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--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | Согласовано  «\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_2025 г  Директор лагеря с дневным  пребыванием детей «Радуга»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_О.А.Орлова | Утверждаю  «\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_2025 г  Директор 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 2025 год.     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | *№ 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    377  7  450 | Суп молочный с макаронными изделиями  Чай с сахаром и лимоном  Горячий бутерброд с сыром  Яйцо отварное | 250    200/15/7  20/30  40 | 3,4    0,2  5,6 | 3,8    0  8,5 | 16,6    16  14,2 | 114,2    65  156 | |  | *ИТОГО* |  | 9,2 | 12,3 | 46,8 | 335,2 | | *Обед* | | | | | | | | 82    290/330  171  71  342 | Борщ со свежей капустой и картофелем  Куры тушенные в соусе  Рис отварной с маслом  Огурец свежий  Компот из свежих фруктов  Хлеб пшеничный | 250    100/50  150/10  100  200  20/30 | 1,5    13,5  3,8  0,8  0,2 | 3,9    17,1  8,8  0  0 | 12,2    3,8  41  3,4  29 | 89,8    223  258  16  116,6 | |  | *ИТОГО* |  | 19,8 | 29,8 | 89,4 | 703,4 | | *Полдник* | | | | | | | | 338  426  385 | Яблоко  Булочка с повидлом  Молоко | 200  100  200 | 0,8  5  0,8 | 0  11,3  6,6 | 25,2  47,8  9,9 | 10  313  122 | |  | *ИТОГО* |  | 11,6 | 17,9 | 82,9 | 539 | |  | ***ВСЕГО*** |  | 40,6 | 60 | 219,1 | 1577,6 | | **День второй** | | | | | | | | *Завтрак* | | | | | | | | 183  379    1  450 | Каша гречневая молочная  Кофейный напиток на цельном молоке  Бутерброд с маслом  Яйцо отварное | 250/10/10  200    10/30  40 | 6,3  3,6    2,6 | 13,1  2,7    8,8 | 47,5  28,3    14,3 | 333  151,8    147 | |  | *ИТОГО* |  | 12,5 | 24,6 | 90,1 | 631,8 | | *Обед* | | | | | | | | 99  239/331  128    71  357 | Суп овощной  Тефтели рыбные  Картофельное пюре с маслом  Помидор свежий  Кисель  Хлеб пшеничный | 250  100/30  150/5    100  200  20/30 | 1,4  6,5  2,1    1,2  0,3 | 3,9  6,4  4,6    0,2  0 | 11,4  9,1  17,5    4,6  38 | 86,6  120  120    26  153,4 | |  | *ИТОГО* |  | 11,5 | 15,1 | 80,6 | 506 | | *Полдник* | | | | | | | | 338  431  389 | Груша  Булочка  Сок абрикосовый | 200  60  200 | 0,8  4,9  1,0 | 0  7  0 | 22,8  33  30,2 | 94  167  124,8 | |  | *ИТОГО* |  | 6,7 | 1,7 | 86 | 385,8 | |  | ***ВСЕГО*** |  | 30,7 | 41,4 | 256,7 | 1523,6 | | **День третий** | | | | | | | | *Завтрак* | | | | | | | | 181  377  450 | Каша молочная манная  Чай с сахаром лимоном  Яйцо отварное | 250/10  200/15/7  40 | 6,1  0,2 | 11,3  0 | 33,5  16,0 | 260  65 | |  | *ИТОГО* |  | 6,3 | 11,3 | 49,5 | 325 | | *Обед* | | | | | | | | 96    243  139  71  348 | Рассольник ленинградский  Сосиски отварные  Капуста тушенная  Помидор, огурец свежие  Компот из кураги  Хлеб пшеничный | 250    100/5  150/10  50/50  200  20/30 | 1,7    4,7  3  1,0  1,0 | 4,1    11,7  5,4  0,1  0 | 16,4    0,5  15,9  4,0  34,0 | 109    126  124,5  21  140,2 | |  | *ИТОГО* |  | 11,4 | 21,3 | 70,8 | 520,7 | | *Полдник* | | | | | | | | 341  399  386 | Апельсин  Блинчики с маслом  Кефир | 200  100/5  200 | 1,8  5,3  5,6 | 0  7,2  6,4 | 81,8  52,1  8,2 | 334  294  113 | |  | *ИТОГО* |  | 12,7 | 13,6 | 142,1 | 741 | |  | ***ВСЕГО*** |  | 40,4 | 50,7 | 276,6 | 1724,7 | | **День четвертый** | | | | | | | | *Завтрак* | | | | | | | | 173    7    378  450 | Каша молочная пшеничная с маслом  Горячий бутерброд с сыром  Чай с сахаром на молоке  Яйцо отварное | 250/20    20/30    150/50/15  40 | 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* | | | | | | | | 103  260  302  30  352 | Свекольник  Гуляш из говядины  Гречка отварная  Салат из редиса  Кисель из яблок  Хлеб пшеничный | 250  50/50  150/10  100  200  20/30 | 2,1  15,4  5  2,5  0,1 | 2,2  6,4  4,2  7,4  0 | 19,4  3,7  27,2  3,6  30,1 | 106  134  166,4  91  121 | |  | *ИТОГО* |  | 21,5 | 20,2 | 84 | 618,4 | | *Полдник* | | | | | | | | 338  438  385 | Персик  Булочка с корицей  Молоко | 200  100  200 | 1,8  7,6  5,8 | 0  5,0  6,6 | 24,0  50,4  9,9 | 104  277  122 | |  | *ИТОГО* |  | 15,2 | 11,6 | 84,3 | 503 | |  | ***ВСЕГО*** |  | 55,9 | 53,3 | 247,3 | 1693,4 | | **День пятый** | | | | | | | | *Завтрак* | | | | | | | | 223    1  382 | Запеканка из творога со сгущенным молоком  Бутерброд с маслом  Какао на цельном молоке | 150/10    10/30  200 | 20,4    2,6  3,8 | 8,2    8,8  3,2 | 33    14,3  26,7 | 290    147  150,8 | |  | *ИТОГО* |  | 26,8 | 20,2 | 74 | 587,8 | | *Обед* | | | | | | | | 88    282  128    59    348 | Щи со свежей капустой и картофелем  Оладьи из печени  Картофельное пюре с луком  Салат из моркови с яблоками  Компот из чернослива  Хлеб пшеничный | 250    100/5  150/10    100    200  20/30 | 1,3    8,8  3    1,1    0,6 | 3,9    12,1  10,2    0,2    0 | 9,2    3,2  28,4    12,1    37,0 | 77,4    157  260    55    150,4 | |  | *ИТОГО* |  | 13,8 | 26,4 | 89,9 | 699,8 | | *Полдник* | | | | | | | | 338  404  386 | Нектарин  Оладьи с повидлом  Варенец | 200  150/15  200 | 1,8  14,0  5,6 | 0  11,2  6,4 | 24,0  65,0  7,6 | 104  417  110 | |  | *ИТОГО* |  | 21,4 | 17,6 | 96,6 | 631 | |  | ***ВСЕГО*** |  | 63 | 64,2 | 260,5 | 1918,6 | | **День шестой** | | | | | | | | *Завтрак* | | | | | | | | 174  7    376  450 | Каша рисовая молочная  Бутерброд с маслом и сыром  Чай с сахаром  Яйцо отварное | 150/10  10/20/30    200/15  40 | 6,0  5,6    0,1 | 11,2  8,5    0 | 45,0  14,2    15,0 | 305  156    60 | |  | *ИТОГО* |  | 11,7 | 19,7 | 74,2 | 521 | | *Обед* | | | | | | | | 106/107    241/330    143  71  361 | Суп картофельный с рыбными фрикадельками  Говядина отварная с соусом  Рагу из овощей  Помидор свежий  Кисель молочный  Хлеб пшеничный | 250/50    50/30    150/5  100  200  20/30 | 9,7    14,5    2,1  1,2  3,9 | 3,4    3,7    12,3  0,2  4,5 | 24,1    3,2    15,8  4,6  30,7 | 166    104    242  26  178,6 | |  | *ИТОГО* |  | 31,4 | 24,1 | 78,4 | 716,6 | | *Полдник* | | | | | | | | 338  420  389 | Яблоко  Сосиска в тесте  Сок персиковый | 200  100  200 | 0,8  8,8  1,0 | 0  10,6  0 | 25,2  28,2  32,0 | 104  243  124,8 | |  | *ИТОГО* |  | 10,6 | 10,6 | 83,6 | 471,8 | |  | ***ВСЕГО*** |  | 53,7 | 54,4 | 263,2 | 1709,4 | | **День седьмой** | | | | | | | | *Завтрак* | | | | | | | | 227  171  8    382 | Рыба припущенная  Рис отварной  Горячий бутерброд с колбасой  Какао на цельном молоке | 100/5  150/10  30/30    200 | 9,6  3,8  7,2    3,8 | 5,8  8,8  9,7    3,2 | 0  41,0  15,6    26,7 | 91  258  179    150,8 | |  | *ИТОГО* |  | 24,4 | 27,5 | 83,3 | 678,8 | | *Обед* | | | | | | | | 84  284    48  342 | Борщ с фасолью  Запеканка картофельная с печенью  Салат витаминный  Компот из свежих фруктов  Хлеб пшеничный | 250  210/30    100  200    20/30 | 2,9  16,3    4,9  0,2 | 4,1  6,7    8,9  0 | 16,3  1,9    9,5  29,0 | 113,2  133    138  116,6 | |  | *ИТОГО* |  | 27,3 | 29,9 | 85,1 | 760,8 | | *Полдник* | | | | | | | | 338  423  386 | Груша  Булочка с орехом  Кефир | 200  100  200 | 0,8  7,9  5,6 | 0  10,2  6,4 | 22,8  58,6  8,2 | 94  358  113 | |  | *ИТОГО* |  | 14,3 | 16,6 | 89,6 | 565 | |  | ***ВСЕГО*** |  | 66 | 74 | 258 | 2004,6 | | **День восьмой** | | | | | | | | *Завтрак* | | | | | | | | 392  380    27 | Пельмени с маслом  Кофейный напиток  Хлеб пшеничный  Салат из свежих помидор со сладким перцем | 150/5  200  20  100 | 17,1  3,5    1,1 | 13,7  3,5    6,0 | 32,4  25,9    5,5 | 321  149    80 | |  | *ИТОГО* |  | 21,7 | 23,2 | 63,8 | 550 | | *Обед* | | | | | | | | 102  35    71  348 | Суп гороховый  Макаронник с говядиной с маслом  Помидор, огурец свежие  Компот из кураги  Хлеб пшеничный | 250  210/30    50/50  200  20/30 | 4,3  12,9    1,0  1,0 | 4,3  13,5    0,1  0 | 19,1  7,6    4,0  34,0 | 131  204    21  140,2 | |  | *ИТОГО* |  | 22,2 | 23,3 | 80,6 | 620,7 | | *Полдник* | | | | | | | | 338  432  385 | Апельсин  Булочка  Молоко | 200  50  200 | 1,8  4,3  5,8 | 0  2,6  6,6 | 24,8  27,2  9,9 | 106  149  122 | |  | *ИТОГО* |  | 11,9 | 9,2 | 61,9 | 377 | |  | ***ВСЕГО*** |  | 55,8 | 55,7 | 206,3 | 1547,7 | | **День девятый** | | | | | | | | *Завтрак* | | | | | | | | 265    4  71 | Плов из отварной говядины  Чай с сахаром и лимоном  Огурец свежий | 50/150    20/30  50 | 17,2    10,0  0,5 | 6,6    4,5  0 | 27,6    14,2  2,0 | 239    137  10,5 | |  | *ИТОГО* |  | 27,7 | 11,1 | 33,8 | 451,5 | | *Обед* | | | | | | | | 93  289  128  74  352 | Щи по-уральски  Рагу из курицы  Картофельное пюре  Икра овощная  Кисель из яблок  Хлеб пшеничный | 250  100/125  150/10  100  200  20/30 | 1,5  14,1  3  1,7  0,1 | 3,9  17,9  7,7  4,6  0 | 8,5  18,4  28,4  9,1  30,1 | 75,4  291  195  85  121 | |  | *ИТОГО* |  | 14,1 | 21,8 | 69,8 | 568,4 | | *Полдник* | | | | | | | | 338  432  386 | Персик  Булочка молочная  Варенец | 200  50  200 | 1,8  4,7  5,6 | 0  1,1  6,4 | 24,8  28,5  7,6 | 104  143  110 | |  | *ИТОГО* |  | 12,1 | 7,5 | 60,1 | 357 | |  | ***ВСЕГО*** |  | 54,1 | 40,4 | 189,7 | 1376,9 | | **День десятый** | | | | | | | | *Завтрак* | | | | | | | | 268  302  378 | Котлета из говядины  Гречка отварная с маслом  Чай на молоке с маслом  Хлеб пшеничный | 100/5  150/5  150/50/15  30 | 7,4  5,0  1,4 | 7,7  4,2  1,6 | 11,1  27,2  17,7 | 161  166,4  91 | |  | *ИТОГО* |  | 13,8 | 15,5 | 56,0 | 418,4 | | *Обед* | | | | | | | | 102  271/331    71  142/330    348 | Суп гороховый  Котлеты запеченные в сметанном соусе  Помидор свежий  Овощи тущенные в сметанном соусе  Компот из изюма  Хлеб пшеничный | 250  100/30    100  150/25    200  20/30 | 4,1  11,0    1,2  2,5    0,4 | 4,3  14,4    0,2  6,6    0 | 19,1  20,2    4,6  24,8    35,0 | 131  254    26  169    141,4 | |  | *ИТОГО* |  | 22,8 | 12,3 | 79,7 | 521,4 | | *Полдник* | | | | | | | | 338  440  339 | Нектарин  Булочка творожная  Сок апельсиновый | 200  100  200 | 1,8  10,0  1,0 | 0  3,6  0 | 24,8  48,6  30,2 | 106  267  124,8 | |  | *ИТОГО* |  | 12,8 | 3,6 | 103,6 | 496,8 | |  | ***ВСЕГО*** |  | 49,4 | 31,5 | 239,3 | 1437,6 | | |

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