ПАВЛОДАР ОБЛЫСЫНЫҢ ДЕНСАУЛЫҚ САҚТАУ БАСҚАРМАСЫ

УПРАВЛЕНИЕ ЗДРАВООХРАНЕНИЯ ПАВЛОДАРСКОЙ ОБЛАСТИ

БҰЙРЫҚ **ПРИКАЗ**

2025 жылы «[illegible]» [illegible] № [illegible] «[illegible]» июля 2025 года

«Об утверждении перспективного четырехнедельного сезонного меню в школах, осуществляющих питание за счет средств местных исполнительных органов на 2025-2026 учебный год»

Руководствуясь подпунктами 10) пункта 24 Положения о государственном учреждении «Управление здравоохранения Павлодарской области», утвержденного постановлением акимата Павлодарской области от 10 июня 2024 года № 144/2, в соответствии с пунктами 64, 65 главы 3 приказа Министра здравоохранения Республики Казахстан от 4 марта 2025 года № [illegible] «О внесении изменений в приказ Министра здравоохранения Республики Казахстан от 21 декабря 2020 года № ҚР ДСМ-303/2020 «Об утверждении стандартов питания в организациях здравоохранения и образования», приказа Председателя Комитета санитарно-эпидемиологического контроля Министерства здравоохранения Республики Казахстан от 25 декабря 2024 года № 135-НК «Об утверждении типового перспективного четырехнедельного меню школы»

ПРИКАЗЫВАЮ:

1. Утвердить перспективное четырехнедельное сезонное меню согласно приложению к настоящему приказу.

2. Отделу ОЗМиР управления здравоохранения области довести настоящий приказ до ГУ «Управление образования Павлодарской области», организаций первичной медико-санитарной помощи независимо от формы собственности.

3. Руководителям медицинских организаций довести настоящий приказ до сведения сотрудников медицинских кабинетов в организациях образования.

4. Контроль за исполнением настоящего приказа возложить на заместителя руководителя управления здравоохранения Павлодарской области Жарманову Г.К.

5. Настоящий приказ вводится в действие с 1 сентября 2025 года.

Основание: Приказ председателя Комитета санитарно-эпидемиологического контроля МЗ РК № 135-НК от 25.12.2024 года. С. Бейсеновой.

Руководитель управления **И.А. Шаметова**

ПАВЛОДАР ОБЛЫСЫНЫҢ ДЕНСАУЛЫҚ САҚТАУ БАСҚАРМАСЫ

БҰЙРЫҚ

УПРАВЛЕНИЕ ЗДРАВООХРАНЕНИЯ ПАВЛОДАРСКОЙ ОБЛАСТИ

ПРИКАЗ

2025 жылғы «24» ақпан № 79-Ө «24» февраль 2025 года

«2025-2026 оқу жылында арналған мектептегі жиынтық бағаларын шығарудың критерийлерін жарияны особмен таныстыруды жүзеге асырылатын мектептердегі перспективалық төрт апталық мәселелік мәзірді бекіту туралы»

Павлодар облысы мәслихатының 2024 жылғы 10 шілдедегі № 144/2 шешімімен бекітілген «Павлодар облысының денсаулық сақтау басқармасы» мемлекеттік мекемесі туралы Ережені 24-тармағының 10) тармақшасын басшылыққа алып отырып, «Денсаулық сақтау және білім беру ұйымдарында тамақтану стандарттарын бекіту туралы» Қазақстан Республикасы Денсаулық сақтау министрінің 2020 жылғы 21 желтоқсандағы № ҚР ДСМ-302/2020 бұйрығына өзгерістер енгізу туралы» Қазақстан Республикасы Денсаулық сақтау министрінің 2025 жылғы 4 шілдедегі № 16 бұйрығының 3-тармағының 64, 65-тармақтарына, Қазақстан Республикасы Денсаулық сақтау министрлігі Санитариялық-эпидемиологиялық бақылау комитеті төрағасының 2024 жылғы 25 желтоқсандағы «Жүгінін перспективалық мәзірін бекіту туралы» № 135-ӨК бұйрығына сәйкес, **БҰЙЫРАМЫН:**

1. Перспективалық төрт апталық мәселелік мәзір осы бұйрыққа қосымшаға сәйкес бекітілсін.

2. Облыс денсаулық сақтау басқармасының АБКБ бөлімі осы бұйрықты Павлодар облысының «Білім басқармасы» ММ-ге, мектепке дейінгі тәрбиелеу мен оқытудың мемлекеттік-техникалық-эпидемиологиялық ұйымдарына жеткізсін.

3. Медициналық ұйымдардың бастықтары осы бұйрықты білім беру ұйымдарының мемлекеттік мекемелерінде орналастырсын.

4. Осы бұйрықтың орындалуын бақылау Павлодар облысы денсаулық сақтау басқармасы басшысының орынбасары м.а. Г.Ж. Жарменованға жүктелсін.

5. Осы бұйрық 2025 жылғы 1 қыркүйектен бастап қолданысқа енгізілсін.

Негізделмеді: ҚР ДСМ Санитариялық-эпидемиологиялық бақылау комитеті төрағасының 2024 жылғы 25 желтоқсандағы 135-ӨК бұйрығы.

Басқарма басшысы **Н.Шаметова**

Мәслихатпен келісілді

Утверждаю:
Управляющая организация
Общество с ограниченной ответственностью
Шилова Е.Н.

Наименование блюда	Вес порции, г			Наименование блюда	Нормы	Пустые			Нетто			Цены			Стоимость выхода порции			Стоимость суточного набора		
	1-10 лет	11-15 лет	16-19 лет			1-10 лет	11-15 лет	16-19 лет	1-10 лет	11-15 лет	16-19 лет	1-10 лет	11-15 лет	16-19 лет	1-10 лет	11-15 лет	16-19 лет	1-10 лет	11-15 лет	16-19 лет
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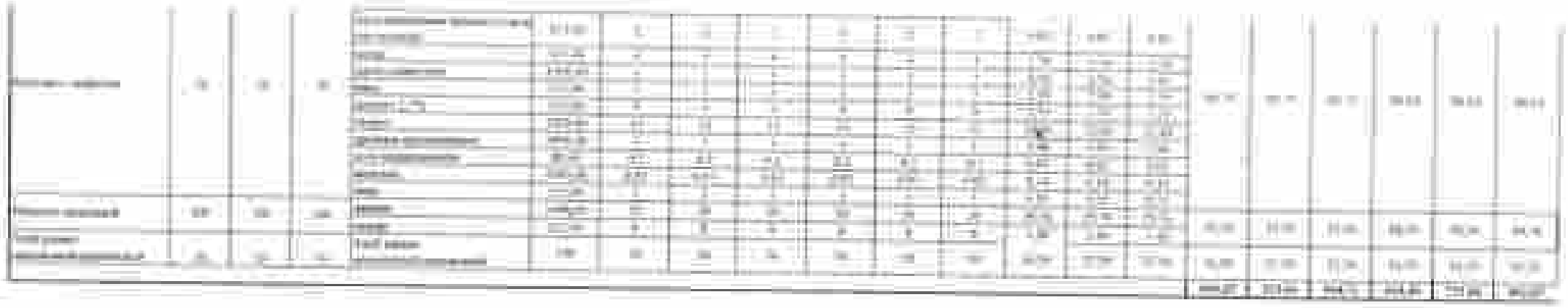

Наименование блюда	Выход блюда, г			Наименование блюда	Цена	Брутто, г			Нетто, г			Сумма, руб.			Стоимость набора продуктов			Стоимость готового блюда		
	1-3 лет	3-7 лет	7-11 лет			1-3 лет	3-7 лет	7-11 лет	1-3 лет	3-7 лет	7-11 лет	1-3 лет	3-7 лет	7-11 лет	1-3 лет	3-7 лет	7-11 лет	1-3 лет	3-7 лет	7-11 лет
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Расчет стоимости рациона питания

[illegible]	дни недели	Стоимость набора сырья			Стоимость готового блюда		
		7-10 лет	11-15 лет	16-18 лет	7-10 лет	11-15 лет	16-18 лет
[illegible]	Понедельник	450,86	486,23	523,24	644,29	729,31	781,36
	Вторник	530,98	608,20	662,00	595,73	914,26	964,33
	Среда	449,15	484,61	488,17	633,22	726,98	732,53
	Четверг	842,10	908,65	985,92	842,59	962,98	818,88
	Пятница	514,05	602,51	688,00	771,33	903,86	1028,12
[illegible]	Понедельник	896,22	534,99	598,85	744,34	801,98	898,24
	Вторник	469,16	536,08	702,70	704,09	804,13	889,01
	Среда	379,48	428,18	459,34	569,16	630,27	689,01
	Четверг	867,08	967,83	968,43	700,67	851,81	848,64
	Пятница	416,37	518,00	594,71	624,49	771,06	892,97
[illegible]	Понедельник	292,31	441,88	515,76	588,57	671,41	773,82
	Вторник	604,29	681,49	857,23	906,43	1022,24	1285,84
	Среда	289,34	341,86	381,36	434,00	512,98	572,04
	Четверг	517,96	564,16	621,47	776,95	846,24	932,13
	Пятница	479,44	443,10	447,99	629,16	665,58	671,28
[illegible]	Понедельник	457,10	503,03	531,99	687,54	754,55	797,39
	Вторник	575,16	632,84	700,99	859,74	954,82	1051,09
	Среда	431,79	486,33	538,36	611,68	728,50	789,73
	Четверг	483,23	488,68	504,63	664,84	732,72	756,95
	Пятница	383,26	476,10	556,12	574,89	714,45	834,18
[illegible]	Понедельник	403,15	457,81	521,25	605,01	689,58	785,88
	Вторник	604,79	682,44	744,58	906,43	1023,54	1116,87
	Среда	424,14	517,46	597,36	636,50	776,19	896,04
	Четверг	517,96	584,16	621,11	776,95	876,24	932,15
	Пятница	418,04	462,19	446,19	627,06	664,29	669,28
	Понедельник	496,36	534,52	538,95	744,53	801,78	808,43
	Вторник	499,46	534,08	592,70	749,05	801,12	889,05

2 недеља	Среда	375,46	427,18	358,34	383,18	833,27	689,02
	Четврт	367,08	367,87	366,83	300,61	851,83	899,84
	Петница	446,32	314,04	394,71	424,89	771,06	892,03
3 недеља	Понеделник	391,53	424,18	507,83	387,02	881,42	561,74
	Вторник	330,38	600,30	658,45	395,75	914,26	588,68
	Среда	428,69	449,84	421,23	443,10	674,44	655,85
	Четврт	442,46	398,61	542,92	461,39	562,98	818,88
	Петница	514,33	462,37	689,09	371,53	907,86	1020,13
4 недеља	Понеделник	475,18	369,03	531,79	482,64	734,35	797,19
	Вторник	803,34	470,18	733,69	501,72	1089,57	1100,21
	Среда	413,79	486,13	536,98	455,68	729,39	789,13
	Четврт	463,23	468,48	594,81	499,84	735,72	756,92
	Петница	518,28	508,85	596,14	517,41	765,23	894,21
Без ПДВ		459,71	525,11	587,18	449,68	789,71	851,23

Сезон: лето-осень

Утверждаю
Руководитель ГУ
«Управление здравоохранения
Павлодарской области»
Шонтаев Н.М. _____

1 неделя 1 день

№ ТК	Наименование блюда	Возраст 7-10 лет		Возраст 11-15 лет		Возраст 16-18 лет	
		Вылет, г	цена	Вылет, г	цена	Вылет, г	цена
1	2	3	7	8	12	13	17
	Салат морковь с сахаром	60	101,0	80	107,8	100	145,3
	Плов из мяса	200	322,2	230	334,1	250	397,8
	Чай карчаги	200	12,0	200	12,0	200	12,0
	Яблоки	120	56,0	120	56,0	120	56,0
	Хлеб ржано-пшеничный/ пшеничный	30	67,3	50	90,0	50	90,0
	Всего	610	537,7	670	619,85	720	701,13
	Итого, %		23,8%		23,8%		25,0%

1 неделя 2 день

1	2	3	7	8	12	13	17
	Салат витаминный	60	39,2	80	43,6	100	66,3
	Котлеты из говядины	70	118,6	90	150,2	100	167,7
	Хлеб ржано-пшеничный/пшеничный	30	63,3	50	90,0	50	90,0
	Сдук сметанный	20	42,1	20	42,1	20	42,1

	Компот из сухофруктов с сахаром	200	68,5	200	68,5	200	68,5
	Молочная пшенная	130	205,4	150	231,0	180	267,6
	Итого	510	541,44	590	625,82	650	702,18
	Всего, %		23,8%		26,1%		25,7%

1 недели 3 день

1	2	3	7	8	12	13	17
	овощной	70	102,3	90	106,3	100	108,8
	Гречка рассыпчатая	130	140,1	150	182,5	180	221,8
	Компот с яблоками	200	240,3	200	240,3	200	240,3
	Яблоки	120	66,0	120	66,0	120	66,0
	Хлеб ржано-пшеничный/ пшеничный	30	67,5	50	90,0	50	90,0
	Итого	550	606,22	610	675,1	650	716,5
	Всего, %		28,9%		28,1%		31,6%

1 недели 4 день

1	2	3	7	8	12	13	17
	Биточки рыбные	70	210,9	90	240,2	100	299,4
	Соус молочно-томатный	20	50,7	20	50,7	20	50,7
	Картофельно-морковное пюре	130	161,8	150	200,8	180	261,8
	Подгарнировка горошек зеленый	20	25,0	25	28,0	30	30,0
	Напиток лимонный	200	35,2	200	35,2	200	35,2
	Хлеб ржано-пшеничный/ пшеничный	30	67,5	50	90,0	50	90,0

	Всего	470	551,12	535	644,92	600	767,12
	Всего, %		26,2%		26,9%		27,4%

1 неделя 5 день

1	2	3	7	8	12	13	17
	Каша с маслом	200	109,0	250	121,0	300	178,0
	Бутерброд с сыром	50	364,7	50	364,7	50	364,7
	Напиток Лимонад	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный	30	67,5	50	90,0	50	90,0
	Всего	480	609,7	550	644,2	600	791,2
	Всего, %		28,0%		28,9%		23,6%

Примечание: Всего, % - энергоценность указана в процентах от суточной калорийности, содержание белков, жиров, углеводов - в процентах от калорийности приема пищи.

Сезонное меню школы

2 неделя 1 день

№ ТК	Наименование блюда	Возраст 7-10 лет		Возраст 11-14 лет		Возраст 15-18 лет	
		Вес, г	цена	Вес, г	цена	Вес, г	цена
1	2	3	7	8	12	13	17
	Пожарская из птицы	70	132,2	90	190,2	100	211,3
	Рис рассыпчатый с овощами	130	140,1	150	162,5	180	221,4
	Компот из ягоды	200	122,3	200	122,3	200	122,3
	Яблоко	120	67,2	120	67,2	120	67,2
	Хлеб ржано-пшеничный	50	67,5	50	112,5	50	112,5
	Всего	550	529,32	610	674,7	650	734,7
	Всего, %		23,2%		28,1%		28,7%

2 неделя 2 день

1	2	3	7	8	12	13	17
	Ленивые голубцы с говядиной	200	300,3	220	360,7	250	433,7
	Сгущенное молоко	20	42,1	20	42,1	20	42,1
	Компот из грушфрукта и сахара	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный	50	67,5	50	112,5	50	112,5
	Всего	470	529	490	603,8	520	706,8
	Всего, %		23,1%		23,9%		27,9%

2 неделя 3 день

1	2	3	7	8	12	13	17
	Сыр с порциями в ассорти	60	100,0	60	103,8	100	143,3
	Жаркое по-домашнему из птицы	200	399,4	220	420,9	240	421,9
	Чай каркаде	200	12,0	200	12,0	200	12,0
	Яблоки	120	56,0	120	56,0	120	56,0
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Всего	550	834,9	590	905,4	610	802,4
	Всего, %		22,47%		23,90%		22,19%

2 неделя 4 день

1	2	3	7	8	12	13	17
	Котлеты рыбные	70	185,1	90	199,2	100	238,4
	Картофельное пюре с зеленым горошком	20	25,0	25	28,0	30	30,0
	Соус молочно-томатный	20	50,7	20	50,7	20	50,7
	Макароны отварные	130	205,4	150	231,0	180	267,6
	Компот из свежих яблок	200	71,3	200	71,3	200	71,3
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Всего	470	605,23	535	692,75	580	770,65
	Всего, %		18,83%		21,86%		23,83%

2 неделя 5 день

1	2	3	7	8	12	13	17

	Сыр) из белокочанной капусты в яйце	60	29,1	80	43,6	100	66,3
	Суп гороховый с мясом	200	280,5	220	299,2	250	361,9
	Напиток лимонный	200	35,2	200	35,2	200	35,2
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Булочка с творогом	50	224,1	50	224,1	50	224,1
	Всего	**540**	**647,2**	**600**	**715,2**	**650**	**800,6**
	Всего %		26,6%		29,00%		28,30%

Примечание: Всего % - энергоценность рациона в процентах от суточной калорийности, содержание белков, жиров, углеводов - в процентах от калорийности приема пищи

Сезон: лето-осень

3 неделя 1 день

№ ТК	Наименование блюда	Возраст 7-10 лет		Возраст 11-15 лет		Возраст 16-18 лет	
		Вес порц, г	калл	Вес порц, г	калл	Вес порц, г	калл
1	2	3	7	8	12	13	17
	Салат морковь с яблоками	60	80,0	80	107,8	100	134,3
	Пюре картофельное	200	335,6	220	372,3	250	419,3
	Напиток Шиповник	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный/Пшеничный	30	67,5	50	90,0	50	90,0
	Всего	490	551,6	550	638,55	600	712,13
	Ккал, %		26,4%		26,6%		23,4%

3 неделя 2 день

1	2	3	7	8	12	13	17
	Яблоки	120	67,2	120	67,2	120	67,2
	Сыр сычужный	20	42,1	20	42,1	20	42,1
	Гречка рассыпчатая с овощами	150	170,1	150	182,5	180	209,4
	Котлеты из говядины	70	118,6	90	150,2	100	167,7

	Компот из сухофруктов с сахаром	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	570	534,09	630	606,49	670	724,85
	Всего, %		23,4%		23,9%		23,9%

3 неделя 3 день

1	2	3	7	8	12	13	17
	Салат из свежих помидоров	60	61	80	79,5	100	87,6
	Суп рисовый с мясом	200	144,3	220	168,2	250	221,9
	Напиток лимонный	200	35,2	200	35,2	200	35,2
	Булочка бутербродная с сыром	50	364,7	50	364,7	50	364,7
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	540	672,9	600	737,6	650	799,4
	Всего, %		32,9%		30,7%		28,6%

3 неделя 4 день

1	2	3	7	8	12	13	17
	Картофельное пюре	130	161,8	150	209,8	180	261,8
	Котлеты рыбные	70	210,9	90	240,2	100	299,4

	Суп молочно-пшенный	20	50,7	20	50,7	20	50,7
	Подгарнирка горошек зеленый	20	25,0	25	28,0	30	30,0
	Компот из свежих яблок	200	71,3	200	71,3	200	71,3
	Хлеб ржано-пшеничный пшеничный	30	67,5	50	90,0	50	90,0
	Всего	470	597,23	535	681,02	500	803,23
	Всего, %		28,0%		28,4%		28,7%

3 неделя 5 день

1	2	3	7	8	12	13	17
	Рагу из птицы	200	183,8	220	206,4	250	310,9
	Компот из яблок	200	240,3	200	240,3	200	240,3
	Яблоко	120	67,2	120	67,2	120	67,2
	Хлеб ржано-пшеничный пшеничный	30	67,5	50	90,0	50	90,0
	Всего	550	558,8	590	603,9	620	708,4
	Всего, %		26,0%		25,2%		25,4%

Примечание: Всего, %– энергоценность рациона в процентах от суточной калорийности, содержание белков, жиров, углеводов - в процентах от калорийности приема пищи.

Сезон: летне-осенний

4 неделя 1 день

Наименование блюда	Возраст 7-10 лет		Возраст 11-14 лет		Возраст 15-18 лет	
	Выход, г	ккал	Выход, г	ккал	Выход, г	ккал
2	3	7	8	12	13	17
Салатная из свеклы и огурца	60	30,9	80	39,0	100	36,8
Плов из птицы	200	322,2	220	354,1	250	397,8
Компот из яблок	200	240,3	200	240,3	200	240,3
Яблоко	120	67,2	120	67,2	120	67,2
Хлеб ржано-пшеничный/пшеничный	30	67,5	50	112,5	50	112,5
Итого:	610	708,1	670	803,1	720	853,8
Итого, %		31,50%		33,40%		30,49%

4 неделя 2 день

2	3	7	8	12	13	17
Тушеная капуста с сосисками	200	306,9	220	380,7	250	403,7
Компот из свежих яблок	200	71,3	200	71,3	200	71,3
Хлеб ржано-пшеничный/пшеничный	30	67,5	50	112,5	50	112,5
Сыр сычужный	20	42,1	20	42,1	20	42,1
Итого:	450	511,8	490	606,6	520	709,6
Итого, %		22,12%		25,29%		23,34%

4 неделя 3 день

2	3	7	8	12	13	17
Шницель из птицы	70	141,1	80	167,1	100	195,1

Грудка рекомендуя	130	140,1	150	162,5	160	221,3
Полуфабрикат горошка зеленый	20	25,0	25	28,0	30	30,9
Сыр сметанный	20	42,1	20	42,1	20	42,1
Напиток из шиповника	200	42,8	200	42,8	200	42,8
Яблоки	120	67,2	120	67,2	120	67,2
Хлеб ржано-пшеничный с отрубями	30	67,5	50	112,5	50	112,5
Всего	590	625,82	655	642,2	900	715,8
Ккал, %		23,04%		20,70%		23,24%

4 неделя 4 день

2	3	7	8	12	13	17
Рыба тушенная с овощами в сметанном соусе	70	290,1	90	390,4	100	329,4
Картофельно-морковное пюре	130	104,3	150	136,4	180	141,8
Напиток Доширак	200	68,5	200	68,5	200	68,5
Хлеб ржано-пшеничный пшеничный	30	67,5	50	112,5	50	112,5
Всего:	430	530,4	490	614,8	530	752,2
Ккал, %		21,20%		21,70%		23,60%

4 неделя 5 день

2	3	7	8	12	13	17
Салат из вареных овощей	60	61	80	79,5	100	107,6
Суп с макаронными изделиями и мясом	200	148,3	220	168,2	250	224,9
Напиток лимонный	200	35,2	200	35,2	200	35,2
Котлеты с подливой	50	224,3	50	224,3	50	224,3
Хлеб ржано-пшеничный пшеничный	50	67,5	50	112,5	50	112,5

Всего	**540**	**532,9**	**600**	**620,3**	**650**	**701,3**
Всего, %		23,98%		23,24%		23,0%

Примечание: Всего, % – материалоемкость указана в процентах от суточной калорийности, подтверждена бюджетом, впервые установлена – в процентах от калорийности прежнего года.

Сезон: зима-весна

1 неделя 1 день

№ ТК	Наименование блюда	Возраст 7-10 лет		Возраст 11-15 лет		Возраст 16-18 лет	
		Вылед, г	цена	Вылед, г	цена	Вылед, г	цена
1	2	3	7	8	12	13	17
	Салат морковь с яблоками	60	80,0	80	107,8	100	134,3
	Пюре картофельное из птицы	200	335,6	220	372,3	250	419,3
	Напиток Лимонный	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный/пшеничный	50	67,5	50	90,0	50	90,0
	Всего	403	559	558	651	613	729
	Всего, %		26,6%		27,1%		26,8%

3 неделя 2 день

1	2	3	7	8	12	13	17
	Яблоки	120	67,2	120	67,2	120	67,2
	Сыр сметанный	20	42,1	20	42,1	20	42,1
	Гречка рассыпчатая с маслом	130	170,1	150	182,5	180	289,4
	Котлеты из говядины	70	118,6	90	150,2	100	167,7

	Компот из сухофруктов с сахаром	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	570	534,05	630	608,45	670	724,85
	Всего, %		23,0%		25,0%		28,9%

3 неделя 3 день

1	3	3	7	8	12	13	17
	Салат из свежих овощей	60	61	80	79,5	100	107,6
	Суп рисовый с мясом	200	144,5	220	168,2	250	221,8
	Напиток лимонный	200	35,2	200	35,2	200	35,2
	Булочка бутербродная с сыром	50	164,7	50	164,7	50	164,7
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	540	672,9	600	737,6	650	819,4
	Всего, %		32,0%		30,7%		29,8%

3 неделя 4 день

1	2	3	7	8	12	13	17
	Картофельное пюре	130	161,8	150	300,8	180	361,8

	Котлеты рыбные	70	210,9	90	240,2	100	269,4
	Суп молочно-томатный	20	50,7	20	50,7	20	50,7
	Подгарнировка отварное зеленый	20	25,0	25	28,0	30	30,0
	Компот из свежих яблок	200	71,3	200	71,3	200	71,3
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	470	587,22	535	681,02	500	803,22
	Всего, %		28,0%		28,4%		28,7%

3 неделя 5 день

1	2	3	7	8	12	13	17
	Рагу из птицы	200	183,8	220	206,4	250	310,9
	Каша с молоком	200	240,3	200	240,3	200	240,3
	Яблоко	120	67,2	120	67,2	120	67,2
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Всего	550	558,8	590	603,9	620	708,4
	Всего, %		26,6%		23,2%		24,3%

Примечание: Всего, % - энергоценность указана в процентах от суточной калорийности, содержание белков, жиров, углеводов - в процентах от калорийности приема пищи

Сезон: осень-зима

2 неделя 1 день

№ ТТК	Наименование блюда	Возраст 7-10 лет		Возраст 11-14 лет		Возраст 15-18 лет	
		Выход, г	энерг. ценность	Выход, г	энерг. ценность	Выход, г	энерг. ценность
1	2	3	7	8	12	13	17
	Полдник из отвара	70	132,2	90	190,2	100	211,2
	Рис рассыпчатый с маслом	130	140,1	180	182,5	180	221,4
	Сыр в молоке	200	240,3	200	240,3	200	240,3
	Яблоко	120	67,2	120	67,2	120	67,2
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Всего	550	647,33	610	792,7	650	852,7
	Белок, %		10,82%		23,8%		30,45%

2 неделя 2 день

1	2	3	7	8	12	13	17
	Лепешки с курагой с сметаной	200	350,9	220	381,3	250	483,7
	Сыр сметанный	20	42,1	20	42,1	20	42,1
	Компот из сухофруктов с сахаром	200	68,5	200	68,5	200	68,5
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Всего	450	529	490	603,8	520	706,8
	Белок, %		21,19%		23,06%		27,34%

3 неделя 5 день

1	2	3	7	8	12	13	17
	Салат с морковью и сыром	60	80,0	80	107,8	100	134,3
	Жаркое по-домашнему из птицы	200	399,4	220	426,9	250	421,9
	Чай горячий	200	12,0	200	12,0	200	12,0
	Яблоки	120	56,0	120	56,0	120	56,0
	Хлеб ржано-пшеничный	50	87,5	50	112,5	50	112,5
	Всего	610	614,9	670	700,18	720	726,78
	Всего %		24,59%		28,01%		30,70%

2 неделя 4 день

1	2	3	7	8	12	13	17
	Котлеты рыбные	70	185,3	90	199,2	100	238,4
	Пюре картофельное горошек зеленый	20	25,0	25	28,0	30	30,0
	Сыр порционный	20	50,7	20	50,7	20	50,7
	Макароны отварные	130	205,4	150	231,0	180	267,6
	Компот из свежих яблок	200	71,3	200	71,3	200	71,3
	Хлеб ржано-пшеничный	50	87,5	50	112,5	50	112,5
	Всего	470	608,33	535	692,79	580	770,68
	Всего %		24,33%		27,80%		27,53%

2 неделя 5 день

1	3	3	4	8	12	13	17
	Салат из белокочанной капусты и яблока	60	39,3	90	43,8	100	66,3
	Суп гороховый с мясом	200	286,5	220	299,2	250	361,8
	Напиток лимонный	200	35,2	200	35,2	200	35,2
	Хлеб ржано-пшеничный	30	67,5	50	112,5	50	112,5
	Булочка с творогом	50	224,7	50	224,7	50	224,7
	Всего	540	647,2	600	715,2	650	800,6
	Всего %		32,42%		29,80%		28,18%

Примечание: Всего % - энергоценность указана в процентах от суточной калорийности, содержание белков, жиров, углеводов - в процентах от калорийности приема пищи

Сезон: зима-весна

3 неделя 1 день

№ ТК	Наименование б.л.	Возраст 7-10 лет		Возраст 11-15 лет		Возраст 16-18 лет	
		Выход, г	ккал	Выход, г	ккал	Выход, г	ккал
1	2	3	7	8	12	13	17
	Салат морковь с сыром	60	80,0	80	107,8	100	144,3
	Плов из птицы	200	422,2	220	354,1	250	397,8
	Чай каркаде	200	12,0	200	12,0	200	12,0
	Яблоки	120	56,0	120	56,0	120	56,0
	Хлеб ржано-пшеничный/ пшеничный	30	67,5	50	90,0	50	90,0
	Всего	610	537,7	670	619,85	720	700,13
	Всего, %		23,6%		23,8%		23,0%

1 неделя 2 день

1	2	3	7	8	12	13	17
	Салат витаминный	60	39,3	80	43,6	100	66,3
	Котлеты из говядины	70	118,6	90	150,2	100	167,7
	Хлеб ржано-пшеничный/пшеничный	30	67,5	50	90,0	50	90,0
	Сок овощной	20	42,1	20	42,1	20	42,1

	Компот из сухофруктов с витамином С	200	68,5	200	68,5	200	68,5
	Хлеб пшеничный	130	205,4	150	231,0	180	267,6
	Всего	510	541,44	590	625,42	650	582,18
	Доля %		22,8%		24,7%		23,7%

1 неделя 5 день

1	2	3	7	8	12	13	17
	Курица тушена с овощами	70	102,3	90	106,3	100	100,0
	Гречка рассыпчатая	130	140,1	150	182,1	180	221,4
	Какао с молоком	200	240,3	200	240,3	200	240,3
	Яблоки	120	56,0	120	56,0	120	56,0
	Хлеб ржано-пшеничный/ пшеничный	30	67,5	50	90,0	50	90,0
	Всего	550	606,22	610	675,1	650	716,5
	Доля %		28,9%		28,7%		25,8%

1 неделя 4 день

1	2	3	7	8	12	13	17
	Картофельно-медовое пюре	130	161,8	150	200,8	180	261,8
	Биточки рыбные	70	210,9	90	240,2	100	299,4
	Сыр молодо-тонитный	20	50,7	20	50,7	20	50,7

[illegible]

[illegible]

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]

[illegible]	76	[illegible]	96	[illegible]	120	[illegible]
[illegible]	136	[illegible]	136	[illegible]	144	[illegible]
[illegible]	191	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
Итого	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
Итого, %		[illegible]		[illegible]		[illegible]

[illegible]

1	2	3	4	10	11	12
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
Итого	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
Итого, %		[illegible]		[illegible]		[illegible]

Примечание. Знак (+) – [illegible] в процентах от [illegible] (в скобках [illegible] цифры).

[illegible]