.6 | | 3.12 |
| Итого: | | | | | |  | | 24.77 | | | | | | 21.63 | | | 99.62 | | | | 701.2 | | 0.26 | | | 15.97 | | | 0.05 | | 6.85 | | | 149.75 | | 371.65 | | | 120.6 | | 8.04 |
| Всего: | | | | | |  | | 37.97 | | | | | | 34.53 | | | 175.1 | | | | 1280.2 | | 0.88 | | | 17.37 | | | 0.2 | | 6.96 | | | 334.9 | | 550.85 | | | 152.4 | | 10.14 |

День: пятый

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | | Наименование блюда | | | Масса порции | | | Пищевые вещества | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | |  |
| белки | | | | | жиры | | | углеводы | | | | В1 | | | | С | | | | А | | Е | | | | | Са | | | Р | | Mg | | | | Fe | | |  |
| 1 | | | | 2 | | | 3 | | | 4 | | | | | 5 | | | 6 | | | | 7 | | 8 | | | | 9 | | | | 10 | | 11 | | | | | 12 | | | 13 | | 14 | | | | 15 | | |  |
| ДЕНЬ 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 189 | | Каша рисовая молочная жидкая | | | | | | 200 | | | 15.5 | | 18.6 | | | | | | 42.4 | | 306 | | | | 0.06 | | | 1.5 | | | 0.05 | | | | | 0.18 | | | 222.4 | | | 51.8 | | | | | 31.6 | | 0.44 | |  |
| 864 | | | Чай | | | 200 | | | | | 0.1 | | | 0.0 | | | | | 15.0 | | | 60 | | 0.00 | | | | 0.0 | | | | 0.00 | | | 0.0 | | | | 11 | | | 3 | | | | 1 | | 0.3 | | |  |
| 153 | | Хлеб пшеничный с маслом сливочным | | | | | 40/10 | | | | 3.0 | | | | | 0.3 | | | 19.68 | | | 94 | | 0.51 | | | 0.0 | | | 0.00 | | | | | 0.4 | | | 8 | | | 26 | | | | | 5.6 | | 0.4 | | |  |
| 112 | | Сок | | | | | 200 | | | | 0.9 | | | | | 0.2 | | | 10 | | | 43 | | 0.03 | | | 10 | | | 0.00 | | | | | 0.2 | | | 16 | | | 11 | | | | | 9 | | 2.2 | | |  |
| Итого: | | | | | | |  | | | | 19.5 | | | | | 19.1 | | | 87.08 | | | 503 | | 0.60 | | | 11.5 | | | 0.05 | | | | | 0.42 | | | 257.4 | | | 91.8 | | | | | 47.2 | | 3.34 | | |  |
|  | Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 42 | | | | | Винегрет | | | | 100 | | | 1.8 | | | | | 6.2 | | | 8.6 | | | 99 | | | 0.07 | | | 10.1 | | | | 0.00 | | | | 2.8 | | | 16 | | | 46 | | 18 | | | | | 0.7 | |
| 52 | | | | | Суп картофельный с фрикадельками мясными | | | | 250 | | | 2.2 | | | | | 12.9 | | | 14.7 | | | 94.2 | | | 0.12 | | | 44.5 | | | | 0.00 | | | | 1.3 | | | 16.2 | | | 71 | | 29.2 | | | | | 1.1 | |
| 202 | | | | | Макаронные изделия отварные | | | | 150 | | | 6.8 | | | | | 0.8 | | | 34.8 | | | 173.88 | | | 0.07 | | | 0.02 | | | | 0.00 | | | | 0.95 | | | 6.8 | | | 42.8 | | 9.7 | | | | | 0.9 | |
| 143 | | | | | Котлета рыбная | | | | 90 | | | 16.9 | | | | | 7.1 | | | 9.6 | | | 113 | | | 0.07 | | | 0.4 | | | | 0.02 | | | | 1.0 | | | 55 | | | 140 | | 23 | | | | | 0.6 | |
| 545 | | | | | Компот из свежих фруктов или ягод | | | | 200 | | | 0.5 | | | | | 0.2 | | | 22.2 | | | 93 | | | 0.03 | | | 11.6 | | | | - | | | | 0.1 | | | 19 | | | 12 | | 8 | | | | | 0.8 | |
| 879 | | | | | Хлеб пшенично-ржаной | | | | 60 | | | 5.3 | | | | | 0.96 | | | 26.7 | | | 139.2 | | | 0.14 | | | 0.0 | | | | 0.00 | | | | 1.1 | | | 28 | | | 126.4 | | 37.6 | | | | | 3.12 | |
| Итого: | | | | | | | | |  | | | 33.5 | | | | | 28.16 | | | 203.68 | | | 712.28 | | | 0.57 | | | 66.62 | | | | 0.02 | | | | 7.25 | | | 141.0 | | | 438.2 | | 125.5 | | | | | 7.22 | |
| Всего: | | | | | | | | |  | | | 42.1 | | | | | 37.06 | | | 290.76 | | | 1091.28 | | | 1.17 | | | 78.12 | | | | 0.07 | | | | 7.67 | | | 398.4 | | | 530.0 | | 172.7 | | | | | 10.56 | |

День: шестой

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | Наименование блюда | | | | | Масса порции | | Пищевые вещества | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | | |
| белки | | | жиры | | | углеводы | | | | В1 | | | С | | А | | | Е | | | | Са | | | | Р | | | Mg | | | | | | Fe | |
| 1 | | 2 | | | | | 3 | | 4 | | | 5 | | | 6 | | | | 7 | | | 8 | | | 9 | | 10 | | | 11 | | | | 12 | | | | 13 | | | 14 | | | | | | 15 | |
| ДЕНЬ 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 403 | | | Оладьи с маслом | | | 250 | | 19.0 | | 20.6 | | | | 41.2 | | 513.38 | | | | 0.1 | | | 0.5 | | | | 0.1 | 1.0 | | | | | 272.6 | | | | 174.2 | | | 42.6 | | | | | | 1.3 | | |
| 864 | | | Чай | 200 | | | | 0.1 | | | 0.0 | | | 15.0 | | | 60 | | | 0.04 | | | | 1.3 | | | 0.2 | | 0.0 | | 124 | | | | 62.03 | | | | | | | 27 | | | | | | 0.8 |
| 878 | | | Хлеб пшеничный с маслом | | 40/10 | | | 3.0 | | 0.3 | | | | 19.68 | | 104 | | | | | 0.51 | | | 0.0 | | | 0.00 | | | 0.4 | | 8.0 | | | | 26.0 | | | | | | | 5.9 | | 0.4 | | | |
| Итого: | | | | |  | | | 22.1 | | 20.9 | | | | 75.88 | | 677.38 | | | | | 0.65 | | | 1.8 | | | 0.3 | | | 1.4 | | 859.6 | | | | 262.23 | | | | | | | 75.5 | | 2.5 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7107 | Огурец соленый | | | | | | 100 | 0.8 | | 0.1 | | | 1.7 | | | | | 13 | | 0.02 | | | | 5.0 | | 0.00 | | | 0.1 | | 23 | | | | 24 | | | | 14 | | | | | 0.6 | | | | |
| 1177741 | Суп гороховый на м/б | | | | | | 250 | 6.3 | | 14.25 | | | 15.21 | | | | | 108 | | 0.19 | | | | 8.67 | | 0.04 | | | 0.22 | | 19 | | | | 65.75 | | | | 25.5 | | | | | 0.92 | | | | |
| 66 | Жаркое по-домашнему | | | | | | 180 | 20.0 | | 16.0 | | | 15.8 | | | | | 361.8 | | 0.16 | | | | 7.6 | | 0.04 | | | 0.8 | | 35 | | | | 266 | | | | 56 | | | | | 3.4 | | | | |
| 37610 | Компот из сухофруктов | | | | | | 200 | 0.5 | | 0.2 | | | 22.2 | | | | | 93 | | 0.01 | | | | 0.5 | | 0.0 | | | 0.0 | | 28 | | | | 19 | | | | 7 | | | | | 1.5 | | | | |
| 87919 | Хлеб пшенично-ржаной | | | | | | 60 | 5.3 | | 0.96 | | | 26.7 | | | | | 139.2 | | 0.14 | | | | 0.0 | | 0.00 | | | 1.1 | | 28 | | | | 126.4 | | | | 37.6 | | | | | 3.12 | | | | |
| Итого: | | | | | | |  | 32.9 | | 31.51 | | | 81.61 | | | | | 715.0 | | 0.52 | | | | 21.77 | | 0.08 | | | 2.22 | | 133.0 | | | | 501.15 | | | | 140.1 | | | | | 9.54 | | | | |
| Всего: | | | | | | |  | 55 | | 52.41 | | | 157.49 | | | | | 1392.38 | | 1.14 | | | | 23.57 | | 0.38 | | | 3.62 | | 992.6 | | | | 763.38 | | | | 215.6 | | | | | 12.04 | | | | |

День: седьмой

Сезон: осенне-зимний

Возрастная категория: 7-11лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец. | | | Наименование блюда | | Масса порции | Пищевые вещества | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | Минеральные вещества (мг) | | | | | | | |
| белки | | жиры | | углеводы | | | В1 | | С | | А | Е | | | Са | | Р | Mg | | | | Fe |
| 1 | | | 2 | | 3 | 4 | | 5 | | 6 | | | 7 | 8 | | 9 | | 10 | 11 | | | 12 | | 13 | 14 | | | | 15 |
| ДЕНЬ 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | Каша молочная «Дружба» | | | 200 | | 5.55 | 9.33 | | | | 39.09 | 297.00 | 0.6 | | 1.32 | | 0.6 | 0.2 | | | 192.6 | | 40.4 | | | 30.6 | | 0.56 |
| 864 | | Чай | | | 200 | | 0.1 | 0.0 | | | | 15.0 | 60 | 0.04 | | 1.3 | | 0.02 | 0.0 | | | 126 | | 90 | | | 14 | | 0.1 |
| 153 | Хлеб пшеничный с маслом сливочным | | | 40/10 | | | 3.0 | | 0.3 | | | 19.68 | 104 | 0.51 | 0.0 | | 0.00 | | | 0.4 | 8 | | 26 | | | 5.6 | | 0.4 | |
| 112 | Сок | | | 200 | | | 0.9 | | 0.2 | | | 10.0 | 43.00 | 0.03 | 10 | | 0.00 | | | 0.2 | 16 | | 11 | | | 9 | | 2.2 | |
| Итого: | | | |  | | | 9.55 | | 9.83 | | | 83.77 | 504.00 | 1.18 | 12.62 | | 0.62 | | | 0.8 | 342.6 | | 167.4 | | | 59.2 | | 3.26 | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 115 | | | Салат из белокочанной капусты с морковью | | 100 | 1.6 | | | 10.1 | | 9.6 | | 136 | 0.04 | | 27.8 | | 0.00 | 4.5 | | | 44 | | 32 | | | 17 | 0.6 | |
| 116 | | | Суп картофельный с вермишелью на м/б | | 250 | 2.7 | | | 2.85 | | 28.8 | | 111.25 | 0.1 | | 8.25 | | 0.00 | 1.37 | | | 15.25 | | 63.5 | | | 24.0 | 0.95 | |
| 324.1 | | | Каша гречневая рассыпчатая | | 150 | 10.00 | | | 9.4 | | 46.4 | | 173.88 | 0.24 | | 0.0 | | 0.04 | 0.73 | | | 17.1 | | 110.2 | | | 162.3 | 5.4 | |
| 405 | | | Курица в соусе с томатом | | 100 | 13.6 | | | 13.5 | | 4.1 | | 192 | 0.02 | | 2.3 | | 0.03 | 0.5 | | | 34 | | 90 | | | 16 | 1.0 | |
| 545 | | | Компот из свежих фруктов или ягод | | 200 | 0.5 | | | 0.2 | | 22.2 | | 93 | 0.03 | | 11.6 | | 0.00 | 0.1 | | | 19 | | 12 | | | 8 | 0.8 | |
| 879 | | | Хлеб пшенично-ржаной | | 60 | 5.3 | | | 0.96 | | 26.7 | | 139.2 | 0.14 | | 0.0 | | 0.00 | 1.1 | | | 28.0 | | 126.4 | | | 37.6 | 3.12 | |
| Итого: | | | | |  | 33.7 | | | 37.01 | | 137.8 | | 845.33 | 0.53 | | 49.95 | | 0.07 | 8.3 | | | 157.35 | | 434.10 | | | 264.9 | 11.87 | |
| Всего: | | | | |  | 43.25 | | | 46.84 | | 221.67 | | 1349.33 | 1.71 | | 62.57 | | 0.69 | 9.1 | | | 499.95 | | 598.5 | | | 324.1 | 15.13 | |

День: восьмой

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | | Наименование блюда | | Масса порции | | | Пищевые вещества | | | | | | | | Энергетическая ценность (ккал) | Витамины (мг) | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | |  |
| белки | | | жиры | | | углеводы | | В1 | | С | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | Fe |  |
| 1 | | 2 | | 3 | | | 4 | | | 5 | | | 6 | | 7 | 8 | | 9 | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | 15 |  |
| ДЕНЬ 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 8 | | Каша гречневая молочная | | 200 | | 9.2 | | | | | | 12.00 | 32.6 | | 308 | 0.2 | 1.4 | | | | | 0.08 | | | | 0.5 | | | | 135.8 | | 44.5 | | | 112.2 | 3.4 | | | |
| 864 | | | Чай | | 200 | | | 0.1 | | | 0.0 | | | 15.0 | 60 | 0.00 | | 0.0 | | 0.00 | | | | 0.0 | | | | 11 | | | 3 | | | 1 | | | 0.3 | | |
| 153 | | | Хлеб пшеничный с маслом сливочным | | 40/10 | | | 3.0 | | | 0.3 | | | 19.68 | 104 | 0.51 | | 0.0 | | 0.00 | | | | 0.4 | | | | 8 | | | 26 | | | 5.6 | | | 0.4 | | |
| 112 | | | Сок | | 200 | | | 0.9 | | | 0.2 | | | 10.00 | 43 | 0.03 | | 10.0 | | 0.00 | | | | 0.2 | | | | 16 | | | 11 | | | 9 | | | 2.2 | | |
| Итого: | | | | |  | | | 13.2 | | | 12.5 | | | 67.28 | 515 | 0.74 | | 14.4 | | 0.08 | | | | 1.1 | | | | 170.8 | | | 84.5 | | | 127.8 | | | 6.3 | | |
|  | Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 107 | | Огурец соленый | | 100 | | | 0.8 | | | 0.1 | | | 1.7 | 13 | 0.02 | | 5 | | 0.00 | | | | 0.1 | | | | 23 | | | 24 | | | 14 | | | 0.6 | | |
| 136 | | | Борщ из свежей капусты на м/б | | 250 | | | 1.82 | | | 13 | | | 10.65 | 95 | 0.05 | | 10.3 | | 0.00 | | | | 2.4 | | | | 34.5 | | | 53 | | | 26.25 | | | 1.2 | | |
| 202 | | | Макаронные изделия отварные | | 150 | | | 6.8 | | | 0.8 | | | 34.8 | 173.88 | 0.07 | | 0.02 | | 0.00 | | | | 0.95 | | | | 6.8 | | | 22.8 | | | 9.7 | | | 0.9 | | |
| 158 | | | Рыба жареная | | 90 | | | 13.2 | | | 9.5 | | | 4.6 | 157 | 0.14 | | 0.8 | | 0.02 | | | | 4.4 | | | | 69 | | | 197 | | | 37 | | | 0.8 | | |
|  | 376 | | Кисель | | 200 | | | | 0.5 | | 0.2 | | | 22.2 | 93 | 0.01 | 0.5 | | 0.00 | | | | 0.0 | | | | 28 | | | | 19 | | | 7 | | | 1.5 | | |
| 879 | | | Хлеб пшенично-ржаной | | 60 | | | 5.3 | | | 0.96 | | | 26.7 | 139.2 | 0.14 | 0.0 | | 0.00 | | | | 1.1 | | | | 28 | | | | 126.4 | | | 37.6 | | | 3.12 | | |
| Итого: | | | | |  | | | 28.42 | | | 24.56 | | | 100.65 | 664.08 | 0.43 | 16.62 | | 0.02 | | | | 8.95 | | | | 189.3 | | | | 442.2 | | | 131.55 | | | 8.12 | | |
| Всего: | | | | |  | | | 41.62 | | | 37.06 | | | 167.93 | 1179.08 | 1.17 | 31.02 | | 0.1 | | | | 10.05 | | | | 360.1 | | | | 526.7 | | | 259.35 | | | 14.42 | | |

День: девятый

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | № рец | | | Наименование блюда | Масса порции | Пищевые вещества | | | | | | | | | | | Энергетическая ценность (ккал) | | | Витамины (мг) | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | |  |
|  | белки | | | жиры | | | углеводы | | | | | В1 | | | С | А | | | | Е | | | Са | | | | | | Р | | Mg | | | Fe | |  |
|  | 1 | | | 2 | 3 | 4 | | | 5 | | | 6 | | | | | 7 | | | 8 | | | 9 | 10 | | | | 11 | | | 12 | | | | | | 13 | | 14 | | | 15 | |  |
|  | ДЕНЬ 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | 213 | | | Запеканка из творога | 200 | | 22.0 | | | 23.78 | | 53.5 | | | | | 514.7 | 0.13 | | | 0.4 | | | | 0.13 | | | | 0.9 | | | 347.56 | | | 173.8 | | | | 43.9 | | | | 1.9 | |
|  | 864 | | Чай | | 200 | | | 0.1 | | | 0.0 | | | 15.0 | | 60 | | 0.00 | | | 0.0 | | | | | | 0.0 | | | 0.0 | | | | 11 | | 3 | | | | 1 | | | 0.3 | |
| 153 | | Хлеб пшеничный с маслом | | | 40/10 | | 3.0 | | | 0.4 | | | 19.68 | | 104 | | | | 0.51 | | | 0.0 | | | | 0.00 | | | | 0.4 | | | 8 | | 26 | | | 5.9 | | | 0.4 | | | |
| Итого: | | | | |  | | 25.1 | | | 24.18 | | | 88.18 | | 678.7 | | | | 0.64 | | | 0.4 | | | | 0.13 | | | | 1.3 | | | 366.56 | | 202.8 | | | 50.8 | | | 2.6 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25 | Салат из свеклы отвар. | 100 | 1.5 | 5.5 | 8.4 | 89 | 0.02 | 5.7 | 0.00 | 2.3 | 33 | 38 | 19 | 1.3 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 612222 | Суп картофельный с крупой на м/ б | 250 | 2.2 | 2.8 | 25 | 103.25 | 0.1 | 8.25 | - | - | 25.9 | - | - | 1.02 |
| 369 | Картофельная запеканка с мясом | 180 | 20.3 | 20.5 | 23.7 | 380 | 0.21 | 4.0 | 0.07 | 0.8 | 25 | 291 | 56 | 3.5 |
| 0545  э/р | Компот из свежих фруктов или ягод | 200 | 0.5 | 0.2 | 22.2 | 93 | 0.03 | 11.6 | 0.0 | 0.1 | 19.0 | 12 | 8 | 0.8 |
| 18791 | Хлеб пшенично-ржаной | 60 | 5.3 | 0.96 | 26.7 | 139.2 | 0.14 | 0.0 | 0.00 | 1.1 | 28 | 126.4 | 37.6 | 3.12 |
| Итого: | |  | 29.8 | 29.96 | 106.0 | 804.45 | 0.5 | 29.55 | 0.07 | 4.3 | 130.9 | 467.4 | 120.6 | 9.74 |
| Всего: | |  | 54.9 | 54.14 | 194.18 | 1483.15 | 1.14 | 29.95 | 0.2 | 5.6 | 497.46 | 670.2 | 171.4 | 12.34 |

День: десятый

Сезон: осенне-зимний

Возрастная категория: 7-11 лет

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № рец | Наименование блюда | | | | Масса порции | | | | Пищевые вещества | | | | | | | | | | | | | Энергетическая ценность (ккал) | | Витамины (мг) | | | | | | | | | | | | | | | | Минеральные вещества (мг) | | | | | | | | | | | | | |  |
| белки | | | | жиры | | | | углеводы | | | | | В1 | | | | С | | | | А | | | | Е | | | | Са | | | | Р | | Mg | | | | | | Fe | |  |
| 1 | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | | 7 | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | | 13 | | 14 | | | | | | 15 | |  |
| ДЕНЬ 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Завтрак | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| 189 | | Каша пшенная молочная | | | | | 200 | | | 7.8 | | | | 9.5 | | | | 35.8 | | | | 308 | | 0.19 | | | 1.5 | | | | 0.06 | | | | 0.16 | | | 181.8 | | | | 93 | | | | | | 43 | | 1.2 | | | | |
| 864 | | Чай | | | | | 200 | | | 0.1 | | | | 0.0 | | | | 15.00 | | | | 60 | | 0.00 | | | 0.1 | | | | 0.00 | | | | 0.0 | | | 8 | | | | 8 | | | | | | 2 | | 0.5 | | | | |
| 153 | | | | Хлеб пшеничный с маслом сливочным | | 40/10 | | | | | 3.0 | | | | 0.4 | | | | 19.68 | | 104 | | | | 0.51 | | | | 0.0 | | | | 0.00 | | | | 0.4 | | 8 | | | | 26 | | | | | | 5.6 | | 0.4 | | | |
| 112 | | | | Груша | | 100 | | | | | 0.9 | | | | 0.2 | | | | 10 | | 43 | | | | 0.03 | | | | 10 | | | | 0.00 | | | | 0.2 | | 16 | | | | 11 | | | | | | 9 | | 2.2 | | | |
| Итого: | | | | | |  | | | | | 11.8 | | | | 10.0 | | | | 80.48 | | 515.00 | | | | 0.73 | | | | 11.6 | | | | 0.06 | | | | 0.4 | | 213.8 | | | | 130.8 | | | | | | 59.6 | | 4.3 | | | |
| Обед | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 42 | | | Винегрет | | | | | 100 | | | | 1.8 | | | | 6.2 | | | | 8.9 | | | 99 | | | 0.07 | | | | 10.1 | | | | 0.00 | | | 2.8 | | | | 16 | | | | 46 | | 18 | | | | | | 0.7 | |
| 774 | | | Суп из овощей с фасолью на м/б | | | | | 250 | | | | 2.7 | | | | 2.85 | | | | 28.8 | | | 182.25 | | | 0.1 | | | | 8.25 | | | | 0.00 | | | 1.37 | | | | 15.25 | | | | 63.5 | | 24 | | | | | | 0.95 | |
| 71 | | | Ленивые голубцы | | | | | 180 | | | | 7.4 | | | | 7.2 | | | | 7.8 | | | 226 | | | 0.08 | | | | 34 | | | | 0.06 | | | 1.4 | | | | 122 | | | | 110 | | 48 | | | | | | 2.0 | |
| 376 | | | Компот из сухофруктов | | | | | 200 | | | | 0.5 | | | | 0.2 | | | | 22.2 | | | 93 | | | 0.00 | | | | 2.32 | | | | 0.0 | | | 0.0 | | | | 3.44 | | | | 0.0 | | 0.0 | | | | | | 0.08 | |
| 879 | | | Хлеб пшенично-ржаной | | | | | 60 | | | | 5.3 | | | | 0.96 | | | | 26.7 | | | 139.2 | | | 0.14 | | | | 0.0 | | | | 0.00 | | | 1.1 | | | | 28 | | | | 126.4 | | 37.6 | | | | | | 3.12 | |
| Итого: | | | | | | | |  | | | | 17.7 | | | | 17.41 | | | | 94.4 | | | 548.45 | | | 0.52 | | | | 54.67 | | | | 0.06 | | | 7.61 | | | | 184.69 | | | | 345.9 | | 127.6 | | | | | | 6.85 | |
| Всего: | | | | | | | |  | | | | 29.5 | | | | 27.41 | | | | 174.88 | | | 1123.05 | | | 1.25 | | | | 66.72 | | | | 0.12 | | | 8.01 | | | | 398.49 | | | | 476.7 | | 187.2 | | | | | | 11.15 | |

**Технологические карты составлены на основании следующей**

**нормативной и технологической документации:**

1.«Сборник технологических нормативов, рецептур блюд и кулинарных изделий для школ, школ-интернатов, детских домов, детских оздоровительных учреждений, учреждений профессионального образования, специализированных учреждений для несовершеннолетних, нуждающихся в социальной реабилитации », г. Пермь-2013 г.

2. Сборник технологических нормативов, рецептур блюд и кулинарных изделий для дошкольных образовательных учреждений (1-2 часть), г Пермь -2004г.

3. «Сборник рецептур блюд и кулинарных изделий для предприятий общественного питания»,1994-1997 г издания.

4. Технологические карты (рецептуры) блюд и питательность [Электронный ресурс] // Программный центр. *Помощь образованию!:* [сайт] URL: http://pbprog.ru/databases/index.php