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| Приложение 1к гражданско-правовому договору № 14-Д от 05 ноября 2024 г.**Примерное меню**

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| **дополнительного витаминизированного питания обучающихся 1-4 кл.**

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|  |
| **Неделя 1**  | **День 1** |  |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. | Витамины (мг) |   | Минеральные вещества |
| Порции.г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Фрукты св. (по сезону) | 150 | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| Итого |   | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| **Неделя 1**  | **День 2** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Фрукты св. (по сезону) | 150 | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| Итого |   | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| **Неделя 1**  | **День 3** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Неделя 1**  | **День 4** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Неделя 1**  | **День 5** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Неделя 2**  | **День 1** |  |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. | Витамины (мг) |   | Минеральные вещества |
| Порции.г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Фрукты св. (по сезону) | 150 | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| Итого |   | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| **Неделя 2**  | **День 2** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Фрукты св. (по сезону) | 150 | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| Итого |   | 0.6 | 0.6 | 14.75 | 70.5 | 0.039 | 15 | 13.86 | 0.3 | 24 | 17 | 14 | 1 |
| **Неделя 2**  | **День 3** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Неделя 2**  | **День 4** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Неделя 2**  | **День 5** |   |   |   |   |   |   |   |   |   |   |   |   |
| наименование блюда | Масса | Пищевые вещества | Энерг. |   | Витамины (мг) |   | Минеральные вещества |
| порции,г | Б | Ж | У | ценность | В1 | С | А | Е | Са | Р | Mg | Fe |
| Сок фруктовый | 200 | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| Итого |   | 0,6 | 0,4 | 32,6 | 140 | 0,04 | 4 | - | 0,4 | 40 | 24 | 18 | 0,8 |
| **Всего в среднем за 1 день 2-х недель** |  | **0,6** | **0,48** | **25,46** | **112,2** | **0,04** | **8,4** | **5,54** | **0,36** | **33,6** | **21,2** | **16,4** | **0,88** |

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| --- | --- |
| **Заказчик:**Директор школы\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_С.А. Кошелев | **Исполнитель:**Директор \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ М.С.Михайлов |

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