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| Согласовано«\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_2024гДиректор лагеря с дневным пребыванием детей «Радуга»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_О.А.Орлова | Утверждаю«\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_2024гДиректор МБОУ «Марьяновская СОШ» Большеберезниковского муниципального района\_\_\_\_\_\_\_\_\_\_\_\_\_\_Г.А.Кипаева |

Примерное меню и основные показатели пищевой и энергетической ценности приготовляемых блюд для горячего питания детей в лагере «Радуга» при МБОУ «Марьяновская СОШ» Большеберезниковского муниципального района на 2024 год.

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| *№ рецеп-тур* | *Наименование блюд* | *Выход,**г* | *Белки,**г* | *Жиры,**г* | *Углеводы,**г* | *Энерге-тическая ценность,**ккал* |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **День первый** |
| *Завтрак* |
| 120 3777450 | Суп молочный с макаронными изделиямиЧай с сахаром и лимономГорячий бутерброд с сыромЯйцо отварное | 250 200/15/720/3040 | 3,4 0,25,6 | 3,8 08,5 | 16,6 1614,2 | 114,2 65156 |
|   | *ИТОГО* |   | 9,2 | 12,3 | 46,8 | 335,2 |
| *Обед* |
| 82 290/33017171342 | Борщ со свежей капустой и картофелемКуры тушенные в соусеРис отварной с масломОгурец свежийКомпот из свежих фруктовХлеб пшеничный  | 250 100/50150/1010020020/30 | 1,5 13,53,80,80,2 | 3,9 17,18,800 | 12,2 3,8413,429 | 89,8 22325816116,6 |
|   | *ИТОГО* |   | 19,8 | 29,8 | 89,4 | 703,4 |
| *Полдник* |
| 338426385 | ЯблокоБулочка с повидломМолоко | 200100200 | 0,850,8 | 011,36,6 | 25,247,89,9 | 10313122 |
|   | *ИТОГО* |   | 11,6 | 17,9 | 82,9 | 539 |
|   | ***ВСЕГО*** |   | 40,6 | 60 | 219,1 | 1577,6 |
|  **День второй** |
| *Завтрак* |
| 183379 1450 | Каша гречневая молочнаяКофейный напиток на цельном молокеБутерброд с масломЯйцо отварное | 250/10/10200 10/3040 | 6,33,6 2,6 | 13,12,7 8,8 | 47,528,3 14,3 | 333151,8 147 |
|   | *ИТОГО* |   | 12,5 | 24,6 | 90,1 | 631,8 |
| *Обед* |
| 99239/331128 71357  | Суп овощнойТефтели рыбныеКартофельное пюре с масломПомидор свежийКисель Хлеб пшеничный | 250100/30150/5 10020020/30 | 1,46,52,1 1,20,3 | 3,96,44,6 0,20 | 11,49,117,5 4,638 | 86,6120120 26153,4 |
|   | *ИТОГО* |   | 11,5 | 15,1 | 80,6 | 506 |
| *Полдник* |
| 338431389 | ГрушаБулочка Сок абрикосовый | 20060200 | 0,84,91,0 | 070 | 22,83330,2 | 94167124,8 |
|   | *ИТОГО* |   | 6,7 | 1,7 | 86 | 385,8 |
|   | ***ВСЕГО*** |   | 30,7 | 41,4 | 256,7 | 1523,6 |
| **День третий** |
| *Завтрак* |
| 181377450 | Каша молочная маннаяЧай с сахаром лимономЯйцо отварное | 250/10200/15/740 | 6,10,2 | 11,30 | 33,516,0 | 26065 |
|   | *ИТОГО* |   | 6,3 | 11,3 | 49,5 | 325 |
| *Обед* |
| 96 24313971348 | Рассольник ленинградскийСосиски отварныеКапуста тушеннаяПомидор, огурец свежиеКомпот из курагиХлеб пшеничный | 250 100/5150/1050/5020020/30 | 1,7 4,731,01,0 | 4,1 11,75,40,10 | 16,4 0,515,94,034,0 | 109 126124,521140,2 |
|   | *ИТОГО* |   | 11,4 | 21,3 | 70,8 | 520,7 |
| *Полдник* |
| 341399386 | АпельсинБлинчики с масломКефир | 200100/5200 | 1,85,35,6 | 07,26,4 | 81,852,18,2 | 334294113 |
|   | *ИТОГО* |   | 12,7 | 13,6 | 142,1 | 741 |
|   | ***ВСЕГО*** |   | 40,4 | 50,7 | 276,6 | 1724,7 |
| **День четвертый** |
| *Завтрак* |
| 173 7 378450 | Каша молочная пшеничная с масломГорячий бутерброд с сыромЧай с сахаром на молокеЯйцо отварное | 250/20 20/30 150/50/1540 | 8,6 5,6 1,4 | 11,4 8,6 1,6 | 47,1 14,2 17,7 | 325 156 91 |
|   | *ИТОГО* |   | 15,6 | 21,5 | 79 | 572 |
| *Обед* |
| 10326030230352 | СвекольникГуляш из говядиныГречка отварнаяСалат из редисаКисель из яблокХлеб пшеничный | 25050/50150/1010020020/30 | 2,115,452,50,1 | 2,26,44,27,40 | 19,43,727,23,630,1 | 106134166,491121 |
|   | *ИТОГО* |   | 21,5 | 20,2 | 84 | 618,4 |
| *Полдник* |
| 338438385 | ПерсикБулочка с корицейМолоко | 200100200 | 1,87,65,8 | 05,06,6 | 24,050,49,9 | 104277122 |
|   | *ИТОГО* |   | 15,2 | 11,6 | 84,3 | 503 |
|   | ***ВСЕГО*** |   | 55,9 | 53,3 | 247,3 | 1693,4 |
| **День пятый** |
| *Завтрак* |
| 223 1382 | Запеканка из творога со сгущенным молокомБутерброд с масломКакао на цельном молоке | 150/10 10/30200 | 20,4 2,63,8 | 8,2 8,83,2 | 33 14,326,7 | 290 147150,8 |
|   | *ИТОГО* |   | 26,8 | 20,2 | 74 | 587,8 |
| *Обед* |
| 88 282128 59 348 | Щи со свежей капустой и картофелемОладьи из печениКартофельное пюре с лукомСалат из моркови с яблокамиКомпот из черносливаХлеб пшеничный  | 250 100/5150/10 100 20020/30 | 1,3 8,83 1,1 0,6 | 3,9 12,110,2 0,2 0 | 9,2 3,228,4 12,1 37,0 | 77,4 157260 55 150,4 |
|   | *ИТОГО* |   | 13,8 | 26,4 | 89,9 | 699,8 |
| *Полдник* |
| 338404386 | НектаринОладьи с повидломВаренец | 200150/15200 | 1,814,05,6 | 011,26,4 | 24,065,07,6 | 104417110 |
|   | *ИТОГО* |   | 21,4 | 17,6 | 96,6 | 631 |
|   | ***ВСЕГО*** |   | 63 | 64,2 | 260,5 | 1918,6 |
| **День шестой** |
| *Завтрак* |
| 1747 376450 | Каша рисовая молочнаяБутерброд с маслом и сыромЧай с сахаромЯйцо отварное | 150/1010/20/30 200/1540 | 6,05,6 0,1 | 11,28,5 0 | 45,014,2 15,0 | 305156 60 |
|   | *ИТОГО* |   | 11,7 | 19,7 | 74,2 | 521 |
| *Обед* |
| 106/107 241/330 14371361 | Суп картофельный с рыбными фрикаделькамиГовядина отварная с соусомРагу из овощейПомидор свежийКисель молочныйХлеб пшеничный  | 250/50 50/30 150/510020020/30 | 9,7 14,5 2,11,23,9 | 3,4 3,7 12,30,24,5 | 24,1 3,2 15,84,630,7 | 166 104 24226178,6 |
|   | *ИТОГО* |   | 31,4 | 24,1 | 78,4 | 716,6 |
| *Полдник* |
| 338420389 | ЯблокоСосиска в тестеСок персиковый | 200100200 | 0,88,81,0 | 010,60 | 25,228,232,0 | 104243124,8 |
|   | *ИТОГО* |   | 10,6 | 10,6 | 83,6 | 471,8 |
|   | ***ВСЕГО*** |   | 53,7 | 54,4 | 263,2 | 1709,4 |
| **День седьмой** |
| *Завтрак* |
| 2271718 382 | Рыба припущеннаяРис отварнойГорячий бутерброд с колбасойКакао на цельном молоке | 100/5150/1030/30 200 | 9,63,87,2 3,8 | 5,88,89,7 3,2 | 041,015,6 26,7 | 91258179 150,8 |
|   | *ИТОГО* |   | 24,4 | 27,5 | 83,3 | 678,8 |
| *Обед* |
| 84284 48342 | Борщ с фасольюЗапеканка картофельная с печеньюСалат витаминныйКомпот из свежих фруктовХлеб пшеничный  | 250210/30 100200 20/30 | 2,916,3 4,90,2 | 4,16,7 8,90 | 16,31,9 9,529,0 | 113,2133 138116,6 |
|   | *ИТОГО* |   | 27,3 | 29,9 | 85,1 | 760,8 |
| *Полдник* |
| 338423386 | ГрушаБулочка с орехомКефир | 200100200 | 0,87,95,6 | 010,26,4 | 22,858,68,2 | 94358113 |
|   | *ИТОГО* |   | 14,3 | 16,6 | 89,6 | 565 |
|   | ***ВСЕГО*** |   | 66 | 74 | 258 | 2004,6 |
| **День восьмой** |
| *Завтрак* |
| 392380 27 | Пельмени с масломКофейный напитокХлеб пшеничныйСалат из свежих помидор со сладким перцем | 150/520020100 | 17,13,5 1,1 | 13,73,5 6,0 | 32,425,9 5,5 | 321149 80 |
|   | *ИТОГО* |   | 21,7 | 23,2 | 63,8 | 550 |
| *Обед* |
| 10235 71348 | Суп гороховыйМакаронник с говядиной с масломПомидор, огурец свежиеКомпот из курагиХлеб пшеничный  | 250210/30 50/5020020/30 | 4,312,9 1,01,0 | 4,313,5 0,10 | 19,17,6 4,034,0 | 131204 21140,2 |
|   | *ИТОГО* |   | 22,2 | 23,3 | 80,6 | 620,7 |
| *Полдник* |
| 338432385 | АпельсинБулочка Молоко | 20050200 | 1,84,35,8 | 02,66,6 | 24,827,29,9 | 106149122 |
|   | *ИТОГО* |   | 11,9 | 9,2 | 61,9 | 377 |
|   | ***ВСЕГО*** |   | 55,8 | 55,7 | 206,3 | 1547,7 |
| **День девятый** |
| *Завтрак* |
| 265 471 | Плов из отварной говядиныЧай с сахаром и лимономОгурец свежий | 50/150 20/3050 | 17,2 10,00,5 | 6,6 4,50 | 27,6 14,22,0 | 239 13710,5 |
|   | *ИТОГО* |   | 27,7 | 11,1 | 33,8 | 451,5 |
| *Обед* |
| 9328912874352 | Щи по-уральскиРагу из курицыКартофельное пюреИкра овощнаяКисель из яблокХлеб пшеничный | 250100/125150/1010020020/30 | 1,514,131,70,1 | 3,917,97,74,60 | 8,518,428,49,130,1 | 75,429119585121 |
|   | *ИТОГО* |   | 14,1 | 21,8 | 69,8 | 568,4 |
| *Полдник* |
| 338432386 | ПерсикБулочка молочнаяВаренец | 20050200 | 1,84,75,6 | 01,16,4 | 24,828,57,6 | 104143110 |
|   | *ИТОГО* |   | 12,1 | 7,5 | 60,1 | 357 |
|   | ***ВСЕГО*** |   | 54,1 | 40,4 | 189,7 | 1376,9 |
| **День десятый** |
| *Завтрак* |
| 268302378 | Котлета из говядиныГречка отварная с масломЧай на молоке с масломХлеб пшеничный | 100/5150/5150/50/1530 | 7,45,01,4 | 7,74,21,6 | 11,127,217,7 | 161166,491 |
|   | *ИТОГО* |   | 13,8 | 15,5 | 56,0 | 418,4 |
| *Обед* |
| 102271/331 71142/330 348 | Суп гороховыйКотлеты запеченные в сметанном соусеПомидор свежийОвощи тущенные в сметанном соусеКомпот из изюмаХлеб пшеничный  | 250100/30 100150/25 20020/30 | 4,111,0 1,22,5 0,4 | 4,314,4 0,26,6 0 | 19,120,2 4,624,8 35,0 | 131254 26169 141,4 |
|   | *ИТОГО* |   | 22,8 | 12,3 | 79,7 | 521,4 |
| *Полдник* |
| 338440339 | НектаринБулочка творожнаяСок апельсиновый | 200100200 | 1,810,01,0 | 03,60 | 24,848,630,2 | 106267124,8 |
|   | *ИТОГО* |   | 12,8 | 3,6 | 103,6 | 496,8 |
|   | ***ВСЕГО*** |   | 49,4 | 31,5 | 239,3 | 1437,6 |

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**Рецептура блюд и показатели энергетической ценности указаны на основании «Сборника рецептур блюд и кулинарных изделий для питания школьников под редакцией М.П. Могильного.**