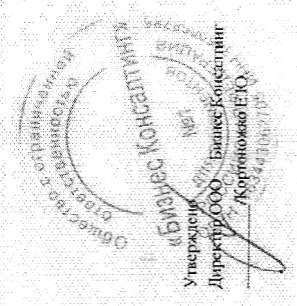


Согласовано  
 директор ООО «Вегетарианская СШ»  
 Чандинов В. С.



10-ти дневное меню для обеспечения горным питанием обучающихся возрастной группы 7-11 лет

№ ред. по сбор.	Наименование блюда	Цена руб/шт	вес блока		Пищевые вещества/						Энергет. ценность		Витамины (мг)	
			7-11 лет	12-18 лет	Б	Ж	У	7-11 лет	12-18 лет	Ж	У	12-18 лет	7-11 лет	7-11 лет
Вариант 2														
7071/2017м	пюре по сыру (охлажденное)	20	60	100	0,48	0,08	0,06	0,1	1,14	1,9	7,2	12	2,45	4,083
246/2017м	сушки из отварной говядины	49	100	13,36	13,36	24,08	14,08	3,27	3,27	164,00	164,00	1,20	1,20	1,20
171/2017м	гречка рассыпчатая	18	150	8,83	10,62	9,55	11,46	39,86	47,83	280,00	335,99	0,00	0,00	0,00
701/2010м	чай пижмы	5,2	30	2,31	2,31	0,72	0,72	16,02	16,02	79,80	79,80	0,00	0,00	0,00
177/2017м	чай с сахаром и лимонном	12	207	207	0,13	0,13	0,02	0,02	15,2	15,2	62	62	0,3	0,3
	Итого	104,2	547,0	617,0	25,1	26,5	24,4	26,4	75,5	84,2	593,0	633,8	4,0	5,6
	(норма завтрака по СанПиН 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