|  |  |
| --- | --- |
| СОГЛАСОВАНО:  Директор МКОУ «Пушкаревская НОШ»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ А.А. Потапова  «\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2023 г. | СОГЛАСОВАНО:  с Территориальным отделом Управления Роспотребнадзора по Свердловской области в городе Ирбит, Ирбитском, Слободо-Туринском, Тавдинском, Таборинском и Туринском районах  «\_\_\_»\_\_\_\_\_\_\_\_\_\_\_ 2023 г. |

**Примерное 10-дневное меню**

**муниципального казённого**

**общеобразовательного учреждения**

**«Пушкаревская начальная**

**общеобразовательная школа»**

**Сезон: осенне-зимний**

**Возрастная категория: 7– 11 лет**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **737,18№0,639 рец.** | **Прием пищи, наименование блюда** | **Масса порции (г)** | **Пищевые вещества** | | | **Э Ц**  **(ккал)** | **Витамины мг** | | | **Минеральные вещества, мг** | | |
| **Б** | **Ж** | **У** | **В 1** | **В 2** | **С** | **Са** | | **Fe** |
| **1 неделя** | | | | | | | | | | | | | |
| **Понедельник** | | | | | | | | | | | | | |
| **1-й день** | | | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  | |
| 15/1 | Салат из свежих помидор с р/м | 70 | 0,7 | 7,0 | 3,29 | 76,3 | 0,07 | 0,0 | 15,75 | 10,08 | 0,56 | |
| 36/8 | Запеканка картофельная фаршированная отварным мясом говядины | 180 | 12,6 | 9,6 | 28,3 | 243 | 0,2 | 0,2 | 13,1 | 27,0 | 2,7 | |
| 6/10 | Компот из сухофруктов | 200 | 0,5 | 0,0 | 19,9 | 72 | 0,0 | 0,0 | 50,2 | 14,5 | 0,3 | |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 | |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 | |
|  | Фрукты | 130 | 0,52 | 0,52 | 12,74 | 55,9 | 0,039 | 0,026 | 13,0 | 20,8 | 2,86 | |
|  |  |  | **21,54** | **18,19** | **105,73** | **652,17** | **0,469** | **0,286** | **91,85** | **99,32** | **9,08** | |

**Вторник**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2-й день** | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |
| 11/1 | Салат из моркови с яблоком с р/м | 60 | 0,6 | 4,0 | 7,2 | 62 | 0,0 | 0,0 | 3,2 | 13,5 | 0,5 |
| 14/8 | Котлета из мяса говядины паровые | 90 | 13,14 | 13,05 | 5,58 | 191,7 | 0,0 | 0,07 | 0,0 | 10,08 | 1,8 |
| 43/3 | Макаронные изделия отварные | 150 | 5,3 | 3,8 | 34,1 | 188 | 0,1 | 0,0 | 0,0 | 12,8 | 0,7 |
| 10/10 | Чай | 200 | 0,0 | 0,0 | 9,1 | 35 | 0,0 | 0,0 | 0,0 | 0,3 | 0,0 |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 |
|  | Сок | 200 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 |
|  |  |  | **31,54** | **24,92** | **113,09** | **789,68** | **0,35** | **0,24** | **7,24** | **77,62** | **7,84** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Среда**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **3-й день** | | | | | | | | | | | | |  | **Завтрак** |  |  |  |  |  |  |  |  |  |  | | 14/1 | Салат из свежих огурцов с р/м | 70 | 0,49 | 6,93 | 2,24 | 70,7 | 0,0 | 0,0 | 6,37 | 15,96 | 0,42 | | 4/9 | Плов из мяса птицы | 180 | 17,2 | 15,7 | 31,4 | 331 | 0,1 | 0,1 | 1,3 | 20,8 | 1,7 | | 6/10 | Компот из сухофруктов | 200 | 0,5 | 0,0 | 19,9 | 72 | 0,0 | 0,0 | 50,2 | 14,5 | 0,3 | |  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 | |  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 | |  | Сыр | 17,5 | 4,15 | 5,32 | 0,0 | 65,63 | 0,01 | 0,07 | 0,12 | 171,5 | 0,12 | |  | Фрукты | 100 | 1,50 | 0,50 | 21,00 | 43,0 | 0,04 | 0,05 | 10,00 | 8,00 | 0,60 | |  |  |  | **29,84** | **29,32** | **109,25** | **753,31** | **0,28** | **0,22** | **67,99** | **252,64** | **5,28** |   **Четверг** | | | | | | | | | | | |
| **4-й день** | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |
| 6/1 | Салат из белокоч. капусты с луком и р/м | 60 | 0,9 | 4,0 | 6,7 | 61 | 0,0 | 0,0 | 22,4 | 24,8 | 0.3 |
| 3/7 | Рыба припущенная с молоком и овощами | 90 | 10,35 | 2,34 | 2,61 | 71,1 | 0.0 | 0,09 | 0,63 | 52,02 | 0,54 |
| 1/3 | Картофель отварной | 150 | 2,9 | 4,2 | 23,8 | 139 | 0,1 | 0,1 | 6,00 | 18,4 | 1,3 |
| 9/10 | Кисель | 200 | 1.0 | 0,1 | 32,0 | 115 | 0,0 | 0,0 | 50,3 | 31,4 | 0,6 |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 |
|  | Сок | 200 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 |
|  |  |  | **22,85** | **11,71** | **120,02** | **634,08** | **0,25** | **0,26** | **83,33** | **162,5** | **7,68** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Пятница**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **5-й день** | | | | | | | | | | | | |  | **Завтрак** |  |  |  |  |  |  |  |  |  |  | | 15/1 | Салат из свежих помидор с растит.маслом | 60 | 0,6 | 6,0 | 2,8 | 65 | 0,0 | 0,0 | 13,5 | 8,6 | 0,5 | | 44/3 | Каша гречневая рассыпчатая с овощами | 150 | 8,6 | 6,8 | 45,6 | 250 | 4,2 | 0,2 | 0,1 | 23,8 | 4,2 | | 11/8 | Гуляш из мяса говядины | 90 | 13,41 | 14,13 | 4,386 | 198 | 0,0 | 0,09 | 0,45 | 15,03 | 2,07 | | 6/10 | Компот из сухофруктов | 200 | 0,5 | 0,0 | 19,9 | 72 | 0,0 | 0,0 | 50,2 | 14,5 | 0,3 | |  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 | |  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 | |  | Пряник | 40 | 2,72 | 2 | 29,4 | 146,4 | 0,04 | 0,02 | 0,07 | 11,65 | 0,34 | |  | Фрукты | 130 | 0,52 | 0,52 | 12,74 | 55,9 | 0,039 | 0,026 | 13,0 | 20,8 | 2,86 | |  |  |  | **32,35** | **30,32** | **150,01** | **958,28** | **4,409** | **0,366** | **77,32** | **116,26** | **12,41** |   **2 неделя**  **Понедельник** | | | | | | | | | | | |
| **6-й день** | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |
| 14/1 | Салат из свежих огурцов с растит.маслом | 60 | 0,6 | 6,0 | 2,1 | 65 | 0,03 | 0,02 | 13,48 | 8,63 | 0,49 |
| 43/3 | Макароны отварные | 150 | 5,3 | 3,8 | 34,1 | 188 | 0,1 | 0,00 | 0,00 | 12,8 | 0,7 |
| 7/8 | Бефстроганов из отварного мяса | 90 | 14,4 | 14,31 | 5,4 | 207 | 0,09 | 0,18 | 0,45 | 57,96 | 1,8 |
| 6/10 | Компот из сухофруктов | 200 | 0,49 | 0,03 | 18,26 | 72 | 0,01 | 0,02 | 50,16 | 14,48 | 0,32 |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 |
|  | Сок | 200 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 |
|  |  |  | **27,79** | **25,3** | **114,77** | **788,98** | **0,58** | **0,29** | **68,54** | **129,75** | **8,25** |

**Вторник**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **7-й день** | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |
| 11/1 | Салат из моркови с яблоком с р/м | 70 | 0,7 | 4,69 | 8,4 | 72,1 | 0,0 | 0,07 | 3,71 | 15,82 | 0,63 |
| 276 | Жаркое по-домашнему | 180 | 22,52 | 6,11 | 17,96 | 216,82 | 0,11 | 0,02 | 7,39 | 57,22 | 0,88 |
|  | Йогурт питьевой | 200 | 5,8 | 6,4 | 9,4 | 116,5 | 0,08 | 0,3 | 2,6 | 240 | 0,2 |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 |
|  | Вафли | 40 | 2,72 | 2 | 29,4 | 146,4 | 0,04 | 0,02 | 0,07 | 11,65 | 1,34 |
|  | Фрукты | 100 | 1,50 | 0,50 | 21,00 | 43,0 | 0,04 | 0,05 | 10,00 | 8,00 | 0,60 |
|  |  |  | **39,24** | **20,57** | **121,87** | **765,8** | **0,4** | **0,51** | **23,77** | **354,57** | **4,79** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Среда**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **8-й день** | | | | | | | | | | | | |  | **Завтрак** |  |  |  |  |  |  |  |  |  |  | | 6/1 | Салат из белокоч. капусты с луком и р/м | 60 | 0,9 | 4,0 | 6,7 | 61 | 0,0 | 0,0 | 22,4 | 24,8 | 0.3 | | 44/3 | Каша гречневая рассыпчатая с овощами | 150 | 8,6 | 6,8 | 45,6 | 250 | 0,2 | 0,1 | 0,9 | 23,8 | 4,2 | | 4/7 | Рыба, тушёная с овощами | 90 | 6,73 | 4,68 | 4,41 | 90,9 | 0,09 | 0,09 | 1,08 | 30,54 | 0,63 | | 12/10 | Чай с молоком | 200 | 1,4 | 1,4 | 11,2 | 61 | 0,0 | 0,1 | 0,3 | 53,1 | 0,1 | |  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 | |  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 | |  | Сок | 200 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 | |  |  |  | **26,63** | **17,9** | **122,82** | **719,88** | **0,44** | **0,34** | **28,68** | **168,12** | **7,37** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Четверг**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **9-й день** | | | | | | | | | | | | |  | **Завтрак** |  |  |  |  |  |  |  |  |  |  | | 20/1 | Салат из отварной свеклы с растит.маслом | 60 | 0,8 | 5,0 | 5,4 | 64 | 0,0 | 0,0 | 1,2 | 19,3 | 0,7 | | 45/3 | Каша рисовая рассыпчатая | 150 | 3,7 | 3,4 | 38,6 | 197 | 0,00 | 0,00 | 0,00 | 8,6 | 0,5 | | 20/8 | Тефтели из мяса говядины | 90 | 12,78 | 10,98 | 9,54 | 183,6 | 0,09 | 0,09 | 1,26 | 34,29 | 1,8 | | 6/10 | Компот из сухофруктов | 200 | 0,49 | 0,03 | 18,26 | 72 | 0,01 | 0,02 | 50,16 | 14,48 | 0,32 | |  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 | |  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 | |  | Сыр | 17,5 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 | |  | Фрукты | 100 | 1,50 | 0,50 | 21,00 | 43,0 | 0,04 | 0,05 | 10,00 | 8,00 | 0,60 | |  |  |  | **29,42** | **25,6** | **127,51** | **796,21** | **0,28** | **0,28** | **62,74** | **278,05** | **6,18** |   **Пятница** | | | | | | | | | | | |
| **10-й день** | | | | | | | | | | | |
|  | **Завтрак** |  |  |  |  |  |  |  |  |  |  |
| 15/1 | Салат из свежих огурцов с р/м | 70 | 0,49 | 6,93 | 2,24 | 70,7 | 0,0 | 0,0 | 6,37 | 15,96 | 0,42 |
| 14/5 | Запеканка из творога с рисом | 180 | 26,1 | 17,82 | 34,56 | 403,2 | 0,0 | 0,36 | 0,36 | 208,62 | 1,08 |
| 6/10 | Компот из сухофруктов | 200 | 0,49 | 0,03 | 18,26 | 72 | 0,01 | 0,02 | 50,16 | 14,48 | 0,32 |
|  | Хлеб пшеничный | 52,5 | 4,74 | 0,61 | 28,98 | 139,81 | 0,09 | 0,03 | 0,00 | 13,81 | 1,2 |
|  | Хлеб ржаной | 28 | 2,48 | 0,46 | 12,52 | 65,16 | 0,07 | 0,03 | 0,00 | 13,13 | 1,46 |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | Сок | 200 | 1,0 | 0,2 | 20,2 | 86 | 0,02 | 0,02 | 4 | 14,0 | 2,8 |
|  |  |  | **34,08** | **25,85** | **109,97** | **802,88** | **0,16** | **0,45** | **60,89** | **275,48** | **6,76** |