

Menu for Mon. 16.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge with milk					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Oat flakes "Hercules", g	50	176	6.2	3.1	30.9
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. A cheese sandwich					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Sandwich with butter					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Butter 82.5% fat, "Traditional", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Boiled egg	40	63.5	5.1	4.6	0.3
Total	701	1007.2	29.5	29.4	155.3

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Banana, g	100	96	1.5	0.5	21
Total	100	96	1.5	0.5	21

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Mashkhurda					

Beef, g	40	87.2	7.4	6.4	0
Sunflower oil, g	10	89.9	0	10	0
Onion, g	20	8.2	0.3	0	1.6
Carrots, g	15	5.3	0.2	0	1
Potatoes, g	20	15.4	0.4	0.1	3.3
White rice, g	20	66.6	1.4	0.2	14.8
Mash black, g	30	31.5	2.3	0.2	3.6
Chicken soup with rice					
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
Chicken breast (fillet), g	40	45.2	9.4	0.8	0.2
Carrots, g	15	5.3	0.2	0	1
Potatoes, g	25	19.3	0.5	0.1	4.1
Sweet red pepper, g	7	1.9	0.1	0	0.4
Canned tomato paste, g	5	5.1	0.2	0	1
Table salt, g	1	0	0	0	0
Fresh parsley, g	3	1.5	0.1	0	0.2
Rice, g	20	66.6	1.4	0.2	14.8
2. Second course					
Beef colette					
Beef, g	74	161.3	13.8	11.8	0
Wheat bread made from premium flour, g	18	42.3	1.4	0.1	8.9
Milk 2.5% fat, sterilized, g	20	10.8	0.6	0.5	1
Table salt, g	1	0	0	0	0
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Kyiv cutlet					
Chicken breast (fillet), g	60	67.8	14.2	1.1	0.2

Table salt, g	1	0	0	0	0
Butter 82.5% fat, “Traditional”, g	5	37.4	0	4.1	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Cream crackers, g	20	79.8	1.7	2.2	13.3
Sunflower oil, g	5	45	0	5	0
3. Buckwheat side dish					
Crumbled buckwheat porridge (boiled buckwheat without salt and oil), g	100	100.9	4.2	1.1	18.6
4. Cucumber tomato salad with basil					
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Greenhouse tomato, g	70	9.8	0.4	0	2.7
Basil, fresh, g	3	0.7	0.1	0	0
Table salt, g	1	0	0	0	0
5. Apple compote g	200	186	0.4	0.4	44.6
6. Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Total	1409	1531	69.9	55.5	185.9

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Pizza					
Milk 2.5% fat, sterilized, g	12	6.5	0.3	0.3	0.6
Wheat flour, premium, g	25	83.5	2.7	0.3	17.5
Sugar, g	2	8	0	0	2
Butter 82.5% fat, “Traditional”, g	6	44.9	0	4.9	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Table salt, g	1	0	0	0	0
Sausages, milk, g	15	39.2	1.7	3.6	0.1

Greenhouse tomato, g	5	0.7	0	0	0.2
2. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	77	199.8	6.2	10.4	20.5
Total per day	2287	2834	107.1	95.8	382.6

Nutritionist Malkov A.

Menu for Tue 10/17/23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Millet porridge					
Milk 2.5% fat, sterilized, g	100	54	2.9	2.5	4.8
Millet groats, polished millet, g	50	171	5.8	1.7	33.3
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. A cheese sandwich					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
cheese , g	15	54.6	3.5	4.4	0
3. Sandwich with butter					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Butter 82.5% fat, "Traditional", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon , g	200	56	0.2	0	13.6
5. Toast					
Chicken egg	8	12.6	1	0.9	0.1
Wheat bread	100	235	7.6	0.8	49.2

Sunflower oil	5	5	45	0	5
0Total	651	975.2	27.6	26.7	155.2

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Yogurt 3.2% fat, 5% protein, natural, g	100	68	5	3.2	3.5
Total	100	68	5	3.2	3.5

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Manpar					
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
Chicken breast (fillet), g	40	45.2	9.4	0.8	0.2
Carrots, g	15	5.3	0.2	0	1
Potatoes, g	25	19.3	0.5	0.1	4.1
Sweet red pepper, g	7	1.9	0.1	0	0.4
Canned tomato paste, g	5	5.1	0.2	0	1
Table salt, g	1	0	0	0	0
Fresh parsley, g	3	1.5	0.1	0	0.2
Water, g	60	0	0	0	0
Wheat flour, premium, g	60	200.4	6.5	0.8	41.9
Table salt, g	1	0	0	0	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Chicken noodle soup					
Sunflower oil, g	5	45	0	5	0
Onion, g	20	8.2	0.3	0	1.6
Beef 1 category, g	40	87.2	7.4	6.4	0

Sweet red pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	5	0.7	0	0	0.2
Basai, raw, g	20	19.4	3.5	0.5	0
White radish, g	20	3.4	0.1	0	0.4
Tomato paste, g	5	5.1	0.2	0	1
Table salt, g	1	0	0	0	0
Fresh parsley, g	3	1.5	0.1	0	0.2
Wheat flour, premium, g	60	200.4	6.5	0.8	41.9
Water, g	28	0	0	0	0
Table salt, g	3	0	0	0	0
Sunflower oil, g	3	27	0	3	0
2. Second course					
Fish cutlet					
Fish pike perch, g	100	406	60.9	16.3	0
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
Onion	15	4.2	0.4	0	1.4
Beef roaster					
Beef, g	100	218	18.6	16	0
Potatoes, g	100	77	2	0.4	16.3
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
3. Rustic potato side dish					
Potatoes, g	200	154	4	0.8	32.6
Table salt, g	1	0	0	0	0
Sunflower oil, g	5	45	0	5	0
4. Greek salad					

Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Greenhouse tomato, g	40	5.6	0.2	0	1.5
Table salt, g	1	0	0	0	0
Lettuce (lettuce), g	10	1.6	0.2	0	0.2
Sunflower oil, g	5	45	0	5	0
Cow's milk cheese, g	5	13.1	1.1	1	0
Olives (black olives). Canned food, g	5	8.8	0.1	0.8	0.3
Water, g	100	0	0	0	0
5. Apple compote , g	200	110	0.2	0.2	27.2
6. Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Total	2079	2156	132	79.9	223.4

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Meat pies					
Wheat flour, premium, g	100	334	10.8	1.3	69.9
Milk 2.5% fat, sterilized, g	50	27	1.5	1.3	2.4
Pressed yeast, g	5	5.5	0.6	0.1	0.4
Sunflower oil, g	10	89.9	0	10	0
Table salt, g	1	0	0	0	0
Onion, g	10	4.1	0.1	0	0.8
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Beef, g	20	43.6	3.7	3.2	0
Table salt, g	1	0	0	0	0
Water, g	100	0	0	0	0
2. Green tea					
Total	302	541.5	16.8	20	73.6
Total per day	3132	3740.6	181.4	129.8	455.6

Nutritionist Malkov A.V.

Menu for Wed 10/18/23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Buckwheat porridge with milk					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Buckwheat kernel, g	50	154	6.3	1.7	28.6
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. A cheese sandwich					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Sandwich with butter					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Butter 82.5% fat, traditional g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Curd pudding	40	89.6	5.6	3.8	8
Cottage cheese 5%	75	108.8	15.8	3.8	2.3
Semolina, g	8	26.6	0.8	0.1	5.6
Sugar, g	5	20	0	0	5
Butter, 82.5%	3	22.4	0	2.5	0
Sour cream 10% fat, g	3	3.6	0.1	0.3	0.1
Total	701	985.2	29.6	27.9	152.9

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Apple, g	200	94	0.8	0.8	19.6
Total	200	94	0.8	0.8	19.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Soup with meatballs and					
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
Sweet red pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Potatoes, g	30	23.1	0.6	0.1	4.9
Carrots, g	10	3.5	0.1	0	0.7
Table salt, g	1	0	0	0	0
Beef g	40	87.2	7.4	6.4	0
Onion, g	10	4.1	0.1	0	0.8
Egg, g	30	6.3	0.5	0.5	0
Velo					
Chicken breast (fillet), g	40	45.2	9.4	0.8	0.2
Zucchini, g	70	16.8	0.4	0.2	3.2
Onion, g	15	6.1	0.2	0	1.2
Garlic, g	2	3	0.1	0	0.6
Butter 82.5% fat, "Traditional", g	10	74.8	0.1	8.3	0.1
Sunflower oil, g	5	45	0	5	0
2. Second course					
Smoked thigh in batter					
Chicken, thigh, meat only, g	100	121	19.7	4.1	0

Table salt, g	1	0	0	0	0
Sunflower oil, g	1	9	0	1	0
Ground shashlik					
Beef, g	70	152.6	13	11.2	0
Onion, g	15	6.1	0.2	0	1.2
Table salt, g	1	0	0	0	0
Wheat bread made from premium flour, g	15	35.3	1.1	0.1	7.4
Milk 2.5% fat, sterilized, g	20	10.8	0.6	0.5	1
3. Side dish rice					
Rice, g	70	100.8	1.7	2.5	18.1
4. Horvat salad					
Sweet red pepper, g	10	2.7	0.1	0	0.5
Sweet green pepper, g	10	2.7	0.1	0	0.5
Eggplant, g	10	2.4	0.1	0	0.5
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Fresh parsley, g	10	4.9	0.4	0	0.8
5. Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
6. Apple compote, g	200	186	0.4	0.4	44.6
Total	1455	1244.5	64.7	47	139

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Pide					
Wheat flour, premium, g	31	103.5	3.3	0.4	21.7
Milk 2.5% fat, sterilized, g	12	6.5	0.3	0.3	0.6
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0

Pressed yeast, g	0.5	0.5	0.1	0	0
Beef, g	50	109	9.3	8	0
Onion, g	10	4.1	0.1	0	0.8
Sunflower oil, g	5	45	0	5	0
Sweet red pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	10	1.4	0.1	0	0.4
Table salt, g	1	0	0	0	0
2. Green tea	200				
Total	145.5	367.5	13.4	22	29.1
Total per day	2501.5	2691.1	108.6	97.7	340.6

Nutritionist Malkov A.V.

Menu for Thurs. 10/19/23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Oat flakes "Hercules", g	50	176	6.2	3.1	30.9
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. A cheese sandwich					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Sandwich with butter					

Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Butter 82.5% fat, "Traditional", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Kefir pancake					
Wheat flour	39	130.3	4.2	0.5	27.3
Chicken egg	2	3.1	0.3	0.2	0
Kefir 2.5%	39	20.7	1.1	1	1.6
Sugar, g	1.4	5.6	0	0	1.4
Sunflower oil, g	5	45	0	5	0
Total	701	1007.2	29.5	29.4	155.3

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Banana, g	100	96	1.5	0.5	21
Total	100	96	1.5	0.5	21

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Mastava					
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
Beef, g	40	87.2	7.4	6.4	0
Sweet red pepper, g	5	1.4	0.1	0	0.3
Potatoes, g	25	19.3	0.5	0.1	4.1
Carrots, g	15	5.3	0.2	0	1
Greenhouse tomato, g	5	0.7	0	0	0.2
Canned tomato paste, g	5	5.1	0.2	0	1
Table salt, g	1	0	0	0	0

Rice, g	30	99.9	2.1	0.3	22.2
Soup with smoked meatballs					
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
Sweet red pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Potatoes, g	30	23.1	0.6	0.1	4.9
Carrots, g	10	3.5	0.1	0	0.7
Table salt, g	1	0	0	0	0
Fresh parsley, g	3	1.5	0.1	0	0.2
Chicken breast (fillet), g	40	45.2	9.4	0.8	0.2
Onion, g	10	4.1	0.1	0	0.8
Table salt, g	1	0	0	0	0
Chicken egg, g	4	6.3	0.5	0.5	0
2. Second course					
Navy pasta with beef					
Pasta made from premium flour, g	70	236.6	7.7	0.9	49.3
Sunflower oil, g	10	89.9	0	10	0
Onion, g	10	4.1	0.1	0	0.8
Beef, g	80	174.4	14.9	12.8	0
Table salt, g	1	0	0	0	0
KFC					
Chicken, wings, meat only, g	100	126	22	3.5	0
Table salt, g	1	0	0	0	0
Sunflower oil, g	10	89.9	0	10	0
Wheat flour, premium, g	30	100.2	3.2	0.4	21
Chicken egg, g	10	15.7	1.3	1.2	0.1

3. Broccoli side dish					
Broccoli, boiled, without salt, g	100	28	3.1	0.1	2.4
4. "Vitamin" salad					
White cabbage, g	50	14	0.9	0.1	2.4
Beetroot, g	20	8.4	0.3	0	1.8
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Table salt, g	1	0	0	0	0
5. Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
6. Apple compote, g	200	186	0.4	0.4	44.6
Total	1848	1723.1	84	58.5	212

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Sandwich with chicken					
Wheat flour, premium, g	30	100.2	3.2	0.4	21
Sugar, g	1	4	0	0	1
Table salt, g	1	0	0	0	0
Sunflower oil, g	1	9	0	1	0
Pressed yeast, g	0.5	0.5	0.1	0	0
Water, g	20	0	0	0	0
Chicken breast (fillet), g	50	56.5	11.8	1	0.2
Lettuce (lettuce), g	3	0.5	0	0	0.1
Greenhouse tomato, g	12	1.7	0.1	0	0.5
Greenhouse cucumber, g	10	1.1	0.1	0	0.2
2. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	129.5	174.9	15.5	2.4	23
Total per day	2778.5	3001.1	130.4	90.8	411.2

Nutritionist Malkov A.V.

Menu for Fri. 20.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Oat flakes "Hercules", g	50	176	6.2	3.1	30.9
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. A cheese sandwich					
Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Sandwich with butter					
Wheat bread, g	100	235	7.9	1	48.3
Butter 82.5% fat, "Traditional", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g					
	200	56	0.2	0	13.6
5. Burek with cheese and herbs					
thin lavash	30	90	3	0	18
Hard cheese	10	36.4	2.3	2.9	0
Chicken egg	10	15.7	1.3	1.2	0.1
Sunflower oil	5	45	0	5	0
Parsley	3	1.5	0.1	0	0.2
Total	701	1007.2	29.8	29.6	154.4

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Apple, g	200	94	0.8	0.8	19.6
Total	200	94	0.8	0.8	19.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Lentil soup					
Sunflower oil, g	5	45	0	5	0
Onion, g	15	6.1	0.2	0	1.2
Carrots, g	15	5.3	0.2	0	1
Lentils, grain, g	50	147.5	12	0.8	23.2
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0
Tomato paste, g	5	5.1	0.2	0	1
Table salt, g	1	0	0	0	0
Lemon, g	5	1.7	0	0	0.2
Cream 10% fat. sterilized, g	7	8.3	0.2	0.7	0.3
2. Second course					
Beef Goulash					
Butter 82.5% fat, "Traditional", g	10	74.8	0.1	8.3	0.1
Beef, g	90	196.2	16.7	14.4	0
Onion, g	25	10.3	0.4	0.1	2.1
Table salt, g	1	0	0	0	0
Chicken cutlet					
Chicken breast (fillet), g	80	90.4	18.9	1.5	0.3
Wheat bread made from premium flour, g	15	35.3	1.1	0.1	7.4
Butter 82.5% fat, "Traditional", g	5	37.4	0	4.1	0

Milk 2.5% fat, sterilized, g	20	10.8	0.6	0.5	1
Table salt, g	1	0	0	0	0
3. Garnish Mashed potatoes, g	100	75	2.1	0.8	14.7
4. Apple compote , g	200	110	0.2	0.2	27.2
5. Wheat bread made from premium flour, g	100	235	7.6	0.8	49.2
6. Salad chopped vegetables					
Greenhouse tomato, g	60	8.4	0.4	0	2.3
Cucumber	30				
Table salt, g	1	0	0	0	0
Total	1016	1139.9	60.9	41.4	131.1

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Croutons with a surprise					
Wheat flour, premium, g	30	100.2	3.2	0.4	21
Water, g	20	0	0	0	0
Table salt, g	1	0	0	0	0
Sunflower oil, g	5	45	0	5	0
Cow's milk cheese, g	15	39.3	3.3	2.9	0.1
Fresh parsley, g	3	1.5	0.1	0	0.2
Cheese “Rossiyskiy”, g	15	54.6	3.5	4.4	0
Sunflower oil, g	7	62.9	0	7	0
2. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	97	304.9	10.3	19.7	21.3
Total per day	2014	2545.9	101.9	91.5	326.3

Nutritionist Malkov A.V.