

Serving time:

Breakfast:

8:30 – 8:40 – for all groups

Second breakfast (snack):

Toddlers / PS: 10:20 – 10:50

EY 1/ EY 2: 10:50 – 11:20

Lunch:

Toddlers: 12:00 – 12:30

EY1/EY2: 12:30 – 13:00

PS: 13:00 – 13:30

Afternoon snack:

15:00-15:30 – for all groups

Exception for PS groups on Mondays: 15:30-16:00

Dinner:

Toddlers: 16:30 – 17:00

EY1/EY2/PS: 17:00 – 15:30

Menu: Monday 02.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk porridge with horns					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	33.1	0	3.6	0.1
Salt, g	1	0	0	0	0
Pasta made from premium flour, g	30	101.4	3.3	0.4	21.2
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 82.5% fat, "Traditional", g	10	66.1	0.1	7.3	0.1
3. Brynza unsalted	20	52.4	4.4	3.8	0.1
Chicken egg, g	80	125.6	10.2	9.2	0.6
Milk 3.2% fat, sterilized, g	30	18	0.9	1	1.4
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
4. Tea brewed with sugar, g	100	28	0.1	0	7
Total	544	624.9	25.9	32.6	57.1

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	5	20	0	0	5
Potato starch, g	7	21.9	0	0	5.5
Total	368	142.3	1.6	0.5	32.1

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup «Ugra»					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Carrot, g	6	2.1	0.1	0	0.4
Potatoes, g	20	15.4	0.4	0.1	3.3
Canned tomato paste, g	1	1	0	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Premium quality wheat flour, g	15	50.1	1.6	0.2	10.5
Chicken egg, g	5	7.9	0.6	0.6	0
2. Potato roll with minced meat					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Potatoes, g	180	138.6	3.6	0.7	29.3
3. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1

4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	10	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1072	642.7	18.9	19.3	96.4

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Shortbread cookie					
Premium quality wheat flour, g	20	66.8	2.2	0.3	14
Butter 82.5% fat, "Traditional", g	0.8	6	0	0.7	0
Chicken egg, g	0.2	0.3	0	0	0
Sour cream 20% fat, g	0.2	0.4	0	0	0
Sugar, g	7.5	29.9	0	0	7.5
Total	28.7	103.4	2.2	1	21.5

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Borsch					
Lean beef, premium quality, g	48	104.6	8.9	7.7	0
Cabbage, g	80	22.4	1.4	0.2	3.8
Potatoes, g	100	77	2	0.4	16.3
Beetroot, g	75	31.5	1.1	0.1	6.6
Carrot, g	30	10.5	0.4	0	2.1
Onion, g	31	12.7	0.4	0.1	2.5
Canned tomato paste, g	15	15.3	0.7	0.1	2.9
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sunflower oil, g	17	152.8	0	17	0
Salt, g	4	0	0	0	0
2. Baked wings in the oven					
Chicken wings (broiler chickens), g	150	189	33	5.3	0
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
Salt, g	1.3	0	0	0	0
3. Tea with lemon					
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	735.3	572.2	44	26.1	37.3
Total for the day:	2748	2085.5	92.6	79.5	244.4

Dietician, nutritionist Malkov A.V.

Menu: Tuesday 03.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-millet porridge					
Millet groats, polished millet, g	20	68.4	2.3	0.7	13.3
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
Sugar, g	5	20	0	0	5
Salt, g	1	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
Cow's milk cheese, 40% g	20	52.4	4.4	3.8	0.1
3. Cheese	15	54.6	3.5	4.4	0
4. Tea with lemon					
Tea (dried tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	757	430.9	14	19.1	50.3

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea brewed with sugar, g	100	28	0.1	0	7
Total	300	122	0.9	0.8	26.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Pea soup					
Premium quality lean beef, g	50	109	9.3	8	0
Peas, g	54	160.9	11.1	1.1	26.7
Potatoes, g	103	79.3	2.1	0.4	16.8
Onion, g	20	8.2	0.3	0	1.6
Canned tomato paste, g	30	30.6	1.4	0.1	5.7
Ghee butter, 99% fat content, g	10	89.2	0	9.9	0
Garlic, g	2	3	0.1	0	0.6
Salt, g	3	0	0	0	0
Parsley fresh, g	2	1	0.1	0	0.2
2. Kyiv cutlets					
Chicken breast (fillet), g	60	67.8	14.2	1.1	0.2
Chicken egg, g	10	15.7	1.3	1.2	0.1
Wheat bread made from premium flour, g	20	47	1.5	0.2	9.8
Crackers creamy, g	20	79.8	1.7	2.2	13.3
Butter 82.5% fat, "Traditional", g	10	74.8	0.1	8.3	0.1
Canned tomato paste, g	5	5.1	0.2	0	1
3. Boiled rice	60	86.4	1.4	2.1	15.5
4. Salad with fresh vegetables					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4

5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	20	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	200	0	0	0	0
Total	1039	1102.9	61.3	35.8	149.5

Afternoon 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. Soup puree from vegetables					
Potatoes, g	140	107.8	2.8	0.6	22.8
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
Milk 3.2% fat, sterilized, g	40	24	1.2	1.3	1.9
Cream 10% fat, sterilized, g	40	47.6	1.1	4	1.8
Premium quality wheat flour, g	5	16.7	0.5	0.1	3.5
Water, g	300	0	0	0	0
2. Pancakes with meat					
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Milk 3.2% fat, sterilized, g	25	15	0.8	0.8	1.2
Water, g	30	0	0	0	0
Chicken egg, g	15	23.6	1.9	1.7	0.1
Sugar, g	1	4	0	0	1
Salt, g	2	0	0	0	0
Sunflower oil, g	6	53.9	0	6	0
Lean beef, premium quality, g	25	54.5	4.7	4	0
Onion, g	25	10.3	0.4	0.1	2.1
3. Tea brewed with sugar, g	100	28	0.1	0	7
Total	704	585	17.8	26.2	69.4
Total for the day:	2900	2308.8	99	85.1	299.3

Dietician, nutritionist Malkov A.V.

Menu: Wednesday 04.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk oatmeal porridge					
Oatmeal "Hercules", g	33	116.2	4.1	2	20.4
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Butter 82.5% fat, «Traditional», g	4	26.4	0	2.9	0.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Syrniki from cottage cheese					
Cottage cheese 9% fat content, g	150	253.5	27	13.5	4.5
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
Premium quality wheat flour, g	15	50.1	1.6	0.2	10.5
Chicken egg, g	5	7.9	0.6	0.6	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
4. Tea brewed with sugar, g	100	28	0.1	0	7
Total	826	768.9	39.4	37.6	66.5

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Drink with lemon					
Lemon, g	12	4.1	0.1	0	0.4
Water, g	100	0	0	0	0
Sugar, granulated, g	8	31	0	0	8
Mint pepper, fresh, g	1	0.7	0	0	0.1
Total	221	131.7	1.6	0.5	29.4

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup with curly noodles					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Onion, g	15	6.1	0.2	0	1.2
Sunflower oil, g	5	45	0	5	0
Carrot, g	7	2.4	0.1	0	0.5
Potatoes, g	20	15.4	0.4	0.1	3.3
Canned tomato paste, g	1	1	0	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Dry egg noodles, g	12	46.1	1.7	0.5	8.2
2. Chikhanbili with beef					
Premium quality lean beef, g	60	130.8	11.2	9.6	0
Onion, g	15	6.1	0.2	0	1.2
Carrot, g	15	5.3	0.2	0	1
Canned tomato paste, g	2	2	0.1	0	0.4
Ground tomato, g	5	1.2	0.1	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Potatoes, g	50	38.5	1	0.2	8.2
3. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1

Ground cucumber, g	30	4.2	0.2	0	0.8
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	20	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1017	591.4	23.8	20	76.4

Afternoon 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. Kefir 2.5% fat content, g	200	106	5.8	5	8
2. Manti					
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Chicken egg, g	2	3.1	0.3	0.2	0
Water, g	13	0	0	0	0
Salt, g	0.4	0	0	0	0
Lean beef, premium quality, g	74	161.3	13.8	11.8	0
Onion, g	55	22.5	0.8	0.1	4.5
Salt, g	0.8	0	0	0	0
3. Compote from fresh fruit					
Water, g	100	0	0	0	0
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	20	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	915.2	570.9	25.9	18.5	72.2
Total for the day:	3079.2	2130.9	95.7	79.8	248

Dietician, nutritionist Malkov A.V.

Menu: Thursday 05.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Porridge with millet and milk					
Millet groats, polished millet, g	20	68.4	2.3	0.7	13.3
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
Sugar, g	6	23.9	0	0	6
Salt, g	1	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Omelette natural					
Chicken egg, g	80	125.6	10.2	9.2	0.6
Milk 3.2% fat, sterilized, g	30	18	0.9	1	1.4
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
Sugar, g	10	39.9	0	0	10
Total	493	632	24.9	32.5	60.1

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	418	137.7	1.1	0.9	29.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Chicken soup with meatballs					
Chicken breast (fillet), g	20	22.6	4.7	0.4	0.1
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Potatoes, g	20	15.4	0.4	0.1	3.3
Canned tomato paste, g	1	1	0	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Milk 3.2% fat, sterilized, g	5	3	0.2	0.2	0.2
2. Beef meat cooked in Thai style					
Lean beef, premium quality, g	70	152.6	13	11.2	0
Onion, g	10	4.1	0.1	0	0.8
Sweet red pepper, g	8	2.2	0.1	0	0.4
Ground tomato, g	5	1.2	0.1	0	0.2
Canned tomato paste, g	2	2	0.1	0	0.4
3. Potato puree					
Potatoes, g	35.7	118.9	2.5	0.4	26.4
Sunflower oil, g	4.5	40.5	0	4.5	0
4. Salad with fresh vegetables					
Cabbage, g	30	8.4	0.5	0.1	1.4
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1

Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	20	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	478.2	657.1	26.2	18.1	84.1

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Mini cupcake					
Chicken egg, g	0.3	0.5	0	0	0
Sugar, g	0.7	2.8	0	0	0.7
Sour cream 20% fat, g	0.8	1.6	0	0.2	0
Butter 82.5% fat, "Traditional", g	0.7	5.2	0	0.6	0
Premium quality wheat flour, g	1.2	4	0.1	0	0.8
Total	3.7	14.2	0.2	0.8	1.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Shavlya					
Sunflower oil, g	10	89.9	0	10	0
Onion, g	15	6.1	0.2	0	1.2
Premium quality lean beef, g	40	87.2	7.4	6.4	0
Canned tomato paste, g	5	5.1	0.2	0	1
Carrot, g	40	14	0.5	0	2.8
White rice, g	50	166.5	3.5	0.5	37
Salt, g	1	0	0	0	0
2. Tea brewed with sugar, g	100	1	0	0	0.3
3. Sliced cucumbers	50	5	0.3	0	0.8
Total	261	369.9	11.9	17	42.2
Total for the day:	1653.9	1810.9	64.3	69.3	217.8

Dietician, nutritionist Malkov A.V.

Menu: Friday 06.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-rice porridge					
White rice, g	25	83.3	1.8	0.3	18.5
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sugar, g	5	20	0	0	5
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Hard-boiled chicken egg, g	40	63.5	5.1	4.6	0.3
4. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Lemon, g	7	2.4	0.1	0	0.2
Sugar, g	7	27.9	0	0	7
Water, g	200	0	0	0	0
Total	680	458	14.1	20.9	52.7

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Rosehip decoction					
Rosehip, dry, g	20	56.8	0.7	0.3	9.7
Water, g	200	0	0	0	0
Total	320	152.8	2.2	0.8	30.7

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup "Manpar"					
Premium quality lean beef, g	58	126.4	10.8	9.3	0
Sunflower oil, g	8	71.9	0	8	0
Onion, g	20	8.2	0.3	0	1.6
Sweet red pepper, g	10	2.7	0.1	0	0.5
Ground tomato, g	5	1.2	0.1	0	0.2
Garlic, g	4	6	0.3	0	1.2
Water, g	90	0	0	0	0
Chicken egg, g	20	31.4	2.5	2.3	0.1
Dill, g	5	2	0.1	0	0.3
Premium quality wheat flour, g	60	200.4	6.5	0.8	41.9
2. Second course: Chicken stew					
Lean chicken, premium grade	60	95.4	12.7	4.9	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Butter 72.5% fat, «Krestyanskoye», g	15	99.2	0.1	10.9	0.2
Potatoes, g	20	53.2	1.8	0.7	9.3
Carrot, g	20	79.8	1.7	2.2	13.3
Onion, g	10	89.2	0	9.9	0
3. Side dish: Baked potato					
Potatoes, g	85.5	65.8	1.7	0.3	13.9
Sunflower oil	8	71.9	0	8	0
4. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1

Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	20	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	988.5	1263.5	44.3	59.7	133.9

Afternoon 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. Pizza					
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Milk 3.2% fat, sterilized, g	25	15	0.8	0.8	1.2
Water, g	30	0	0	0	0
Chicken egg, g	15	23.6	1.9	1.7	0.1
Sugar, g	1	4	0	0	1
Salt, g	2	0	0	0	0
Sunflower oil, g	6	53.9	0	6	0
Lean beef, premium quality, g	25	54.5	4.7	4	0
Onion, g	25	10.3	0.4	0.1	2.1
2. Tea brewed with sugar, g	100	28	0.1	0	7
Total	269	322.8	12.1	13.1	39.3
Total for the day:	2357.5	2266.6	77.7	97.7	259.9

Dietician, nutritionist Malkov A.V.

Menu: Monday 09.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk oatmeal porridge with dried apricots					
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Oatmeal cereal, g	35	119.7	4.3	2.1	20.8
Dried apricots (dried pitted apricots), g	10	23.2	0.5	0	5.1
Salt, g	0.05	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Cottage cheese with sour cream					
Cottage cheese 9% fat content, g	100	169	18	9	3
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
4. Cocoa with milk					
Cocoa powder, g	5	14.5	1.2	0.8	0.5
Sugar, g	10	39.9	0	0	10
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Water, g	50	0	0	0	0
Total	974.05	710	34.5	31.5	70.5

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
Total	473	160.3	0.9	0.8	35.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup rice					
Beef, g	20	41.6	3.8	2.9	0
Sunflower oil, g	5	45	0	5	0
Onion, g	5	2.1	0.1	0	0.4
Carrot, g	7	2.4	0.1	0	0.5
Potatoes, g	20	15.4	0.4	0.1	3.3
Tomato paste, g	4	4.1	0.2	0	0.8
Ground tomato, g	5	1.2	0.1	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
2. Stew meat with pasta					
Pasta made from premium flour, g	40	135.2	4.4	0.5	28.2
Butter, g	5	33.1	0	3.6	0.1
Lean beef, premium quality, g	70	152.6	13	11.2	0
Sunflower oil, g	5	45	0	5	0
Onion, g	15	6.1	0.2	0	1.2
Ground tomato, g	10	2.4	0.1	0	0.4

3. Salad with fresh vegetables					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1206	737.7	27.4	29.8	87.9

Afternoon 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. Chicken soup with vegetables					
Chicken, lean, premium, g	21	44.9	3.4	3.3	0
Potatoes, g	36	27.7	0.7	0.1	5.9
Carrot, g	51	17.8	0.7	0.1	3.5
Onion, g	30	12.3	0.4	0.1	2.5
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Low-sweet tea, g	100	28	0.1	0	7
4. Mini pizza with minced meat					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Milk 3.2% fat, sterilized, g	7	4.2	0.2	0.2	0.3
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Butter, g	2	13.2	0	1.5	0
Yeast pressed, g	0.001	0	0	0	0
Chicken egg, g	15	23.6	1.9	1.7	0.1
Cheese «Rossiyskiy», g	20	72.8	4.6	5.9	0
Ground tomato, g	10	2.4	0.1	0	0.4
Sweet red pepper, g	3	0.8	0	0	0.2
Sugar, g	0.001	0	0	0	0
Total	585.002	495.5	22.7	16.9	62.3
Total for the day:	3338.052	2171.5	90.5	82.2	259.8

Dietitian, nutritionist Malkov. A.V

Menu: Tuesday 10.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-corn porridge with raisins					
Milk 3.2% fat, sterilized, g	10 0	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Corn flakes, g	45	162	3	0	37
Salt, g	0.05	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	2	13.2	0	1.5	0
Seedless raisins, g	10	28.1	0.2	0.1	7.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Cheese «Svalya» 45% g	20	72.8	4.6	5.9	0
4. Tea with sugar, g	100	28	0.1	0	7
Total	571.05	516.7	13.5	18.2	74.4

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	540	245.5	2.5	1.4	53.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Pearl barley soup					
Potatoes, g	45	34.7	0.9	0.2	7.3
Pearl barley cereal, g	30	94.5	2.8	0.3	20.1
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	3	1.2	0	0	0.2
Sunflower oil, g	3	27	0	3	0
Water, g	112.5	0	0	0	0
Lean beef, premium quality, g	37.7	82.2	7	6	0
Salt, g	0.7	0	0	0	0
2. Roast beef					
Premium quality lean beef, g	120	261.6	22.3	19.2	0
Butter, g	10	41.2	0.5	4	0.7
Salt, g	1.3	0	0	0	0
Onions	30	12.3	0.4	0.1	2.5
3. Salad with fresh vegetables					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					

Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
6. Rice					
Rice, g	30	99.9	2.1	0.3	22.2
Sunflower oil	10	89.9	0	10	0
Total	1367.2	806.1	51.8	25.6	87.3

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Oatmeal cookie					
Butter 82.5% fat, "Traditional", g	10	74.8	0.1	8.3	0.1
Sugar, g	10	39.9	0	0	10
Chicken egg, g	3	4.7	0.4	0.3	0
«Hercules» oatmeal flakes, g	8	28.2	1	0.5	4.9
Premium quality wheat flour, g	8	26.7	0.9	0.1	5.6
Ground cinnamon, g	0.2	0.5	0	0	0.1
Seedless raisins, g	6	16.9	0.1	0	4.3
Total	45.2	191.6	2.4	9.2	24.9

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Cream soup with broccoli					
Potatoes, g	20	15.4	0.4	0.1	3.3
Onion, g	5	2.1	0.1	0	0.4
Carrot, g	5	1.8	0.1	0	0.3
Ground tomato, g	3	0.7	0	0	0.1
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
Broccoli, g	70	19.6	2.1	0.2	1.9
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
4. Uchpuchmak					
Premium quality lean beef, g	15	32.7	2.8	2.4	0
Onion, g	8	3.3	0.1	0	0.7
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Kefir 2.5% fat content, g	15	8	0.4	0.4	0.6
Butter 72.5% fat, «Krestyanskoye», g	8	52.9	0.1	5.8	0.1
Total	702	472.8	12.9	17	66
Total for the day:	3280.25	2109.1	85.7	65.4	285

Dietitian, nutritionist Malkov. A.V

Menu: Wednesday 11.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-rice porridge					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
White rice, g	25	83.3	1.8	0.3	18.5
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sugar, g	5	20	0	0	5
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Omelette					
Chicken egg, g	80	125.6	10.2	9.2	0.6
Milk 3.2% fat, sterilized, g	30	18	0.9	1	1.4
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
4. Low-sweet tea					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	956	570	20.1	28.6	57.5

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea brewed with sugar, g	100	28	0.1	0	7
Total	300	122	0.9	0.8	26.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Meatball soup					
Soup					
Potatoes, g	60	46.2	1.2	0.2	9.8
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Canned tomato paste, g	2	2	0.1	0	0.4
Sunflower oil, g	2	18	0	2	0
Water, g	105	0	0	0	0
Meatballs					
Premium quality lean beef, g	17	37.1	3.2	2.7	0
Onion, g	1	0.4	0	0	0.1
Water, g	2	0	0	0	0
Chicken egg, g	1	1.6	0.1	0.1	0
Salt, g	0.13	0	0	0	0
2. Potato in a rustic way					
Potatoes, g	140	107.8	2.8	0.6	22.8
Sunflower oil, g	3	27	0	3	0
3. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4

4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
6. Cutlets fish					
Catfish (fillet), g	20	22.6	4.7	0.4	0.1
Milk 3.2% fat, sterilized	8	4.8	0.2	0.3	0.4
Wheat bread made from premium flour, g	8	18.8	0.6	0.1	3.9
Salt, g	1	0	0	0	0
Total	872	541.2	17.9	10.8	91.1

Afternoon 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. Potato soup					
Potatoes, g	67.5	52	1.4	0.3	eleven
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Salt, g	0.7	0	0	0	0
Butter 82.5% fat, "Traditional", g	10	74.8	0.1	8.3	0.1
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
4. Pancakes with meat					
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Milk 3.2% fat, sterilized, g	25	15	0.8	0.8	1.2
Water, g	30	0	0	0	0
Chicken egg, g	15	23.6	1.9	1.7	0.1
Sugar, g	1	4	0	0	1
Salt, g	2	0	0	0	0
Sunflower oil, g	6	53.9	0	6	0
Premium quality lean beef, g	25	54.5	4.7	4	0
Onion, g	25	10.3	0.4	0.1	2.1
Total	1042	864.1	34.6	26.2	120.7
Total for the day:	3270	2165.3	78.5	69.5	29.4

Dietician, nutritionist Malkov A.V.

Menu: Thursday 12.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Porridge with millet and milk					
Millet groats, polished millet, g	20	68.4	2.3	0.7	13.3
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
Sugar, g	5	20	0	0	5
Salt, g	1	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Boiled chicken egg, g	40	62.8	5.1	4.6	0.3
4. Tea					
Tea (dry tea leaves), g	0.2	0.3	0	0	0
Water, g	22	0	0	0	0
Total	581.2	397.9	14.4	19.8	40.3

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Kisel'					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
Total	373	162.3	1.6	0.5	37

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Borsch on bone broth					
Cabbage, g	80	22.4	1.4	0.2	3.8
Potatoes, g	100	77	2	0.4	16.3
Beetroot, g	75	31.5	1.1	0.1	6.6
Carrot, g	30	10.5	0.4	0	2.1
Onion, g	31	12.7	0.4	0.1	2.5
Canned tomato paste, g	15	15.3	0.7	0.1	2.9
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sunflower oil, g	17	152.8	0	17	0
Salt, g	4	0	0	0	0
Bouillon bone, g	100	13	2	0.1	1.2
2. Doubles meat cutlets					
Lean beef, premium quality, g	74	161.3	13.8	11.8	0
Wheat bread made from 1st grade flour, g	18	42.3	1.4	0.2	8.7
Milk 3.2% fat, sterilized, g	20	12	0.6	0.6	0.9
Salt, g	1	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
3. Buckwheat					
Potatoes, g	150	115.5	3	0.6	24.5
Milk 3.2% fat, sterilized, g	50	30	1.5	1.6	2.4
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
4. Salad with fresh vegetables					

Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1775	1078.9	33.4	48.6	124.6

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Shortbread cookie					
Premium quality wheat flour, g	20	66.8	2.2	0.3	14
Butter 82.5% fat, "Traditional", g	0.8	6	0	0.7	0
Chicken egg, g	0.2	0.3	0	0	0
Sour cream 20% fat, g	0.2	0.4	0	0	0
Sugar, g	7.5	29.9	0	0	7.5
Total	28.7	103.4	2.2	1	21.5

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
3. Sai with rice					
Premium quality lean beef, g	25	54.5	4.7	4	0
Onion, g	10	4.1	0.1	0	0.8
Ground tomato, g	5	1.2	0.1	0	0.2
Striped bass (striped bass, or striped bayfish), raw, g	5	4.9	0.9	0.1	0
White radish (daikon/oriental radish), g	5	0.9	0	0	0.1
Ground tomato, g	1	0.2	0	0	0
Sweet red pepper, g	3	0.8	0	0	0.2
Sunflower oil, g	15	134.9	0	15	0
White rice, g	50	166.5	3.5	0.5	37
Total	467	482.1	11.9	20	63.1
Total for the day:	3296.2	2189.2	66.3	92.1	268.5

Dietician, nutritionist Malkov A.V.

Menu: Friday 13.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk soup with pasta					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Sugar, g	5	20	0	0	5
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Salt, g	1	0	0	0	0
Pasta made from 1st grade flour, g	30	99.9	3.4	0.5	20.5
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Syrniki from cottage cheese					
Cottage cheese 9% fat content, g	150	253.5	27	13.5	4.5
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
Premium quality wheat flour, g	15	50.1	1.6	0.2	10.5
Chicken egg, g	5	7.9	0.6	0.6	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
4. Cocoa with milk					
Cocoa powder, g	5	14.5	1.2	0.8	0.5
Sugar, g	10	39.9	0	0	10
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Water, g	50	0	0	0	0
Total	941	909.6	45.9	43.9	80.6

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	418	137.7	1.1	0.9	29.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Shurpa (soup)					
Potatoes, g	110	107.8	2.8	0.6	22.8
Butter 82%", g	10	66.1	0.1	7.3	0.1
Beef meat, g	40	24	1.2	1.3	1.9
Carrot, g	25	47.6	1.1	4	1.8
Onion, g	25	16.7	0.5	0.1	3.5
Tomato, g	25	30	2	1	20
2. «Chicken nest»					
Chicken breast (fillet), g	60	67.8	14.2	1.1	0.2
Wheat bread made from 1st grade flour, g	13	30.6	1	0.1	6.3
Milk 3.2% fat, sterilized, g	10	6	0.3	0.3	0.5
Sunflower oil, g	3	27	0	3	0
Salt, g	1	0	0	0	0
Onion, g	3	1.2	0	0	0.2
Cheese «Rossiyskiy», g	5	18.2	1.2	1.5	0

Sweet red pepper, g	2	0.5	0	0	0.1
Zucchini, g	4	1	0	0	0.2
3. Buckwheat					
Buckwheat grain, g	35.7	118.9	2.5	0.4	26.4
Butter 72.5% fat, «Krestyanskoye», g	4.5	29.7	0	3.3	0.1
4. Chopped vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1666.2	813.4	29.9	24.2	116.7

Afternoon 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. Pearl barley soup					
Potatoes, g	45	34.7	0.9	0.2	7.3
Pearl barley cereal, g	30	94.5	2.8	0.3	20.1
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	3	1.2	0	0	0.2
Sunflower oil, g	3	27	0	3	0
Water, g	112.5	0	0	0	0
Lean beef, premium quality, g	37.7	82.2	7	6	0
Salt, g	0.7	0	0	0	0
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
4. Kurniki					
Premium quality wheat flour, g	45	150.3	4.9	0.6	31.5
Water, g	20	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Onion, g	3	1.2	0	0	0.2
Chicken breast (fillet), g	30	33.9	7.1	0.6	0.1
Ground tomato, g	2	0.5	0	0	0.1
Chicken egg, g	4	6.3	0.5	0.5	0
Total	916.9	686.9	26.8	16	107.3
Total for the day:	4042.1	2615.6	108.7	88.2	337.9

Menu: Monday 16.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Buckwheat-milk porridge					
Buckwheat kernels, g	37	114	4.7	1.2	21.1
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Oil creamy 72.5% g	4	26.4	0	2.9	0.1
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	20	79.8	0	0	20
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
3. Bread and butter					
Oil creamy g	10	66.1	0.1	7.3	0.1
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
4. Curd souffle					
Cottage cheese low fat, 0.6% fat content, g	70	77	15.4	0.4	2.3
Manna cereal, g	8	26.6	0.8	0.1	5.6
Sugar, g	10	39.9	0	0	10
Chicken egg, g	30	47.1	3.8	3.5	0.2
Butter 72.5% fat, «Krestyanskoye», g	4	26.4	0	2.9	0.1
Sour cream 15% fat, g	10	16.2	0.3	1.5	0.4
Vanilla extract, g	0.001	0	0	0	0
Total	595.001	669.8	30.7	23.3	83.3

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Tea brewed with sugar	150	42	0.2	0	10.5
2. Apple, g	200	94	0.8	0.8	19.6
Total	350	136	1	0.8	30.1

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Meatball soup					
Potatoes, g	60	46.2	1.2	0.2	9.8
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Canned tomato puree, g	2	1.3	0.1	0	0.2
Water, g	105	0	0	0	0
Premium quality lean beef, g	17	37.1	3.2	2.7	0
Water, g	2	0	0	0	0
Chicken egg, g	0.03	0	0	0	0
Salt, g	0.013	0	0	0	0
2. Stewed chicken in sour cream sauce					
Lean chicken, premium quality, g	107	254.7	19.5	19.7	0
Oil creamy g	5	33.1	0	3.6	0.1
Sour cream 20% fat, g	15	30.9	0.4	3	0.5
Premium quality wheat flour, g	4.5	15	0.5	0.1	3.1
Salt, g	0.45	0	0	0	0
Cheese «Rossiyskiy», g	3	10.9	0.7	0.9	0
3. Side dish: baked potato					
Potatoes, g	100	77	2	0.4	16.3

Sunflower oil, g	5	45	0	5	0
Salt, g	1	0	0	0	0
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Salad with fresh vegetables					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Carrot, g	30	10.5	0.4	0	2.1
Cabbage white cabbage, pickled, g	30	6.9	0.5	0	0.9
Total	588.993	655	31.5	36.1	50.3

Afternoon 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. Pea soup					
Peas, g	30	94.5	2.8	0.3	20.1
Potatoes, g	45	34.7	0.9	0.2	7.3
Onion, g	30	12.3	0.4	0.1	2.5
Carrot, g	6	2.1	0.1	0	0.4
Sunflower oil, g	10	89.9	0	10	0
Water, g	112	0	0	0	0
Lean beef, premium quality, g	37.7	82.2	7	6	0
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Low-sweet tea					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	20	79.8	0	0	20
Water, g	200	0	0	0	0
4. Pancake with meat					
Wheat flour of the highest grade from soft wheat, g	25	83.5	2.6	0.3	17.7
Water, g	30	0	0	0	0
Chicken egg, g	25	39.3	3.2	2.9	0.2
Sugar, g	1	4	0	0	1
Salt, g	2	0	0	0	0
Sunflower oil, g	6	53.9	0	6	0
Lean beef, premium quality, g	25	34.3	5.4	1.3	0
Onion, g	25	10.3	0.4	0.1	2.1
Total	700.7	826.1	29.3	27.8	113.9
Total for the day:	2334.694	2354.9	97.5	91.2	281.1

Dietician, nutritionist Malkov A.V.

Menu: Tuesday 17.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-corn porridge with raisins					
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Corn flakes, g	45	162	3	0	37
Salt, g	0.05	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	2	13.2	0	1.5	0
Seedless raisins, g	10	28.1	0.2	0.1	7.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Cheese «Svalya» 45%, g	20	72.8	4.6	5.9	0
4. Tea brewed with sugar, g	100	28	0.1	0	7
Total	571.05	516.7	13.5	18.2	74.4

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	540	245.5	2.5	1.4	53.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup "Mastava"					
Potatoes, g	45	34.7	0.9	0.2	7.3
Rice, g	30	94.5	2.8	0.3	20.1
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	3	1.2	0	0	0.2
Sunflower oil, g	3	27	0	3	0
Water, g	112.5	0	0	0	0
Lean beef, premium quality, g	37.7	82.2	7	6	0
Salt, g	0.7	0	0	0	0
2. Baked chicken					
Lean chicken, premium quality, g	150	189	33	5.3	0
Sour cream 20% - fat content, g	20	41.2	0.5	4	0.7
Salt, g	1.3	0	0	0	0
3. Salad with fresh vegetables					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6

Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
6. Vegetable stew					
Basai, raw, g	10	9.7	1.8	0.2	0
Radish white, g	10	1.7	0.1	0	0.2
Onion, g	8	3.3	0.1	0	0.7
Potatoes, g	30	23.1	0.6	0.1	4.9
Sunflower oil, g	5	45	0	5	0
Ground tomato, g	5	1.2	0.1	0	0.2
Total	1367.2	806.1	51.8	25.6	87.3

Afternoon 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. Cream soup with broccoli					
Potatoes, g	20	15.4	0.4	0.1	3.3
Onion, g	5	2.1	0.1	0	0.4
Carrot, g	5	1.8	0.1	0	0.3
Ground tomato, g	3	0.7	0	0	0.1
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
Broccoli, g	70	19.6	2.1	0.2	1.9
2. Wheat bread made from 1st grade flour, g					
3. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
4. Uchpuchmak					
Premium quality lean beef, g	15	32.7	2.8	2.4	0
Onion, g	8	3.3	0.1	0	0.7
Premium quality wheat flour, g	40	133.6	4.3	0.5	28
Kefir 2.5% fat content, g	15	8	0.4	0.4	0.6
Butter 72.5% fat, «Krestyanskoye», g	8	52.9	0.1	5.8	0.1
Total	702	472.8	12.9	17	66
Total for the day:	3280.25	2109.1	85.7	65.4	285

Dietitian, nutritionist Malkov. A.V

Menu: Wednesday 15.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-rice porridge					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
White rice, g	25	83.3	1.8	0.3	18.5
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sugar, g	5	20	0	0	5
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Omelette					
Chicken egg, g	80	125.6	10.2	9.2	0.6
Milk 3.2% fat, sterilized, g	30	18	0.9	1	1.4
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
4. Low-sweet tea					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	956	570	20.1	28.6	57.5

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea brewed with sugar, g	100	28	0.1	0	7
Total	300	122	0.9	0.8	26.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup with chicken meatballs					
Potatoes, g	60	46.2	1.2	0.2	9.8
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Canned tomato paste, g	2	2	0.1	0	0.4
Sunflower oil, g	2	18	0	2	0
Water, g	105	0	0	0	0
Meatballs					
Lean chicken, premium, g	17	37.1	3.2	2.7	0
Onion, g	1	0.4	0	0	0.1
Water, g	2	0	0	0	0
Chicken egg, g	1	1.6	0.1	0.1	0
Salt, g	0.13	0	0	0	0
2. Potato in a rustic way					
Potatoes, g	140	107.8	2.8	0.6	22.8
Sunflower oil, g	3	27	0	3	0
3. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4

4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
6. Beef cutlets					
Premium quality lean beef, g	30	65.4	5.6	4.8	0
Milk 3.2% fat, sterilized	8	4.8	0.2	0.3	0.4
Wheat bread made from premium flour	8	18.8	0.6	0.1	3.9
Salt, g	1	0	0	0	0
Total	1372, 93	542.2	22.3	15.2	91.1

Afternoon 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. Meat soup with vermicelli					
Beef menu, g	150	45	3.8	0.5	6.3
Premium pasta, g	20	16.7	0.5	0.1	3.5
Tomatoes, g	56	35.4	1.6	3.1	0.4
Pepper, g	24	15	0.8	0.8	1.2
Water	222	0	0	0	0
Salt, g	5	74.8	0.1	8.3	0.1
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
4. Chopped vegetables					
Tomato, ground, g	30	7.2	0.3	0.1	1.1
cucumber, ground, g	30	4.2	0.2	0	0.8
Carrot, g	30	10.5	0.4	0	2.1
Cabbage, g	30	8.4	0.5	0.1	1.4
Total	1042	864.1	34.6	26.2	120.7
Total for the day:	3300	2200.3	84.5	75.1	299.4

Dietician, nutritionist Malkov A.V.

Menu: Thursday 19.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Porridge with millet and milk					
Millet groats, polished millet, g	20	68.4	2.3	0.7	13.3
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
Sugar, g	5	20	0	0	5
Salt, g	1	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Boiled chicken egg, g	40	62.8	5.1	4.6	0.3
4. Tea					
Tea (dry tea leaves), g	0.2	0.3	0	0	0
Water, g	22	0	0	0	0
Total	581.2	397.9	14.4	19.8	40.3

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
3. Banana, g	100	96	1.5	0.5	21
4. Kisel'					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
Total	373	162.3	1.6	0.5	37

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Borsch on bone broth					
Cabbage, g	80	22.4	1.4	0.2	3.8
Potatoes, g	100	77	2	0.4	16.3
Beetroot, g	75	31.5	1.1	0.1	6.6
Carrot, g	30	10.5	0.4	0	2.1
Onion, g	31	12.7	0.4	0.1	2.5
Canned tomato paste, g	15	15.3	0.7	0.1	2.9
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sunflower oil, g	17	152.8	0	17	0
Salt, g	4	0	0	0	0
Bouillon bone, g	100	13	2	0.1	1.2
2. Fish cutlets					
Catfish, premium, g	50	161.3	13.8	11.8	0
Wheat bread made from 1st grade flour, g	18	42.3	1.4	0.2	8.7
Milk 3.2% fat, sterilized, g	20	12	0.6	0.6	0.9
Salt, g	1	0	0	0	0
Butter, g	5	33.1	0	3.6	0.1
3. Garnish: buckwheat					
Buckwheat	50	154	6.3	1.7	28.6
Butter 72.5 % fat, «Krestyanskoe», g	10	66.1	0.1	7.3	0.1
4. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1

Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1775	1078.9	33.4	48.6	124.6

Afternoon 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. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
3. Soup "Manpar "					
Beef, g	80	174.4	14.9	12.8	0
Sunflower oil, g	8	71.9	0	8	0
Onion, g	25	10.3	0.4	0.1	2.1
Sweet red pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	40	5.6	0.2	0	1.5
Tomato paste, g	5	5.1	0.2	0	1
Garlic, g	4	6	0.3	0	1.2
Chicken egg, g	10	15.7	1.3	1.2	0.1
Premium quality wheat flour, g	60	200.4	6.5	0.8	41.9
Total	490	606.3	26.6	23.3	73
Total for the day:	2983.5	2263.4	81	97.4	278.4

Dietician, nutritionist Malkov A.V.

Menu: Friday 19.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk soup with pasta					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Sugar, g	5	20	0	0	5
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Salt, g	1	0	0	0	0
Pasta made from 1st grade flour, g	30	99.9	3.4	0.5	20.5
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Syrniki from cottage cheese					
Cottage cheese 9% fat content, g	150	253.5	27	13.5	4.5
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
Premium quality wheat flour, g	15	50.1	1.6	0.2	10.5
Chicken egg, g	5	7.9	0.6	0.6	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
4. Cocoa with milk					
Cocoa powder, g	5	14.5	1.2	0.8	0.5
Sugar, g	10	39.9	0	0	10
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Water, g	50	0	0	0	0
Total	941	909.6	45.9	43.9	80.6

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Tea with lemon					
Tea (dry tea leaves), g	1	1.4	0.2	0.1	0
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	418	137.7	1.1	0.9	29.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup with rice					
Potatoes, g	15	11.6	0.3	0.1	2.4
Rice, g	30	18.9	0.6	0.1	4
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Sunflower oil, g	3	27	0	3	0
Lean beef, premium quality, g	43.5	73.5	8.6	4.4	0
2. «Chicken nest»					
Chicken breast (fillet), g	60	67.8	14.2	1.1	0.2
Wheat bread made from 1st grade flour, g	13	30.6	1	0.1	6.3
Milk 3.2% fat, sterilized, g	10	6	0.3	0.3	0.5
Sunflower oil, g	3	27	0	3	0
Salt, g	1	0	0	0	0
Onion, g	3	1.2	0	0	0.2
Cheese «Rossiyskiy», g	5	18.2	1.2	1.5	0

Sweet red pepper, g	2	0.5	0	0	0.1
Zucchini, g	4	1	0	0	0.2
3. Potato puree					
Potatoes, g	85	65.5	1.7	0.3	13.9
Milk 3.2% fat, sterilized, g	15	9	0.5	0.5	0.7
Butter 82.5% fat, "Traditional", g	3.5	26.2	0	2.9	0
4. Sliced vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
6. Compote from fresh					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	798	638.9	33.4	18.7	82.1

Afternoon 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. Pea soup					
Premium quality lean beef, g	50	109	9.3	8	0
Peas, g	54	160.9	11.1	1.1	26.7
Potatoes, g	103	79.3	2.1	0.4	16.8
Onion, g	20	8.2	0.3	0	1.6
Canned tomato paste, g	30	30.6	1.4	0.1	5.7
Ghee butter, 99% fat content, g	10	89.2	0	9.9	0
Garlic, g	2	3	0.1	0	0.6
Salt, g	3	0	0	0	0
Parsley fresh, g	2	1	0.1	0	0.2
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	30	15.6	0.2	0.1	3.2
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
4. Kurniki					
Premium quality wheat flour, g	45	150.3	4.9	0.6	31.5
Water, g	20	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Onion, g	3	1.2	0	0	0.2
Chicken breast (fillet), g	30	33.9	7.1	0.6	0.1
Ground tomato, g	2	0.5	0	0	0.1
Chicken egg, g	4	6.3	0.5	0.5	0
Total	916.9	686.9	26.8	16	107.3
Total for the day:	3178	2465	105.2	82.7	303.3

Dietitian, nutritionist Malkov. A.V

Menu: Monday 23.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-millet porridge					
Millet, g	25	83.3	1.8	0.3	18.5
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Butter "Krestyanskoe" 72.5% fat, g	5	33.1	0	3.6	0.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter "Krestyanskoe" 72.5% fat, g	10	66.1	0.1	7.3	0.1
3. Cocoa with milk					
Cocoa powder, g	2	5.8	0.5	0.3	0.2
Sugar, g	8	31.9	0	0	8
Milk 3.2% fat, sterilized, g	92	55.2	2.8	2.9	4.3
4. Cheese «Rossiyskiy», g	16	58.2	3.7	4.7	0
Total	703	494	15.7	24.2	52.7

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	10	39.9	0	0	10
Potato starch, g	7	21.9	0	0	5.5
Total	373	162.3	1.6	0.5	37

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Noodle soup with bone broth					
Premium quality lean beef, g	25	42.3	4.9	2.5	0
Pasta made from premium flour, g	20	67.6	2.2	0.3	14.1
Ground tomato, g	48	11.5	0.5	0.1	1.8
Pepper sweet green, g	24	6.5	0.3	0	1.3
Salt, g	5	0	0	0	0
Water, g	222	0	0	0	0
2. Chicken cutlets baked in the oven					
Lean chicken, premium grade	60	71.4	12.8	1.8	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Butter "Krestyanskoe" 72.5% fat, g	8	52.9	0.1	5.8	0.1
Wheat flour, premium, g	3	10	0.3	0	2.1
Milk 3.2% fat, sterilized, g	20	12	0.6	0.6	0.9
3. Side dish: potato puree					
Potatoes, g	150	115.5	3	0.6	24.5
Milk 3.2% fat, sterilized, g	50	30	1.5	1.6	2.4
Butter "Krestyanskoe" 72.5% fat, g	10	66.1	0.1	7.3	0.1
4. Salad fresh assorted					
Ground cucumber, g	30	4.2	0.2	0	0.8
Ground tomato, g	30	7.2	0.3	0.1	1.1
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1

Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh apples					
Apple, g	34	16	0.1	0.1	3.3
Water, g	129	0	0	0	0
Sugar, g	10	39.9	0	0	10
Lemon acid, g	0.15	0.4	0	0	0
Total	1478.15	658.5	31.6	22.4	80.5

Afternoon 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. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
2. Tea lightly sweet					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sakha, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
3. Shavlya					
Sunflower oil, g	10	89.9	0	10	0
Onion, g	15	6.1	0.2	0	1.2
Premium lean beef, g	40	87.2	7.4	6.4	0
Tomato paste, g	5	5.1	0.2	0	1
White rice, g	50	166.5	3.5	0.5	37
Salt, g	1	0	0	0	0
4. Sliced cucumbers	50	7	0.4	0.1	1.3
Total	558	481.5	17.8	18.3	61.5
Total behind day	32 12 .15	1901.3	72.1	68.7	236.5

Dietitian, nutritionist Malkov. A.V

Menu: Tuesday 24.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk soup with pasta					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Sugar, g	5	20	0	0	5
Butter "Krestyanskoe", 72.5% fat, g	5	33.1	0	3.6	0.1
Salt, g	1	0	0	0	0
Pasta made from premium flour, g	40	135.2	4.4	0.5	28.2
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter "Krestyanskoe" 72.5% fat, g	10	66.1	0.1	7.3	0.1
3. Cottage cheese with sour cream, g	30	109.2	7	8.9	0
4. Tea lightly sweet					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
Total	628	580.1	22.4	26.4	62.7

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Garden plum, g	30	14.7	0.2	0.1	2.9
Sugar, g	5	39.9	0	0	10
Water, g	100	0	0	0	0
Total	640	242.6	1.8	1.7	52.1

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Meat ground meat					
Premium lean beef, g	70	152.6	13	11.2	0
Sunflower oil, g	5	45	0	5	0
Onion, g	10	4.1	0.1	0	0.8
2. Side dish boiled rice with butter					
White rice, g	35.7	118.9	2.5	0.4	26.4
Butter 72.5% fat, «Krestyanskoye», g	4.5	29.7	0	3.3	0.1
3. Salad fresh assorted					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Garden plum, g	30	14.7	0.2	0.1	2.9
Sugar sand, g	10	39.9	0	0	10
6. Soup chicken with noodles					
Premium quality lean chicken, g	21	33.4	4.5	1.7	0
Potatoes, g	36	27.7	0.7	0.1	5.9

Carrot, g	51	17.8	0.7	0.1	3.5
Onion, g	30	12.3	0.4	0.1	2.5
Dry egg noddles, g	8	30.7	1.1	0.4	5.4
Total	1071.2	725.8	28.1	23.6	97.7

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal cookie					
Butter 82.5% fat, traditional, g	10	74.8	0.1	8.3	0.1
Sugar sand, g	10	39.9	0	0	10
Chicken egg, g	3	4.7	0.4	0.3	0
«Hercules» oatmeal flakes, g	8	28.2	1	0.5	4.9
Wheat flour, premium, g	8	26.7	0.9	0.1	5.6
Ground cinnamon, g	0.2	0.5	0	0	0.1
Seedless raisins, g	6	16.9	0.1	0	4.3
Total	45.2	191.6	2.4	9.2	24.9

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Cream soup					
Potatoes, g	140	107.8	2.8	0.6	22.8
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
Milk 3.2% - fat content, sterilized, g	40	24	1.2	1.3	1.9
Wheat flour, premium, g	5	16.7	0.5	0.1	3.5
Water, g	300	0	0	0	0
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Kefir 2.5% - fat content, g	200	106	5.8	5	8
4. Uchpuchmak					
Premium lean beef, g	15	32.7	2.8	2.4	0
Onion, g	8	3.3	0.1	0	0.7
Wheat flour, premium, g	40	133.6	4.3	0.5	28
Kefir 2.5% - fat content, g	15	8	0.4	0.4	0.6
Butter 72.5% fat, «Krestyanskoye», g	8	52.9	0.1	5.8	0.1
Total	911	621.5	20.5	23.6	80.1
Total behind day	3350.2	2238	77.8	78.5	296.1

Dietitian, nutritionist Malkov. A.V

Menu: Wednesday 26.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk and buckwheat porridge					
Buckwheat grain, g	37	114	4.7	1.2	21.1
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Butter 72.5% fat, «Krestyanskoye», g	4	26.4	0	2.9	0.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, peasant, g	10	66.1	0.1	7.3	0.1
3. Cottage cheese with sour cream					
Cottage cheese 9% fat content, g	100	169	18	9	3
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
4. Tea with lemon					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Lemon, g	4	1.4	0	0	0.1
Water, g	130	0	0	0	0
Total	916	620.6	32.7	28.9	56.1

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Tea with lemon					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
Total	357	152.1	5.5	1.5	28.8

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup with quenelles and bone broth					
Beef, lean premium, g	20	33.8	3.9	2	0
Onion, g	15	6.1	0.2	0	1.2
Sunflower oil, g	5	45	0	5	0
Carrot, g	7	2.4	0.1	0	0.5
Potatoes, g	20	15.4	0.4	0.1	3.3
Canned tomatoes paste a, g	40	40.8	1.9	0.2	7.6
Tomato, ground, g	6	1.4	0.1	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Salt, g	1	0	0	0	0
2. Shashlik beef ground					
Beef, lean, premium quality, g	60	101.4	11.8	6	0
Bread white, g	10	26.6	0.9	0.3	4.7
Milk 3.2% fat, sterilized, g	10	6	0.3	0.3	0.5
Onion, g	12	4.9	0.2	0	1
Salt, g	1.2	0	0	0	0
3. Pasta boiled	44	43.1	1.6	0.2	8.8
4. Wheat bread made from 1st grade flour, g	10	23.5	0.8	0.1	4.8

5. Compote from fresh fruit					
Apple, g	34	16	0.1	0.1	3.3
Water, g	129	0	0	0	0
Sugar, g	10	39.9	0	0	10
Lemon acid, g	0.15	0.4	0	0	0
Total	795.35	365	20.8	14.2	37.4

Afternoon 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. Masta in a					
Premium quality lean beef, g	40	67.6	7.9	4	0
Sunflower oil, g	10	89.9	0	10	0
Onion, g	15	6.1	0.2	0	1.2
Carrot, g	25	8.8	0.3	0	1.7
Tomato, ground, g	20	4.8	0.2	0	0.8
White rice, g	30	99.9	2.1	0.3	22.2
Wheat bread made from 1st grade flour, g	30	52.2	2	0.4	10
2. Tea with lemon					
3. Lemon, g	12	4.1	0.1	0	0.4
Water, g	100	0	0	0	0
Navvat, g	8	31	0	0	8
Mint pepper, fresh, g	1	0.7	0	0	0.1
4. Chicken drumstick baked in the oven					
Chicken, lean, premium, g	100	191	23.4	10.2	0
Salt, g	1.3	0	0	0	0
Sour cream 15% - fat content, g	30	48.6	0.8	4.5	1.1
Total	747.3	613.4	37.3	29.4	47.2
Total behind day	2915.6	1819.1	101.3	77.2	173

Dietitian, nutritionist Malkov. A.V

Menu Thursday 27.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk oatmeal porridge with dried apricots					
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Oatmeal " Hercules " flakes, g	35	123.2	4.3	2.2	21.6
Dried pitted apricots, g	10	23.2	0.5	0	5.1
Salt, g	0.05	0	0	0	0
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Varen oe egg, g	40	62.8	5.1	4.6	0.3
4. Cocoa with milk					
Cocoa powder, g	2	5.8	0.5	0.3	0.2
Sugar, g	8	31.9	0	0	8
Milk 3.2% - fat content, sterilized, g	92	55.2	2.8	2.9	4.3
Total	581.05	514.7	18.6	20.8	62.8

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Apple, g	200	94	0.8	0.8	19.6
2. Drink with lemon					
Lemon, g	12	4.1	0.1	0	0.4
Water, g	100	0	0	0	0
Sugar, g	8	31.9	0	0	8
Mint pepper, fresh, g	1	0.7	0	0	0.1
Total	421	130.7	0.9	0.8	28

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Buckwheat soup					
Lean beef of the highest grade, g	20	43.6	3.7	3.2	0
Onion, g	10	4.1	0.1	0	0.8
Sunflower oil, g	5	45	0	5	0
Carrot, g	7	2.4	0.1	0	0.5
Potatoes, g	20	15.4	0.4	0.1	3.3
Tomato paste, g	1	1	0	0	0.2
Tomato, ground, g	5	1.2	0.1	0	0.2
Salt, g	1	0	0	0	0
Sweet red pepper, g	5	1.4	0.1	0	0.3
Buckwheat cereal kernel, g	10	30.8	1.3	0.3	5.7
2. Potato pie with minced meat					
Lean beef of the highest grade, g	20	43.6	3.7	3.2	0
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Potatoes, g	180	138.6	3.6	0.7	29.3
3. Salad fresh assorted					
Tomato, ground, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8

Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Pear, g	30	14.1	0.1	0.1	3.1
Apricots, g	25	eleven	0.2	0	2.3
Apple, g	25	11.8	0.1	0.1	2.5
Garden plum, g	25	12.3	0.2	0.1	2.4
Sugar, g	5	39.9	0	0	10
Total	759	563.9	17.7	18.3	80.7

Afternoon tea

	Quantity	Calories	Proteins	Fats	Carbohydrates
Mini cupcake _					
Chicken egg, g	0.3	0.5	0	0	0
Sugar, g	0.7	2.8	0	0	0.7
Sour cream 20% - fat content, g	0.8	1.6	0	0.2	0
Butter 82.5% fat, "Traditional", g	0.7	5.2	0	0.6	0
Wheat flour, premium, g	1.2	4	0.1	0	0.8
Total	3.7	14.2	0.2	0.8	1.6

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Chicken soup with vegetables					
Premium quality lean chicken, g	21	33.4	4.5	1.7	0
Potatoes, g	36	27.7	0.7	0.1	5.9
Carrot, g	51	17.8	0.7	0.1	3.5
Onion, g	30	12.3	0.4	0.1	2.5
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Tea lightly sweet					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
4. Home somsa with meat					
Premium quality wheat flour, g	45	150.3	4.9	0.6	31.5
Water, g	20	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Onion, g	45	18.5	0.6	0.1	3.7
Zira, seeds, g	0.05	0.2	0	0	0
Lean beef of the highest quality, g	40	87.2	7.4	6.4	0
Total	680.05	507.1	25.6	14	69.3
Total behind day	2541.1	1784.4	67.8	57.1	244.3

Doctor dietitian-nutritionist Malkov A.V.

Menu Friday 30.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk-corn porridge with raisins					
Milk 3.2% fat, sterilized, g	100	60	3	3.2	4.7
Water, g	50	0	0	0	0
Sugar, g	4	16	0	0	4
Corn, g	45	26.1	1	0.2	5
Salt, g	0.05	0	0	0	0
Butter 72.5% fat, «Krestyanskoye», g	2	13.2	0	1.5	0
Seedless raisins (from Kishmish grapes), g	10	28.1	0.2	0.1	7.1
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 72.5% fat, «Krestyanskoye», g	10	66.1	0.1	7.3	0.1
3. Cow's milk cheese, g					
4. Tea - lightly sweetened					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
Total	638.05	414.7	17.3	19.2	43.4

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g					
2. Low-sweet tea					
Tea (dry tea leaves), g	20	28.2	4	1	0.8
Sugar, g	7	27.9	0	0	7
Water, g	130	0	0	0	0
Total	357	152.1	5.5	1.5	28.8

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup with meat meatballs					
Potatoes, g	60	46.2	1.2	0.2	9.8
Carrot, g	6	2.1	0.1	0	0.4
Onion, g	6	2.5	0.1	0	0.5
Canned tomato paste, g	2	2	0.1	0	0.4
Water, g	105	0	0	0	0
Lean beef of the highest quality, g	17	37.1	3.2	2.7	0
Salt, g	0.013	0	0	0	0
2. Goulash					
Beef lean, g	100	218	18.6	16	0
Onion, g	30	12.3	0.4	0.1	2.5
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Premium quality wheat flour, g	5	16.7	0.5	0.1	3.5
Canned tomato paste, g	10	10.2	0.5	0	1.9
Garlic, g	1	1.5	0.1	0	0.3
Parsley fresh, g	5	2.5	0.2	0	0.4
3. Side dish: boiled rice with butter					
White rice, g	35.7	118.9	2.5	0.4	26.4
Butter 72.5% fat, «Krestyanskoye», g	4.5	29.7	0	3.3	0.1
4. Salad fresh assorted					

Cucumber, g	30	4.2	0.2	0	0.8
Tomato r, ground, g	30	7.2	0.3	0.1	1.1
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1
5. Wheat bread made from premium flour, g	30	70.5	2.3	0.2	14.8
6. Compote from fresh fruit					
Pear, g	30	14.1	0.1	0.1	3.1
Apple, g	25	11.8	0.1	0.1	2.5
Garden plum, g	25	12.3	0.2	0.1	2.4
Sakha r, g	5	39.9	0	0	10
Total	1132.213	711.5	31.7	27.1	84.2

Afternoon tea

	Quantity	Calories	Proteins	Fats	Carbohydrates
Yogurt 3.2% fat, 5% protein, natural, g	100	68	5	3.2	3.5
Total	3.7	68	5	3.2	3.5

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup puree from potatoes					
Potatoes, g	140	107.8	2.8	0.6	22.8
Butter 72.5% fat, peasant, g	10	66.1	0.1	7.3	0.1
Milk 3.2% - fat content, sterilized, g	40	24	1.2	1.3	1.9
Cream 10% - fat content, sterilized, g	40	47.6	1.1	4	1.8
Wheat flour, premium, g	5	16.7	0.5	0.1	3.5
Water, g	300	0	0	0	0
2. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
3. Chicken stewed in sauce					
Chicken breast (fillet), g	107	120.9	25.3	2	0.4
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sour cream 20% - fat content, g	15	30.9	0.4	3	0.5
Premium quality wheat flour, g	3	10	0.3	0	2.1
Salt, g	1.2	0	0	0	0
4. Kissel	150	78.9	0.07	0.03	19.6
Total	846.2	606.5	34.8	22.23	67.3
Total behind day	2977.7	1952.8	94.3	73.23	227.2

Doctor Dietitian- nutritionist
Malkov A.V.

Menu: Monday 31.10.2023

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Milk porridge with horns					
Milk 3.2% fat, sterilized, g	150	90	4.5	4.8	7.1
Sugar, g	5	20	0	0	5
Butter 82.5% fat, "Traditional", g	5	33.1	0	3.6	0.1
Salt, g	1	0	0	0	0
Pasta made from premium flour, g	30	101.4	3.3	0.4	21.2
2. Bread and butter					
Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
Butter 82.5% fat, "Traditional", g	10	66.1	0.1	7.3	0.1
3. Brynza unsalted	20	52.4	4.4	3.8	0.1
Chicken egg, g	80	125.6	10.2	9.2	0.6
Milk 3.2% fat, sterilized, g	30	18	0.9	1	1.4
Butter 72.5% fat, «Krestyanskoye», g	3	19.8	0	2.2	0
4. Tea brewed with sugar, g	100	28	0.1	0	7
Total	544	624.9	25.9	32.6	57.1

Second breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Banana, g	100	96	1.5	0.5	21
2. Kissel					
Cranberry, g	16	4.5	0.1	0	0.6
Water, g	140	0	0	0	0
Sugar, g	5	20	0	0	5
Potato starch, g	7	21.9	0	0	5.5
Total	368	142.3	1.6	0.5	32.1

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Soup «Ugra»					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Carrot, g	6	2.1	0.1	0	0.4
Potatoes, g	20	15.4	0.4	0.1	3.3
Canned tomato paste, g	1	1	0	0	0.2
Sweet red pepper, g	5	1.4	0.1	0	0.3
Premium quality wheat flour, g	15	50.1	1.6	0.2	10.5
Chicken egg, g	5	7.9	0.6	0.6	0
2. Potato roll with minced meat					
Premium quality lean beef, g	20	43.6	3.7	3.2	0
Onion, g	5	2.1	0.1	0	0.4
Sunflower oil, g	5	45	0	5	0
Potatoes, g	180	138.6	3.6	0.7	29.3
3. Salad with fresh vegetables					
Ground tomato, g	30	7.2	0.3	0.1	1.1
Ground cucumber, g	30	4.2	0.2	0	0.8
Cabbage, g	30	8.4	0.5	0.1	1.4
Carrot, g	30	10.5	0.4	0	2.1

4. Wheat bread made from 1st grade flour, g	30	70.5	2.4	0.3	14.5
5. Compote from fresh fruit					
Apple, g	200	94	0.8	0.8	19.6
Cherry, g	10	10.4	0.2	0	2.1
Sugar, g	10	39.9	0	0	10
Water, g	100	0	0	0	0
Total	1072	642.7	18.9	19.3	96.4

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Shortbread cookie					
Premium quality wheat flour, g	20	66.8	2.2	0.3	14
Butter 82.5% fat, "Traditional", g	0.8	6	0	0.7	0
Chicken egg, g	0.2	0.3	0	0	0
Sour cream 20% fat, g	0.2	0.4	0	0	0
Sugar, g	7.5	29.9	0	0	7.5
Total	28.7	103.4	2.2	1	21.5

Dinner

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Borsch					
Lean beef, premium quality, g	48	104.6	8.9	7.7	0
Cabbage, g	80	22.4	1.4	0.2	3.8
Potatoes, g	100	77	2	0.4	16.3
Beetroot, g	75	31.5	1.1	0.1	6.6
Carrot, g	30	10.5	0.4	0	2.1
Onion, g	31	12.7	0.4	0.1	2.5
Canned tomato paste, g	15	15.3	0.7	0.1	2.9
Butter 72.5% fat, «Krestyanskoye», g	5	33.1	0	3.6	0.1
Sunflower oil, g	17	152.8	0	17	0
Salt, g	4	0	0	0	0
2. Baked wings in the oven					
Chicken wings (broiler chickens), g	150	189	33	5.3	0
Sour cream 20% fat, g	20	41.2	0.5	4	0.7
Salt, g	1.3	0	0	0	0
3. Tea with lemon					
Sugar, g	10	39.9	0	0	10
Lemon, g	7	2.4	0.1	0	0.2
Water, g	200	0	0	0	0
Total	735.3	572.2	44	26.1	37.3
Total for the day:	2748	2085.5	92.6	79.5	244.4

Dietician, nutritionist Malkov A.V.