

Menu Mon. 23.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Oat groats, g	50	171	6.2	3.1	29.8
Sugar, g	5	20	0	0	5
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", 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	801	1002.2	29.5	29.3	154.1

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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Mastava with beef					
Sunflower oil, g	5	45	0	5	0
Onions, g	10	4.1	0.1	0	0.8
Beef, g	40	87.2	7.4	6.4	0
Red sweet 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
White rice, g	30	99.9	2.1	0.3	22.2
Fresh parsley, g	3	1.5	0.1	0	0.2
Chicken noodle soup					
Sunflower oil, g	5	45	0	5	0
Onions, 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
Red sweet 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
Noodles					
Wheat flour, premium grade, g	60	200.4	6.5	0.8	41.9
Water, g	28	0	0	0	0
Table salt, g	1	0	0	0	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
2. Main course					
Chicken kozon kabob					
Chicken, g	150	238.5	31.8	12.3	0
Potatoes, g	150	115.5	3	0.6	24.5
Sunflower oil, g	30	269.7	0	30	0
Goulash					
Butter 82,5% fat, "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Beef, g	90	196.2	16.7	14.4	0
Onions, g	25	10.3	0.4	0.1	2.1
Table salt, g	1	0	0	0	0
3. Garnish: buckwheat					
Buckwheat kernel, g	100	308	12.6	3.3	57.1
4. Salad "Greek"					
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, g	10	1.6	0.2	0	0.2
Sunflower oil, g	5	45	0	5	0
Cheese from cow's milk, g	5	13.1	1.1	1	0
Black olives, g	4	7	0.1	0.7	0.2
Chopped vegetables					
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Carrots, g	30	10.5	0.4	0	2.1
Assorted greens					
5. Plum compote, g	200	172	0.6	0	43.8
6. Bread					
Water, g	20	0	0	0	0
Wheat flour, premium grade, g	30	100.2	3.2	0.4	21
Table salt, g	1	0	0	0	0
Sugar, g	1	4	0	0	1
Sunflower oil, g	1	9	0	1	0
Compressed yeast, g	0.5	0.5	0.1	0	0
Total	2048.5	2204.8	100.3	96.7	235.2

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 grade, g	25	83.5	2.7	0.3	17.5
Sugar, g	2	8	0	0	2
Butter 82,5% fat, "Traditsionnoye", g	6	44.9	0	4.9	0
Sunflower oil, g	1	9	0	1	0
Chicken egg, g	10	15.7	1.3	1.2	0.1

Table salt, g	1	0	0	0	0
Comressed yeast, g	0.5	0.5	0.1	0	0
Sausages, g	15	39.2	1.7	3.6	0.1
Greenhouse tomato, g	5	0.7	0	0	0.2
Cheese "Rossiyskiy", g	5	18.2	1.2	1.5	0
1. Tea					
Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	83.5	227.5	7.5	12.8	20.5
Total for the day	3133	3528.5	138	139.7	429.4

Doctor Dietitian Malkov A.V.

Menu for Tue 24.10.23

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, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", 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	751	975.2	27.6	26.7	155.2

Morning snack

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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
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1. First course					
Mohora					
Beef, g	40	87.2	7.4	6.4	0
Chickpeas, g	50	154.5	10.1	2.2	23.1
Onions, g	15	6.1	0.2	0	1.2
Carrots, g	15	5.3	0.2	0	1
Potatoes, g	35	27	0.7	0.1	5.7
Greenhouse tomato, g	20	2.8	0.1	0	0.8
Fresh parsley, g	5	2.5	0.2	0	0.4
Chicken Soup					
Chicken breast (fillet), g	40	45.2	9.4	0.8	0.2
Zucchini, g	70	16.8	0.4	0.2	3.2
Onions, g	15	6.1	0.2	0	1.2
Garlic, g	2	3	0.1	0	0.6
Butter 82,5% fat, "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Sunflower oil, g	5	45	0	5	0
2. Main courses					
Baked chicken wings					
Chicken, wings, meat only, g	100	126	22	3.5	0
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
Khanum					
Wheat flour, premium grade, g	50	167	5.4	0.7	35
Chicken egg, g	1	1.6	0.1	0.1	0
Water, g	18	0	0	0	0
Table salt, g	0.7	0	0	0	0
Potatoes, g	95	73.2	1.9	0.4	15.5
Onions, g	30	12.3	0.4	0.1	2.5
Sunflower oil, g	10	89.9	0	10	0
Beef., g	50	109	9.3	8	0
Table salt, g	0.7	0	0	0	0
3. Garnish: French fries					
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. Arugula and bean salad					
Arugula, g	30	7.5	0.8	0.2	0.6
Green beans, g	50	11.5	1.3	0.2	1.5
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
5. Chopped vegetables					
Carrots, g	30	10.5	0.4	0	2.1
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Water, g	100	0	0	0	0
6. Assorted greens					
7. Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
8. Fresh apple compote, g	200	186	0.4	0.4	44.6
Total	2065.4	1802	83.1	63.1	222.7

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Sausage in dough					
Wheat flour, premium grade, g	25	83.5	2.7	0.3	17.5
Sugar, g	2	8	0	0	2
Milk 2.5% fat, sterilized, g	12	6.5	0.3	0.3	0.6
Sunflower oil, g	1	9	0	1	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Cream margarine, g	6	44.6	0	4.9	0.1
Comressed yeast, g	0.5	0.5	0.1	0	0
Sausages, g	25	65.3	2.8	6	0.1
2. Green Tea					
Tea (dry brew), g	1	1.4	0.2	0.1	0
Total for the day	2997.9	3106.1	119.4	104	419.2

Doctor Dietician Malkov A.V

Menu for Wed 25.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Buckwheat porridge					
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, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Pancake with cottage cheese	100	140	5	3	22
Wheat flour	39	130.3	4.2	0.5	27.3
Chicken egg	2	3.1	0.3	0.2	0
Milk 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
Cottage cheese, 5 %	10	14.5	2.1	0.5	0.3
Total	701	985.2	29.9	28.1	152

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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Beef borscht					
Sunflower oil	5	45	0	5	0
Onions, g	10	4.1	0.1	0	0.8
Beef, g	40	87.2	7.4	6.4	0
White cabbage, g	80	22.4	1.4	0.2	3.8
Potatoes, g	30	23.1	0.6	0.1	4.9
Carrots, g	15	5.3	0.2	0	1
Beets, g	50	21	0.8	0.1	4.4
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
Wheat flour, premium grade, g	5	16.7	0.5	0.1	3.5
Chicken soup with vegetables					
Sunflower oil, g	5	45	0	5	0
Onions, g	10	4.1	0.1	0	0.8
Chicken breast (fillet), g	50	56.5	11.8	1	0.2
Red sweet pepper, g	7	1.9	0.1	0	0.4
Potatoes, g	25	19.3	0.5	0.1	4.1
Carrots, g	15	5.3	0.2	0	1
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
2. Main course					
Moshkichiri					
Beef, g	80	174.4	14.9	12.8	0
Mung bean black, g	30	102.3	7.6	0.5	12.2
Onions, g	15	6.1	0.2	0	1.2
White rice, g	40	133.2	2.8	0.4	29.6
Water, g	330	0	0	0	0
Butter 82,5% fat, "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Kiev 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, "Traditsionnoye", g	5	37.4	0	4.1	0
Chicken egg, g	10	15.7	1.3	1.2	0.1
Cream breadcrumbs, g	20	79.8	1.7	2.2	13.3
Wheat bread made of flour of the 1st grade, g	20	47	1.6	0.2	9.7
Sunflower oil, g	5	45	0	5	0
3. Garnish: mashed potatoes					
Potatoes, g	150	115.5	3	0.6	24.5
Milk 2.5% fat, sterilized, g	50	27	1.5	1.3	2.4
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0

4. Vinaigrette salad					
Greenhouse tomato, g	40	5.6	0.2	0	1.5
Greenhouse cucumber, g	20	2.2	0.1	0	0.4
White cabbage, g	20	5.6	0.4	0	0.9
Beets, g	30	12.6	0.5	0	2.6
Fresh parsley, g	3	1.5	0.1	0	0.2
Onions, g	5	2.1	0.1	0	0.4
Canned green peas, g	5	2	0.2	0	0.3
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
5. Chopped vegetables					
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Carrots, g	30	10.5	0.4	0	2.1
6. Assorted greens					
7. Wheat bread made of flour, g	100	235	7.9	1	48.3
8. Apple compote, g	200	110	0.2	0.2	27.2
Total	2316	1772.7	83.7	66.1	206.3

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Somsa					
Water, g	20	0	0	0	0
Wheat flour, premium grade, g	45	150.3	4.9	0.6	31.5
Chicken egg, g	7	11	0.9	0.8	0
Cream margarine, g	6	44.6	0	4.9	0.1
Table salt, g	1	0	0	0	0
Onions, g	45	18.5	0.6	0.1	3.7
Potatoes, g	50	38.5	1	0.2	8.2
Table salt, g	1	0	0	0	0
2. Green Tea					
Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	176	264.2	7.6	6.7	43.4
Total for the day	3393	3116	122	101.7	421.4

Doctor Dietitian Malkov A.V.

Menu for Thu. 26.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
"Hercules" oatflakes, g	50	176	6.2	3.1	30.9
Sugar, g	5	20	0	0	5
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0

2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Cupcake Muffins	30	103	1.4	12.3	1
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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Beef shurpa					
Sunflower oil, g	5	45	0	5	0
Onions, g	10	4.1	0.1	0	0.8
Beef, g	50	109	9.3	8	0
Red sweet pepper, g	7	1.9	0.1	0	0.4
Greenhouse tomato, g	5	0.7	0	0	0.2
Potatoes, g	35	27	0.7	0.1	5.7
Carrots, g	15	5.3	0.2	0	1
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
Chicken noodle soup					
Sunflower oil, g	5	45	0	5	0
Onions, 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
Red sweet 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
2. Main courses					
Beef pilaf					
Sunflower oil, g	70	629.3	0	69.9	0
Beef, g	100	218	18.6	16	0
Onions, g	10	4.1	0.1	0	0.8
Carrots, g	100	35	1.3	0.1	6.9
Chickpeas, g	10	30.9	2	0.4	4.6
Seedless raisins (from "Sultana" grapes), g	10	28.1	0.2	0.1	7.1
White rice, g	100	333	7	1	74
Table salt, g	1	0	0	0	0
Chicken pilaf					

Sunflower oil, g	7	62.9	0	7	0
Chicken breast (fillet), g	100	113	23.6	1.9	0.4
Onions, g	10	4.1	0.1	0	0.8
Carrots, g	100	35	1.3	0.1	6.9
Chickpeas, g	10	30.9	2	0.4	4.6
Seedless raisins, g	10	28.1	0.2	0.1	7.1
White rice, g	100	333	7	1	74
Table salt, g	1	0	0	0	0
3. Achchik Achchuk					
Greenhouse tomato, g	70	9.8	0.4	0	2.7
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Onions, g	10	4.1	0.1	0	0.8
Fresh parsley, g	3	1.5	0.1	0	0.2
Table salt, g	1	0	0	0	0
4. Apple compote, g	200	110	0.2	0.2	27.2
5. Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Total	1589	2448.5	83	112.3	277.3

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Patties					
Wheat flour, premium grade, g	100	334	10.8	1.3	69.9
Milk 2.5% fat, sterilized, g	50	27	1.5	1.3	2.4
Comressed 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
Onions, g	10	4.1	0.1	0	0.8
Butter 82,5% fat, "Traditsionnoye", g	3	22.4	0	2.5	0
White rice, g	20	66.6	1.4	0.2	14.8
Chicken egg, g	10	15.7	1.3	1.2	0.1
Fresh parsley, g	3	1.5	0.1	0	0.2
Table salt, g	1	0	0	0	0
2. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	214	568.1	16	16.6	88.7
Total for the day	2604	4119.7	130	158.8	542.2

Doctor Dietitian Malkov A.V.

Menu for Fri. 27.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal porridge					
Milk 2.5% fat, pasteurized, g	150	81	4.4	3.8	7.2
"Hercules" oatflakes, g	50	176	6.2	3.1	30.9
Sugar, g	5	20	0	0	5
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0

Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", 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	40	162.8	4.8	2.6	27.4
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
Total	701	1007.2	29.5	29.4	155.3

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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Beef meatball soup					
Sunflower oil, g	5	45	0	5	0
Onions, g	15	6.1	0.2	0	1.2
Potatoes, g	30	23.1	0.6	0.1	4.9
Red sweet pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Table salt, g	1	0	0	0	0
Beef 1 cat., g	40	87.2	7.4	6.4	0
Onions, 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
Kurniki					
Wheat flour, premium grade, g	45	150.3	4.9	0.6	31.5
Water, g	20	0	0	0	0
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0
Onions, g	3	1.2	0	0	0.2
Chicken breast (fillet), g	30	33.9	7.1	0.6	0.1
Greenhouse tomato, g	3	0.4	0	0	0.1
Chicken egg, g	4	6.3	0.5	0.5	0
Red sweet pepper, g	3	0.8	0	0	0.2
2. Main course					
Chicken kebab					
Chicken breast (fillet), g	70	79.1	16.5	1.3	0.3
Onions, g	15	6.1	0.2	0	1.2
Table salt, g	1	0	0	0	0
Beef kebab					

Beef, g	120	261.6	22.3	19.2	0
Sunflower oil, g	5	45	0	5	0
Onions, g	15	6.1	0.2	0	1.2
Table salt, g	1	0	0	0	0
3. Garnish rice					
White rice, g	70	233.1	4.9	0.7	51.8
Table salt, g	1	0	0	0	0
Sunflower oil, g	5	45	0	5	0
4. Apple compote, g	200	110	0.2	0.2	27.2
5. "Olivie" salad					
Chicken egg, g	10	15.7	1.3	1.2	0.1
Boiled potatoes, g	30	22.5	0.6	0.1	4.7
Pickled cucumber, g	25	3.3	0.2	0	0.4
Carrots, g	20	7	0.3	0	1.4
Canned green peas, g	15	6	0.5	0	1
White sauce, g	10	62.9	0.3	6.7	0.4
Boiled beef, g	10	25.4	2.6	1.7	0
6. Chopped vegetables					
Greenhouse cucumber, g	30	3.3	0.2	0	0.6
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Carrots, g	30	10.5	0.4	0	2.1
7. Assorted greens					
8. Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Total	1482	1572.8	79.4	59.8	179.7

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Pide					
Wheat flour, premium grade, 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	2.5	10	0	0	2.5
Cream margarine, g	5	37.2	0	4.1	0.1
Butter 82,5% fat, "Traditsionnoye", g	12.5	93.5	0.1	10.3	0.1
Table salt, g	1	0	0	0	0
Compressed yeast, g	0.5	0.5	0.1	0	0
Beef, g	50	109	9.3	8	0
Onions, g	10	4.1	0.1	0	0.8
Sunflower oil, g	5	45	0	5	0
Red sweet 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. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	151.5	414.7	13.7	28.2	26.7
Total for the day	2534.5	3088.7	123.3	118.2	381.3

Doctor Dietitian Malkov A.V.

Menu Mon. 30.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Oatmeal milk porridge					
Milk 2.5% fat, sterilized, g	150	81	4.4	3.8	7.2
Oat groats, g	50	171	6.2	3.1	29.8
Sugar, g	5	20	0	0	5
Butter 82,5% fat, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Butter sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Butter 82,5% fat, "Traditsionnoye", 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	1002.2	29.5	29.3	154.1

Morning snack

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

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Beef pea soup					
Sunflower oil, g	5	45	0	5	0
Onions, g	10	4.1	0.1	0	0.8
Beef, g	40	87.2	7.4	6.4	0
Potatoes, g	25	19.3	0.5	0.1	4.1
Carrots, g	10	3.5	0.1	0	0.7
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
Peas, whole grains, g	25	74.5	5.1	0.5	12.4
Chicken soup with vegetables					
Sunflower oil, g	5	45	0	5	0
Onions, 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
Red sweet 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
2. Main courses					
Grilled chicken drumstick					

Chicken (broiler chicken thigh meat only), g	200	390	50	19.6	0
Sunflower oil, g	5	45	0	5	0
Table salt, g	1	0	0	0	0
Later					
Milk 2.5% fat, sterilized, g	12	6.5	0.3	0.3	0.6
Chicken egg, g	10	15.7	1.3	1.2	0.1
Sugar, g	3	12	0	0	3
Table salt, g	1	0	0	0	0
Sunflower oil, g	1	9	0	1	0
Comressed yeast, g	0.5	0.5	0.1	0	0
Wheat flour, premium grade, g	25	83.5	2.7	0.3	17.5
Beef 1 cat., g	30	65.4	5.6	4.8	0
Onions, g	10	4.1	0.1	0	0.8
3. Broccoli garnish					
Broccoli, boiled, with salt, g	100	35	2.4	0.4	3.9
4. Drink, made from rosehips, g	200	100	0.4	0.2	23.8
5. Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
6. Salad					
Total	1330.5	1367.4	94.8	51.6	125.4

Afternoon snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Croutons with a surprise					
Wheat flour, premium grade, 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
Cheese from cow's milk, g	15	39.3	3.3	2.9	0.1
Fresh parsley, g	2	1	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. Green Tea					
Total	95	303	10.1	19.7	21.2
Total for the day	2226.5	2768.6	135.9	101.1	321.7

Dietitian Malkov A.V

Menu for Tue 31.10.23

Breakfast

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. Millet porridge with milk					
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, "Traditsionnoye", g	5	37.4	0	4.1	0
Table salt, g	1	0	0	0	0
Water, g	60	0	0	0	0
2. Cheese sandwich					
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Cheese "Rossiyskiy", g	15	54.6	3.5	4.4	0
Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
3. Butter sandwich					
Butter 82,5% fat, "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Tea brewed with lemon, g	200	56	0.2	0	13.6
5. Cottage cheese pudding					
Cottage cheese 5% fat, g	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% fat, "Traditsionnoye", g	3	22.4	0	2.5	0
Sour cream 10% fat, g	3	3.6	0.1	0.3	0.1
Total	651	975.2	27.6	26.7	155.2

Morning snack

	Quantity	Calories	Proteins	Fats	Carbohydrates
Banana	100	57	4.1	1.5	5.9
Total	100	57	4.1	1.5	5.9

Lunch

	Quantity	Calories	Proteins	Fats	Carbohydrates
1. First course					
Beef quenelle soup					
Sunflower oil, g	5	45	0	5	0
Onions, g	15	6.1	0.2	0	1.2
Potatoes, g	30	23.1	0.6	0.1	4.9
Red sweet pepper, g	10	2.7	0.1	0	0.5
Greenhouse tomato, g	30	4.2	0.2	0	1.1
Table salt, g	1	0	0	0	0
Fresh parsley, g	3	1.5	0.1	0	0.2
Beef, g	40	87.2	7.4	6.4	0
Onions, 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
Cream of broccoli puree soup					
Potatoes, g	20	15.4	0.4	0.1	3.3
Onions, g	5	2.1	0.1	0	0.4
Carrots, g	5	1.8	0.1	0	0.3
Greenhouse tomato, g	3	0.4	0	0	0.1
Butter 82,5% fat, "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Broccoli, g	70	23.8	2	0.3	2.8
2. Main courses					
Beef manti					
Wheat flour, premium grade, 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
Table salt, g	0.4	0	0	0	0

Beef, g	74	161.3	13.8	11.8	0
Onions, g	55	22.5	0.8	0.1	4.5
Table salt, g	0.8	0	0	0	0
Chicken with vegetables					
Chicken breast (fillet), g	100	113	23.6	1.9	0.4
Onions, g	20	8.2	0.3	0	1.6
Carrots, g	15	5.3	0.2	0	1
Greenhouse tomato, g	25	3.5	0.2	0	1
Potatoes, g	30	23.1	0.6	0.1	4.9
3. Garnish rice					
Fig, g	100	144	2.4	3.5	25.8
4. Salad "Greek"					
Ground cucumber, g	30	4.2	0.2	0	0.8
Tomato (tomato), ground, g	40	9.6	0.4	0.1	1.5
Table salt, g	1	0	0	0	0
Lettuce, g	2	0.3	0	0	0
Sunflower oil, g	5	45	0	5	0
Cheese from cow's milk, g	5	13.1	1.1	1	0
Canned black olives, g	4	7	0.1	0.7	0.2
5. Apple compote, g	200	110	0.2	0.2	27.2
6. Wheat bread made of high-grade flour, g	100	235	7.6	0.8	49.2
Total	1624.2	1340.2	67.9	46.6	162

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 grade, g	25	83.5	2.7	0.3	17.5
Sugar, g	2	8	0	0	2
Butter 82,5% fat, "Traditsionnoye", 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
Compressed yeast, g	0.5	0.5	0.1	0	0
Sausages, g	15	39.2	1.7	3.6	0.1
Greenhouse tomato, g	5	0.7	0	0	0.2
Cheese "Rossiyskiy", g	5	18.2	1.2	1.5	0
2. Tea (dry brew), g	1	1.4	0.2	0.1	0
Total	82.5	218.5	7.5	11.8	20.5
Total for the day	2457.7	2590.9	107.1	86.7	343.6

Doctor Dietitian Malkov A.V.