

Утверждаю:

Генеральный директор АО «КШП-Глобус»

Косых С.В.

«27» декабря 2012 г.



ПРИМЕРНОЕ ДВЕНАДЦАТИДНЕВНОЕ МЕНЮ ШКОЛЬНЫХ ОБЕДОВ  
ДЛЯ ОБУЧАЮЩИХСЯ 5-11 КЛАССОВ  
АО "КОМБИНАТ ШКОЛЬНОГО ПИТАНИЯ-ГЛОБУС"

1 НЕДЕЛЯ

ДЕНЬ: ПОНЕДЕЛЬНИК

НЕДЕЛЯ: ПЕРВАЯ

СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ

ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и старше

| НАИМЕНОВАНИЕ БЛЮД          | Масса порций | Пищевые вещества (г) |       |        | ЭЦ (ккал) | № рецептуры |
|----------------------------|--------------|----------------------|-------|--------|-----------|-------------|
|                            |              | Б                    | Ж     | У      |           |             |
| Суп картофельный с горохом | 250          | 5,95                 | 4,19  | 19,56  | 140       | 139         |
| Пельмени отварные          | 210          | 21,39                | 17,85 | 41,16  | 415       | 719         |
| Овощи по сезону            | 100          | 0,8                  |       | 3,4    | 16        | 71          |
| Чай с сахаром              | 200          | 0,2                  | 0,02  | 15     | 61        | 685         |
| Хлеб пшеничный             | 50           | 3,80                 | 0,45  | 25,95  | 118       | акт         |
| Хлеб ржано-пшеничный       | 30           | 2,25                 | 0,75  | 14,7   | 75        |             |
| Итого                      |              | 34,39                | 23,26 | 119,77 | 825       |             |

ДЕНЬ: ВТОРНИК

НЕДЕЛЯ: ПЕРВАЯ

СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ

ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и старше

| НАИМЕНОВАНИЕ БЛЮД                    | Масса порций | Пищевые вещества (г) |       |        | ЭЦ (ккал) | № рецептуры |
|--------------------------------------|--------------|----------------------|-------|--------|-----------|-------------|
|                                      |              | Б                    | Ж     | У      |           |             |
| Рассольник ленинградский со сметаной | 250          | 2,39                 | 4,64  | 17,64  | 130       | 132         |
| Рыба, запеченная с соусом            | 100          | 10,33                | 20,9  | 4,7    | 173       | акт         |
| Рис припущенный                      | 200          | 4,94                 | 5,78  | 51,89  | 279       | 512         |
| Мучное изделие                       | 50           | 4,4                  | 1,1   | 25,15  | 64        |             |
| Напиток фруктово-ягодный             | 200          | 0,2                  | 0,2   | 22,8   | 94        | акт         |
| Хлеб пшеничный                       | 50           | 3,80                 | 0,45  | 25,95  | 118       | акт         |
| Хлеб ржано-пшеничный                 | 30           | 2,25                 | 0,75  | 14,7   | 75        |             |
| Итого                                |              | 28,31                | 33,82 | 162,83 | 933       |             |

ДЕНЬ: СРЕДА

НЕДЕЛЯ: ПЕРВАЯ

СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ

ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и старше

| НАИМЕНОВАНИЕ БЛЮД           | Масса порций | Пищевые вещества (г) |       |        | ЭЦ (ккал) | № рецептуры |
|-----------------------------|--------------|----------------------|-------|--------|-----------|-------------|
|                             |              | Б                    | Ж     | У      |           |             |
| Суп-лапша домашняя          | 250          | 2,94                 | 4,89  | 17,75  | 129       |             |
| Котлеты студенческие        | 100          | 12,9                 | 15,28 | 11,4   | 200       | 103         |
| Пюре картофельное           | 150          | 3,15                 | 6,75  | 21,9   | 163       | 520         |
| Овощи тушеные               | 100          | 2,5                  | 4,6   | 10,7   | 94        | 534         |
| Компот из смеси сухофруктов | 200          | 0,6                  | 0,06  | 29,79  | 124       | акт         |
| Хлеб пшеничный              | 50           | 3,80                 | 0,45  | 25,95  | 118       | акт         |
| Хлеб ржано- пшеничный       | 30           | 2,25                 | 0,75  | 14,7   | 75        |             |
| Итого                       |              | 28,14                | 32,78 | 132,19 | 903       |             |

ДЕНЬ: ЧЕТВЕРГ

НЕДЕЛЯ: ПЕРВАЯ

СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ

ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и старше

| НАИМЕНОВАНИЕ БЛЮД                        | Масса порций | Пищевые вещества (г) |      |        | ЭЦ (ккал) | № рецептуры |
|--|--------------|----------------------|------|--------|-----------|-------------|
|  |              | Б                    | Ж    | У      |           |             |
| Борш с капустой и картофелем со сметаной | 250          | 1,96                 | 8,09 | 14,75  | 131       | 110         |
| Наггетсы                                 | 100          | 18,7                 | 15,3 | 0,6    | 205       | 494         |
| Макаронные изделия отварные              | 180          | 0,98                 | 5,39 | 44,5   | 255       | 516         |
| Овощи по сезону                          | 100          | 0,8                  |      | 3,4    | 16        | 71          |
| Напиток из ягод                          | 200          | 0,07                 | 0,02 | 24,44  | 100       | акт         |
| Хлеб пшеничный                           | 50           | 3,80                 | 0,45 | 25,95  | 118       | акт         |
| Хлеб ржано- пшеничный                    | 30           | 2,25                 | 0,75 | 14,7   | 75        |             |
| Итого                                    |              | 28,56                | 30,0 | 128,34 | 900       |             |

ДЕНЬ: ПЯТНИЦА

НЕДЕЛЯ: ПЕРВАЯ

СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ

ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и старше

| НАИМЕНОВАНИЕ БЛЮД         | Масса порций | Пищевые вещества (г) |       |        | ЭЦ (ккал) | № рецептуры |
|---------------------------|--------------|----------------------|-------|--------|-----------|-------------|
|                           |              | Б                    | Ж     | У      |           |             |
| Суп из овощей со сметаной | 250          | 2,08                 | 4,54  | 11,45  | 110       | 135         |
| Закуска из овощей         | 100          | 1,83                 | 4,50  | 7,50   | 78        | акт         |
| Мясо по -купечки          | 250          | 21,22                | 24,07 | 46,88  | 431       | акт         |
| Чай с сахаром и лимоном   | 200          | 0,26                 | 0,03  | 15,25  | 64        | 686         |
| Хлеб пшеничный            | 50           | 3,80                 | 0,45  | 25,95  | 118       | акт         |
| Хлеб ржано- пшеничный     | 30           | 2,25                 | 0,75  | 14,7   | 75        |             |
| Итого                     |              | 31,44                | 34,34 | 121,73 | 876       |             |

НЕДЕЛЯ: ПЕРВАЯ  
 ДЕНЬ: СУББОТА  
 СЕЗОН: ЗИМНЕ-ВЕСЕННИЙ  
 ВОЗРАСТНАЯ КАТЕГОРИЯ: 12 лет и  
 старше

| НАИМЕНОВАНИЕ БЛЮД          | Масса порций | Пищевые вещества (г) |       |        | ЭЦ (ккал) | № рецептуры |
|----------------------------|--------------|----------------------|-------|--------|-----------|-------------|
|                            |              | Б                    | Ж     | У      |           |             |
| Суп картофельный с фасолью | 250          | 5,95                 | 4,19  | 19,56  | 140       | 139         |
| Куриные колбаски           | 100          | 19,03                | 14,08 | 10,4   | 248       |             |
| Рис припущенный            | 180          | 4,46                 | 5,2   | 46,7   | 251       | 512         |
| Овощи тушеные              | 100          | 1,08                 | 0,37  | 1,0    | 10        |             |
| Чай с сахаром              | 200          | 0,2                  | 0,02  | 15     | 61        | 685         |
| Хлеб пшеничный             | 50           | 3,89                 | 0,45  | 25,95  | 118       | 101         |
| Хлеб ржанопшеничный        | 30           | 2,25                 | 0,75  | 14,7   | 75        |             |
| Итого                      |              | 36,49                | 24,69 | 135,71 | 909       |             |

Среднее значение за период: 31,22 29,82 135,43 909

Согласно СанПиН 2.3/2.4.3590-20 в § 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 4.18, 4.19, 4.20, 4.21, 4.22, 4.23, 4.24, 4.25, 4.26, 4.27, 4.28, 4.29, 4.30, 4.31, 4.32, 4.33, 4.34, 4.35, 4.36, 4.37, 4.38, 4.39, 4.40, 4.41, 4.42, 4.43, 4.44, 4.45, 4.46, 4.47, 4.48, 4.49, 4.50, 4.51, 4.52, 4.53, 4.54, 4.55, 4.56, 4.57, 4.58, 4.59, 4.60, 4.61, 4.62, 4.63, 4.64, 4.65, 4.66, 4.67, 4.68, 4.69, 4.70, 4.71, 4.72, 4.73, 4.74, 4.75, 4.76, 4.77, 4.78, 4.79, 4.80, 4.81, 4.82, 4.83, 4.84, 4.85, 4.86, 4.87, 4.88, 4.89, 4.90, 4.91, 4.92, 4.93, 4.94, 4.95, 4.96, 4.97, 4.98, 4.99, 5.00, 5.01, 5.02, 5.03, 5.04, 5.05, 5.06, 5.07, 5.08, 5.09, 5.10, 5.11, 5.12, 5.13, 5.14, 5.15, 5.16, 5.17, 5.18, 5.19, 5.20, 5.21, 5.22, 5.23, 5.24, 5.25, 5.26, 5.27, 5.28, 5.29, 5.30, 5.31, 5.32, 5.33, 5.34, 5.35, 5.36, 5.37, 5.38, 5.39, 5.40, 5.41, 5.42, 5.43, 5.44, 5.45, 5.46, 5.47, 5.48, 5.49, 5.50, 5.51, 5.52, 5.53, 5.54, 5.55, 5.56, 5.57, 5.58, 5.59, 5.60, 5.61, 5.62, 5.63, 5.64, 5.65, 5.66, 5.67, 5.68, 5.69, 5.70, 5.71, 5.72, 5.73, 5.74, 5.75, 5.76, 5.77, 5.78, 5.79, 5.80, 5.81, 5.82, 5.83, 5.84, 5.85, 5.86, 5.87, 5.88, 5.89, 5.90, 5.91, 5.92, 5.93, 5.94, 5.95, 5.96, 5.97, 5.98, 5.99, 6.00, 6.01, 6.02, 6.03, 6.04, 6.05, 6.06, 6.07, 6.08, 6.09, 6.10, 6.11, 6.12, 6.13, 6.14, 6.15, 6.16, 6.17, 6.18, 6.19, 6.20, 6.21, 6.22, 6.23, 6.24, 6.25, 6.26, 6.27, 6.28, 6.29, 6.30, 6.31, 6.32, 6.33, 6.34, 6.35, 6.36, 6.37, 6.38, 6.39, 6.40, 6.41, 6.42, 6.43, 6.44, 6.45, 6.46, 6.47, 6.48, 6.49, 6.50, 6.51, 6.52, 6.53, 6.54, 6.55, 6.56, 6.57, 6.58, 6.59, 6.60, 6.61, 6.62, 6.63, 6.64, 6.65, 6.66, 6.67, 6.68, 6.69, 6.70, 6.71, 6.72, 6.73, 6.74, 6.75, 6.76, 6.77, 6.78, 6.79, 6.80, 6.81, 6.82, 6.83, 6.84, 6.85, 6.86, 6.87, 6.88, 6.89, 6.90, 6.91, 6.92, 6.93, 6.94, 6.95, 6.96, 6.97, 6.98, 6.99, 7.00, 7.01, 7.02, 7.03, 7.04, 7.05, 7.06, 7.07, 7.08, 7.09, 7.10, 7.11, 7.12, 7.13, 7.14, 7.15, 7.16, 7.17, 7.18, 7.19, 7.20, 7.21, 7.22, 7.23, 7.24, 7.25, 7.26, 7.27, 7.28, 7.29, 7.30, 7.31, 7.32, 7.33, 7.34, 7.35, 7.36, 7.37, 7.38, 7.39, 7.40, 7.41, 7.42, 7.43, 7.44, 7.45, 7.46, 7.47, 7.48, 7.49, 7.50, 7.51, 7.52, 7.53, 7.54, 7.55, 7.56, 7.57, 7.58, 7.59, 7.60, 7.61, 7.62, 7.63, 7.64, 7.65, 7.66, 7.67, 7.68, 7.69, 7.70, 7.71, 7.72, 7.73, 7.74, 7.75, 7.76, 7.77, 7.78, 7.79, 7.80, 7.81, 7.82, 7.83, 7.84, 7.85, 7.86, 7.87, 7.88, 7.89, 7.90, 7.91, 7.92, 7.93, 7.94, 7.95, 7.96, 7.97, 7.98, 7.99, 8.00, 8.01, 8.02, 8.03, 8.04, 8.05, 8.06, 8.07, 8.08, 8.09, 8.10, 8.11, 8.12, 8.13, 8.14, 8.15, 8.16, 8.17, 8.18, 8.19, 8.20, 8.21, 8.22, 8.23, 8.24, 8.25, 8.26, 8.27, 8.28, 8.29, 8.30, 8.31, 8.32, 8.33, 8.34, 8.35, 8.36, 8.37, 8.38, 8.39, 8.40, 8.41, 8.42, 8.43, 8.44, 8.45, 8.46, 8.47, 8.48, 8.49, 8.50, 8.51, 8.52, 8.53, 8.54, 8.55, 8.56, 8.57, 8.58, 8.59, 8.60, 8.61, 8.62, 8.63, 8.64, 8.65, 8.66, 8.67, 8.68, 8.69, 8.70, 8.71, 8.72, 8.73, 8.74, 8.75, 8.76, 8.77, 8.78, 8.79, 8.80, 8.81, 8.82, 8.83, 8.84, 8.85, 8.86, 8.87, 8.88, 8.89, 8.90, 8.91, 8.92, 8.93, 8.94, 8.95, 8.96, 8.97, 8.98, 8.99, 9.00, 9.01, 9.02, 9.03, 9.04, 9.05, 9.06, 9.07, 9.08, 9.09, 9.10, 9.11, 9.12, 9.13, 9.14, 9.15, 9.16, 9.17, 9.18, 9.19, 9.20, 9.21, 9.22, 9.23, 9.24, 9.25, 9.26, 9.27, 9.28, 9.29, 9.30, 9.31, 9.32, 9.33, 9.34, 9.35, 9.36, 9.37, 9.38, 9.39, 9.40, 9.41, 9.42, 9.43, 9.44, 9.45, 9.46, 9.47, 9.48, 9.49, 9.50, 9.51, 9.52, 9.53, 9.54, 9.55, 9.56, 9.57, 9.58, 9.59, 9.60, 9.61, 9.62, 9.63, 9.64, 9.65, 9.66, 9.67, 9.68, 9.69, 9.70, 9.71, 9.72, 9.73, 9.74, 9.75, 9.76, 9.77, 9.78, 9.79, 9.80, 9.81, 9.82, 9.83, 9.84, 9.85, 9.86, 9.87, 9.88, 9.89, 9.90, 9.91, 9.92, 9.93, 9.94, 9.95, 9.96, 9.97, 9.98, 9.99, 10.00, 10.01, 10.02, 10.03, 10.04, 10.05, 10.06, 10.07, 10.08, 10.09, 10.10, 10.11, 10.12, 10.13, 10.14, 10.15, 10.16, 10.17, 10.18, 10.19, 10.20, 10.21, 10.22, 10.23, 10.24, 10.25, 10.26, 10.27, 10.28, 10.29, 10.30, 10.31, 10.32, 10.33, 10.34, 10.35, 10.36, 10.37, 10.38, 10.39, 10.40, 10.41, 10.42, 10.43, 10.44, 10.45, 10.46, 10.47, 10.48, 10.49, 10.50, 10.51, 10.52, 10.53, 10.54, 10.55, 10.56, 10.57, 10.58, 10.59, 10.60, 10.61, 10.62, 10.63, 10.64, 10.65, 10.66, 10.67, 10.68, 10.69, 10.70, 10.71, 10.72, 10.73, 10.74, 10.75, 10.76, 10.77, 10.78, 10.79, 10.80, 10.81, 10.82, 10.83, 10.84, 10.85, 10.86, 10.87, 10.88, 10.89, 10.90, 10.91, 10.92, 10.93, 10.94, 10.95, 10.96, 10.97, 10.98, 10.99, 11.00, 11.01, 11.02, 11.03, 11.04, 11.05, 11.06, 11.07, 11.08, 11.09, 11.10, 11.11, 11.12, 11.13, 11.14, 11.15, 11.16, 11.17, 11.18, 11.19, 11.20, 11.21, 11.22, 11.23, 11.24, 11.25, 11.26, 11.27, 11.28, 11.29, 11.30, 11.31, 11.32, 11.33, 11.34, 11.35, 11.36, 11.37, 11.38, 11.39, 11.40, 11.41, 11.42, 11.43, 11.44, 11.45, 11.46, 11.47, 11.48, 11.49, 11.50, 11.51, 11.52, 11.53, 11.54, 11.55, 11.56, 11.57, 11.58, 11.59, 11.60, 11.61, 11.62, 11.63, 11.64, 11.65, 11.66, 11.67, 11.68, 11.69, 11.70, 11.71, 11.72, 11.73, 11.74, 11.75, 11.76, 11.77, 11.78, 11.79, 11.80, 11.81, 11.82, 11.83, 11.84, 11.85, 11.86, 11.87, 11.88, 11.89, 11.90, 11.91, 11.92, 11.93, 11.94, 11.95, 11.96, 11.97, 11.98, 11.99, 12.00, 12.01, 12.02, 12.03, 12.04, 12.05, 12.06, 12.07, 12.08, 12.09, 12.10, 12.11, 12.12, 12.13, 12.14, 12.15, 12.16, 12.17, 12.18, 12.19, 12.20, 12.21, 12.22, 12.23, 12.24, 12.25, 12.26, 12.27, 12.28, 12.29, 12.30, 12.31, 12.32, 12.33, 12.34, 12.35, 12.36, 12.37, 12.38, 12.39, 12.40, 12.41, 12.42, 12.43, 12.44, 12.45, 12.46, 12.47, 12.48, 12.49, 12.50, 12.51, 12.52, 12.53, 12.54, 12.55, 12.56, 12.57, 12.58, 12.59, 12.60, 12.61, 12.62, 12.63, 12.64, 12.65, 12.66, 12.67, 12.68, 12.69, 12.70, 12.71, 12.72, 12.73, 12.74, 12.75, 12.76, 12.77, 12.78, 12.79, 12.80, 12.81, 12.82, 12.83, 12.84, 12.85, 12.86, 12.87, 12.88, 12.89, 12.90, 12.91, 12.92, 12.93, 12.94, 12.95, 12.96, 12.97, 12.98, 12.99, 13.00, 13.01, 13.02, 13.03, 13.04, 13.05, 13.06, 13.07, 13.08, 13.09, 13.10, 13.11, 13.12, 13.13, 13.14, 13.15, 13.16, 13.17, 13.18, 13.19, 13.20, 13.21, 13.22, 13.23, 13.24, 13.25, 13.26, 13.27, 13.28, 13.29, 13.30, 13.31, 13.32, 13.33, 13.34, 13.35, 13.36, 13.37, 13.38, 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