

Выполнение натуральных норм школьных обедов для детей с 12 лет и старше
Сезон: осенний Вариант № 1 20-дневное меню

| Наименование продуктов | 1 день | 2 день | 3 день | 4 день | 5 день | 6 день | 7 день | 8 день | 9 день | 10 день | 11 день | 12 день | 13 день | 14 день | 15 день | 16 день | 17 день | 18 день | 19 день | 20 день | за 20 дн итого | ср за день | Сум норма, нетто | % вып. |
|--|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-------------------|---------------|------------------------|--------|
| Хлеб ржаной | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 50,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 25,0 | 525,0 | 21,9 | 120 | 18,2 |
| Хлеб пшеничный | 45,0 | 25,0 | 25,0 | 52,5 | 45,0 | 20,0 | 45,0 | 45,0 | 45,0 | 25,0 | 20,0 | 25,0 | 45,0 | 45,0 | 45,0 | 45,0 | 25,0 | 25,0 | 63,0 | 49,6 | 760,1 | 31,7 | 200 | 15,8 |
| Мука пшеничная | 5,0 | 15,0 | 5,0 | 5,0 | 5,0 | | | 5,8 | 5,0 | 4,1 | 4,0 | 5,0 | 5,0 | | 4,1 | | 8,1 | | 7,6 | 19,3 | 103,0 | 4,3 | 20 | 21,4 |
| Крупа | 59,4 | 73,0 | 70,0 | | 5,0 | 64,0 | 73,0 | 5,0 | 70,0 | 33,0 | 10,0 | 24,0 | | 78,0 | | 73,0 | 5,0 | 15,0 | 80,0 | | 737,4 | 30,7 | 50 | 61,5 |
| Макаронны | | | | 78,0 | | | | | | | 78,0 | 78,0 | | | 78,0 | | 78,0 | | | | 390,0 | 16,3 | 20 | 81,3 |
| Картофель | | 80,0 | 50,0 | 15,5 | 220,6 | 80,0 | 30,0 | 235,0 | 31,0 | | 34,0 | 207,0 | 132,1 | 75,0 | 30,0 | 75,0 | 62,0 | 168,0 | 34,0 | 116,6 | 1675,8 | 69,8 | 187 | 37,3 |
| Овощи (свежие, мороженые, консервированные) | 253,7 | 159,8 | 151,0 | 187,3 | 158,7 | 146,8 | 168,9 | 73,6 | 171,5 | 161,0 | 97,5 | 171,6 | 238,8 | 113,6 | 194,2 | 130,5 | 151,1 | 154,5 | 168,1 | 351,4 | 3403,6 | 141,8 | 320 | 44,3 |
| Фрукты (плоды) свежие | | | 20,0 | 25,0 | | 30,0 | 25,0 | 25,0 | | 25,0 | 35,0 | | 30,0 | 20,0 | | 20,0 | 20,0 | 15,0 | | 20,0 | 310,0 | 12,9 | 185 | 7,0 |
| Сухофрукты | | | | | 17,0 | | | | | | | | | | | | | | 17,0 | | 34,0 | 1,4 | 20 | 7,1 |
| Соки плодовоовощные, напитки витаминизированные, в т.ч. Инстантные | 200,0 | 200,0 | | | | | | | 200,0 | | | 200,0 | | | 200,0 | | | 200,0 | | | 1200,0 | 50,0 | 200 | 25,0 |
| Мясо | | 68,5 | 114,0 | 65,2 | | 31,0 | 31,0 | 31,0 | 31,0 | 106,8 | 31,0 | 31,0 | 76,6 | | 137,8 | 25,0 | 68,5 | 112,0 | 31,0 | | 991,4 | 41,3 | 78 | 53,0 |
| Субпродукты (печень, язык, сердце) | | | | | | | | 83,6 | | | | | | | | | | | | | 83,6 | 3,5 | 40 | 8,7 |
| Птица | 74,7 | 56,0 | | 43,4 | 24,4 | 130,0 | 150,0 | | | 24,4 | 100,0 | | 57,8 | 150,0 | | 150,0 | 37,5 | 24,4 | | 95,0 | 1117,6 | 46,6 | 53 | 87,9 |
| Рыба-филе | | | 38,0 | | 120,0 | | | | 120,0 | | | 118,0 | 25,0 | | | | | | 88,0 | | 509,0 | 21,2 | 77 | 27,5 |
| Молоко | 35,0 | 10,0 | | 7,5 | | | | 26,0 | | | | 26,0 | 7,0 | | | | | | 15,0 | 72,5 | 199,0 | 8,3 | 350 | 2,4 |
| Кисломолочные продукты | | | | | | | | | | | | | | | | | | | | | 0,0 | | 180 | |
| Творог | | | | | | | | | | | | | | | | | | | | | 0,0 | | 60 | |
| Сыр | | | | | 12,0 | 16,0 | | | 12,0 | | 16,0 | 10,0 | | 5,5 | | | 12,5 | | 7,0 | | 91,0 | 3,8 | 15 | 25,3 |
| Сметана | | | | 12,0 | | | 15,3 | 20,1 | 12,0 | | | 10,0 | 12,0 | 3,3 | 12,0 | 20,0 | 19,5 | | | | 136,2 | 5,7 | 10 | 56,8 |
| Масло сливочное | 13,5 | 6,0 | 8,0 | 14,0 | 6,0 | | 6,0 | 12,6 | 13,0 | 6,0 | 6,0 | 12,0 | 5,0 | 6,0 | 6,0 | 6,0 | 6,0 | | 11,8 | 9,3 | 153,2 | 6,4 | 35 | 18,2 |
| Масло растительное | 8,1 | 10,6 | 14,2 | 4,8 | 16,0 | 18,5 | 11,1 | 22,7 | 12,5 | 8,0 | 12,1 | 9,5 | 28,1 | 11,1 | 13,5 | 13,5 | 5,6 | 17,5 | 12,5 | 16,7 | 266,6 | 11,1 | 18 | 61,7 |
| Яйцо, шт | | | | | | | | 1,0 | | | | 0,1 | 1,2 | | | | 0,3 | | 0,1 | | 2,7 | 0,1 | 1 шт | 10,0 |
| Сахар | | 8,0 | 16,7 | 19,1 | 17,0 | 15,0 | 15,0 | 15,0 | 9,6 | 17,4 | 17,0 | | 19,6 | 16,6 | 1,6 | 23,0 | 15,0 | | 18,7 | 15,8 | 260,1 | 10,8 | 35 | 31,0 |
| Кондитерские изделия | | | | | | | | | | | | | | | | | | | | | 0,0 | | 15 | |
| Чай | | | | | | | | | | | | | | | | | | | | | 0,0 | | 2 | |
| Какао | | | | | | | | | | | | | | | | | | | | | 0,0 | | 1,2 | |
| Кофейный напиток | | | | | | | | | | | | | | | | | | | | | 0,0 | | 2 | |
| Дрожжи хлебопекарные | | | | | | | | | | | | | | | | | | | | | 0,0 | | 0,3 | |
| Соль | 3,0 | 1,8 | 1,9 | 2,6 | 2,0 | 1,6 | 1,9 | 2,2 | 2,0 | 1,6 | 2,1 | 1,6 | 2,8 | 2,0 | 2,1 | 2,5 | 1,7 | 1,6 | 1,6 | 2,0 | 40,6 | 1,7 | 5 | 33,8 |
| Специи | 0,3 | 0,4 | 0,2 | 0,3 | 0,4 | 0,2 | 0,2 | 0,2 | 0,3 | 0,2 | 0,7 | 0,2 | 0,3 | 0,1 | 0,3 | 0,9 | 0,2 | 0,4 | 0,4 | 0,0 | 5,9 | 0,2 | 2 | 12,4 |