

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 06.11.2023

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 07.11.2023

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 08.11.2023

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 09.11.2023

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 10.11.2023

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	2 5	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

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