

Dushanba 23.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Ovsyankali bo'tqa					
Sut 2,5% yog', sterillangan, g	150	81	4.4	3.8	7.2
Yulg'un nolalari, g	50	171	6.2	3.1	29.8
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Qaynatilgan tuxum	40	63.5	5.1	4.6	0.3
Jami	801	1002.2	29.5	29.3	154.1

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Olma	200	94	0.8	0.8	19.6
Jami	200	94	0.8	0.8	19.6

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mol go'shti bilan mastava					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	10	4.1	0.1	0	0.8
Mol go'shti, g	40	87.2	7.4	6.4	0
Qizil shirin qalampir, g	5	1.4	0.1	0	0.3
Kartoshka, g	25	19.3	0.5	0.1	4.1
Sabzi, g	15	5.3	0.2	0	1
Issiqxona pomidori, g	5	0.7	0	0	0.2
Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Oq guruch, g	30	99.9	2.1	0.3	22.2
Maydanoz, g	3	1.5	0.1	0	0.2
Tovuq no'xat sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	10	4.1	0.1	0	0.8
Tovuq filesi, g	40	45.2	9.4	0.8	0.2
Sabzi, g	15	5.3	0.2	0	1
Kartoshka, g	25	19.3	0.5	0.1	4.1

Qizil shirin qalampir, g	7	1.9	0.1	0	0.4
Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
No'xatlar					
Bug'doy uni, oliy navli, g	60	200.4	6.5	0.8	41.9
Suv, g	28	0	0	0	0
Osh tuzi, g	1	0	0	0	0
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
2. Ikkinchi ovqat					
Tovuqli qozon kabob					
Tovuq, g	150	238.5	31.8	12.3	0
Kartoshka, g	150	115.5	3	0.6	24.5
Kungaboqar yog'i, g	30	269.7	0	30	0
Goulash					
Yog'i 82,5% yog', "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Mol go'shti, g	90	196.2	16.7	14.4	0
Piyoz, g	25	10.3	0.4	0.1	2.1
Osh tuzi, g	1	0	0	0	0
3. Garnir: grechka					
Grechka, g	100	308	12.6	3.3	57.1
4. "Grecheskiy" salat					
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Issiqxona pomidori, g	40	5.6	0.2	0	1.5
Osh tuzi, g	1	0	0	0	0
Latuk, g	10	1.6	0.2	0	0.2
Kungaboqar yog'i, g	5	45	0	5	0
Sigir sutidan pishloq, g	5	13.1	1.1	1	0
Qora zaytun, g	4	7	0.1	0.7	0.2
Chopilgan sabzavotlar					
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Sabzi, g	30	10.5	0.4	0	2.1
Ko'katlar assortisi					
5. Olxori kompoti, g	200	172	0.6	0	43.8
6. Non					
Suv, g	20	0	0	0	0
Bug'doy uni, oliy navli, g	30	100.2	3.2	0.4	21
Osh tuzi, g	1	0	0	0	0
Shakar, g	1	4	0	0	1
Kungaboqar yog'i, g	1	9	0	1	0
Xamirturush, g	0.5	0.5	0.1	0	0
Jami	2048.5	2204.8	100.3	96.7	235.2

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Pizza					
Sut 2,5% yog', sterillangan, g	12	6.5	0.3	0.3	0.6
Bug'doy uni, oliy navli, g	25	83.5	2.7	0.3	17.5
Shakar, g	2	8	0	0	2
Yog'i 82,5% yog', "Traditsionnoye", g	6	44.9	0	4.9	0

Kungaboqar yog'i, g	1	9	0	1	0
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Osh tuzi, g	1	0	0	0	0
Xamirturush, g	0.5	0.5	0.1	0	0
Sosiska, g	15	39.2	1.7	3.6	0.1
Issiqxona pomidori, g	5	0.7	0	0	0.2
Pishloq "Rossiyskiy", g	5	18.2	1.2	1.5	0
1. Choy					
Choy, g	1	1.4	0.2	0.1	0
Jami	83.5	227.5	7.5	12.8	20.5
Kun uchun jami	3133	3528.5	138	139.7	429.4

Dietolog Malkov A.V

Seshanba 24.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Bug'doyli bo'tqa					
Sut 2,5% yog', sterillangan, g	100	54	2.9	2.5	4.8
Bug'doy, g	50	171	5.8	1.7	33.3
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Kefir panjasi					
Bug'doy uni	39	130.3	4.2	0.5	27.3
Tovuq tuxumi	2	3.1	0.3	0.2	0
Kefir 2.5 %	39	20.7	1.1	1	1.6
Shakar, g	1.4	5.6	0	0	1.4
Kungaboqar yog'i, g	5	45	0	5	0
Jami	751	975.2	27.6	26.7	155.2

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Banan, g	100	96	1.5	0.5	21
Jami	100	96	1.5	0.5	21

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mohora					
Mol go'shti, g	40	87.2	7.4	6.4	0
No'xot, g	50	154.5	10.1	2.2	23.1
Piyoz, g	15	6.1	0.2	0	1.2
Sabzi, g	15	5.3	0.2	0	1
Kartoshka, g	35	27	0.7	0.1	5.7
Issiqxona pomidori, g	20	2.8	0.1	0	0.8
Maydanoz, g	5	2.5	0.2	0	0.4
Tovuqli sho'rva					
Tovuq filesi, g	40	45.2	9.4	0.8	0.2
Tsukkini, g	70	16.8	0.4	0.2	3.2
Piyoz, g	15	6.1	0.2	0	1.2
Sarimsoq piyoz, g	2	3	0.1	0	0.6
Yog'i 82,5% yog', "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Kungaboqar yog'i, g	5	45	0	5	0
2. Asosiy kurslar					
Pishgan tovuq qanotlari					
Tovuq qanoti, g	100	126	22	3.5	0
Kungaboqar yog'i, g	5	45	0	5	0
Osh tuzi, g	1	0	0	0	0
Xanum					
Bug'doy uni, oliy navli, g	50	167	5.4	0.7	35
Tovuq tuxumi, g	1	1.6	0.1	0.1	0
Suv, g	18	0	0	0	0
Osh tuzi, g	0.7	0	0	0	0
Kartoshka, g	95	73.2	1.9	0.4	15.5
Piyoz, g	30	12.3	0.4	0.1	2.5
Kungaboqar yog'i, g	10	89.9	0	10	0
Mol go'shti., g	50	109	9.3	8	0
Osh tuzi, g	0.7	0	0	0	0
3. Granir: kartoshka fri					
Kartoshka, g	200	154	4	0.8	32.6
Osh tuzi, g	1	0	0	0	0
Kungaboqar yog'i, g	5	45	0	5	0
4. Arugula va loviyali salati					
Arugula, g	30	7.5	0.8	0.2	0.6
Yashil piyoz, g	50	11.5	1.3	0.2	1.5
Kungaboqar yog'i, g	5	45	0	5	0
Osh tuzi, g	1	0	0	0	0
5. Chopilgan sabzavotlar					
Sabzi, g	30	10.5	0.4	0	2.1
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Suv, g	100	0	0	0	0
6. Ko'katlar assortisi					

7. Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
8. Yangi Olmali kompot, g	200	186	0.4	0.4	44.6
Jami	2065.4	1802	83.1	63.1	222.7

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Xamirdagi sosiska					
Bug'doy uni, oliy navli, g	25	83.5	2.7	0.3	17.5
Shakar, g	2	8	0	0	2
Sut 2,5% yog', sterillangan, g	12	6.5	0.3	0.3	0.6
Kungaboqar yog'i, g	1	9	0	1	0
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Slivochniy margarin, g	6	44.6	0	4.9	0.1
Xamirturush, g	0.5	0.5	0.1	0	0
Sosiska, g	25	65.3	2.8	6	0.1
2. Yashil choy					
Choy, g	1	1.4	0.2	0.1	0
Kun uchun jami	2997.9	3106.1	119.4	104	419.2

Dietolog: Malkov A.V

Chorshanba 25.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Grechkali bo'tqa					
Sut 2,5% yog', sterillangan, g	150	81	4.4	3.8	7.2
Grechka, g	50	154	6.3	1.7	28.6
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Pishloqli pankeyk	100	140	5	3	22
Bug'doy uni	39	130.3	4.2	0.5	27.3
Tovuq tuxumi	2	3.1	0.3	0.2	0
Sut 2,5 %	39	20.7	1.1	1	1.6
Shakar, g	1.4	5.6	0	0	1.4
Kungaboqar yog'i, g	5	45	0	5	0

Tvorog, 5%	10	14.5	2.1	0.5	0.3
Jami	701	985.2	29.9	28.1	152

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Olma	200	94	0.8	0.8	19.6
Jami	200	94	0.8	0.8	19.6

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mol go'shtli borscht					
Sun'iy yog'i	5	45	0	5	0
Piyoz, g	10	4.1	0.1	0	0.8
Mol go'shti, g	40	87.2	7.4	6.4	0
Oq karam, g	80	22.4	1.4	0.2	3.8
Kartoshka, g	30	23.1	0.6	0.1	4.9
Sabzi, g	15	5.3	0.2	0	1
Lavlagi, g	50	21	0.8	0.1	4.4
Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
Bug'doy uni, oliy navli, g	5	16.7	0.5	0.1	3.5
Sabzavotli tovuq sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	10	4.1	0.1	0	0.8
Tovuq filesi, g	50	56.5	11.8	1	0.2
Qizil shirin qalampir, g	7	1.9	0.1	0	0.4
Kartoshka, g	25	19.3	0.5	0.1	4.1
Sabzi, g	15	5.3	0.2	0	1
Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
2. Ikkinchi ovqat					
Moshkichiri					
Mol go'shti, g	80	174.4	14.9	12.8	0
Qora mosh, g	30	102.3	7.6	0.5	12.2
Piyoz, g	15	6.1	0.2	0	1.2
Oq guruch, g	40	133.2	2.8	0.4	29.6
Suv, g	330	0	0	0	0
Yog'i 82,5% yog', "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Kiev cutlet					
Tovuq filesi, g	60	67.8	14.2	1.1	0.2
Osh tuzi, g	1	0	0	0	0
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Kremniy nonushtalari, g	20	79.8	1.7	2.2	13.3
1-sinfning unidan tayyorlangan bug'doy noni, g	20	47	1.6	0.2	9.7

Kungaboqar yog'i, g	5	45	0	5	0
3. Garnir: kartoshka pyuresi					
Kartoshka, g	150	115.5	3	0.6	24.5
Sut 2,5% yog', sterillangan, g	50	27	1.5	1.3	2.4
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
4. Vinegret salat					
Issiqxona pomidori, g	40	5.6	0.2	0	1.5
Issiqxona bodringi, g	20	2.2	0.1	0	0.4
Oq karam, g	20	5.6	0.4	0	0.9
Lavlagi, g	30	12.6	0.5	0	2.6
Maydanoz, g	3	1.5	0.1	0	0.2
Piyoz, g	5	2.1	0.1	0	0.4
Yashil no'xat, g	5	2	0.2	0	0.3
Kungaboqar yog'i, g	5	45	0	5	0
Osh tuzi, g	1	0	0	0	0
5. Chopilgan sabzavotlar					
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Sabzi, g	30	10.5	0.4	0	2.1
6. Ko'katlar assortisi					
7. Non, g	100	235	7.9	1	48.3
8. Olma kompoti, g	200	110	0.2	0.2	27.2
Jami	2316	1772.7	83.7	66.1	206.3

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Somsa					
Suv, g	20	0	0	0	0
Bug'doy uni, oliy navli, g	45	150.3	4.9	0.6	31.5
Tovuq tuxumi, g	7	11	0.9	0.8	0
Slivochniy margarin, g	6	44.6	0	4.9	0.1
Osh tuzi, g	1	0	0	0	0
Piyoz, g	45	18.5	0.6	0.1	3.7
Kartoshka, g	50	38.5	1	0.2	8.2
Osh tuzi, g	1	0	0	0	0
2. Yashil choy					
Choy, g	1	1.4	0.2	0.1	0
Jami	176	264.2	7.6	6.7	43.4
Kun uchun jami	3393	3116	122	101.7	421.4

Dietolog Malkov A.V

Payshanba 26.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Ovsyankali bo'tqa					
Sut 2,5% yog', sterillangan, g	150	81	4.4	3.8	7.2
Ovsyanka, g	50	176	6.2	3.1	30.9
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Kapkeyk	30	103	1.4	12.3	1
Jami	701	1007.2	29.5	29.4	155.3

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Banan, g	100	96	1.5	0.5	21
Jami	100	96	1.5	0.5	21

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mol go'shti sho'rva					
Kungaboqar yog'i, g	5	45	0	5	0
Piyozi, g	10	4.1	0.1	0	0.8
Mol go'shti, g	50	109	9.3	8	0
Qizil shirin qalampir, g	7	1.9	0.1	0	0.4
Issiqlon pomidori, g	5	0.7	0	0	0.2
Kartoshka, g	35	27	0.7	0.1	5.7
Sabzi, g	15	5.3	0.2	0	1
Pomidor pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
Tovuq no'xat sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyozi, g	10	4.1	0.1	0	0.8
Tovuq filesi, g	40	45.2	9.4	0.8	0.2
Sabzi, g	15	5.3	0.2	0	1
Kartoshka, g	25	19.3	0.5	0.1	4.1
Qizil shirin qalampir, g	7	1.9	0.1	0	0.4
Tomat pastasi, g	5	5.1	0.2	0	1

Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
2. Asosiy kurslar					
Mol go'shti pial					
Kungaboqar yog'i, g	70	629.3	0	69.9	0
Mol go'shti, g	100	218	18.6	16	0
Piyoz, g	10	4.1	0.1	0	0.8
Sabzi, g	100	35	1.3	0.1	6.9
No'xot, g	10	30.9	2	0.4	4.6
Urug'siz mayizlar ("Sultana" uzumidan), g	10	28.1	0.2	0.1	7.1
Oq guruch, g	100	333	7	1	74
Osh tuzi, g	1	0	0	0	0
Tovuq pilaf					
Kungaboqar yog'i, g	7	62.9	0	7	0
Tovuq filesi, g	100	113	23.6	1.9	0.4
Piyoz, g	10	4.1	0.1	0	0.8
Sabzi, g	100	35	1.3	0.1	6.9
No'xot, g	10	30.9	2	0.4	4.6
Urug'siz mayizlar, g	10	28.1	0.2	0.1	7.1
Oq guruch, g	100	333	7	1	74
Osh tuzi, g	1	0	0	0	0
3. Achchik Achchuk					
Issiqxona pomidori, g	70	9.8	0.4	0	2.7
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Piyoz, g	10	4.1	0.1	0	0.8
Maydanoz, g	3	1.5	0.1	0	0.2
Osh tuzi, g	1	0	0	0	0
4. Olmali kompot, g	200	110	0.2	0.2	27.2
5. Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Jami	1589	2448.5	83	112.3	277.3

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Pirozhki					
Bug'doy uni, oliy navli, g	100	334	10.8	1.3	69.9
Sut 2,5% yog', sterillangan, g	50	27	1.5	1.3	2.4
Xamirturush, g	5	5.5	0.6	0.1	0.4
Kungaboqar yog'i, g	10	89.9	0	10	0
Osh tuzi, g	1	0	0	0	0
Piyoz, g	10	4.1	0.1	0	0.8
Yog'i 82,5% yog', "Traditsionnoye", g	3	22.4	0	2.5	0
Oq guruch, g	20	66.6	1.4	0.2	14.8
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Maydanoz, g	3	1.5	0.1	0	0.2
Osh tuzi, g	1	0	0	0	0
2. Choy, g	1	1.4	0.2	0.1	0
Jami	214	568.1	16	16.6	88.7
Kun uchun jami	2604	4119.7	130	158.8	542.2

Juma 27.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Ovsyankali bo'tqa					
Sut 2,5% yog', pasterizatsiya qilingan, g	150	81	4.4	3.8	7.2
Ovsyanka, g	50	176	6.2	3.1	30.9
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Tost	40	162.8	4.8	2.6	27.4
Tovuq tuxumi	8	12.6	1	0.9	0.1
Bug'doy noni	100	235	7.6	0.8	49.2
Sun'iy yog'i	5	5	45	0	5
Jami	701	1007.2	29.5	29.4	155.3

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Olma	200	94	0.8	0.8	19.6
Jami	200	94	0.8	0.8	19.6

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mol go'shti sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	15	6.1	0.2	0	1.2
Kartoshka, g	30	23.1	0.6	0.1	4.9
Qizil shirin qalampir, g	10	2.7	0.1	0	0.5
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Osh tuzi, g	1	0	0	0	0
Mol go'shti 1 mushuk., g	40	87.2	7.4	6.4	0
Piyoz, g	10	4.1	0.1	0	0.8
Osh tuzi, g	1	0	0	0	0
Tovuq tuxumi, g	4	6.3	0.5	0.5	0
Kurniki					

Bug'doy uni, oliy navli, g	45	150.3	4.9	0.6	31.5
Suv, g	20	0	0	0	0
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Piyoz, g	3	1.2	0	0	0.2
Tovuq filesi, g	30	33.9	7.1	0.6	0.1
Issiqxona pomidori, g	3	0.4	0	0	0.1
Tovuq tuxumi, g	4	6.3	0.5	0.5	0
Qizil shirin qalampir, g	3	0.8	0	0	0.2
2. Ikkinchi ovqat					
Tovuqli kabob					
Tovuq filesi, g	70	79.1	16.5	1.3	0.3
Piyoz, g	15	6.1	0.2	0	1.2
Osh tuzi, g	1	0	0	0	0
Mol go'shtli kabob					
Mol go'shti, g	120	261.6	22.3	19.2	0
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	15	6.1	0.2	0	1.2
Osh tuzi, g	1	0	0	0	0
3. Garnir: guruch					
Oq guruch, g	70	233.1	4.9	0.7	51.8
Osh tuzi, g	1	0	0	0	0
Kungaboqar yog'i, g	5	45	0	5	0
4. Olmali kompot, g	200	110	0.2	0.2	27.2
5. Olivie salati					
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Qaynatilgan kartoshka, g	30	22.5	0.6	0.1	4.7
Tuzlangan bodring, g	25	3.3	0.2	0	0.4
Sabzi, g	20	7	0.3	0	1.4
Yashil no'xat, g	15	6	0.5	0	1
Oq sho'rva, g	10	62.9	0.3	6.7	0.4
Qaynatilgan mol go'shti, g	10	25.4	2.6	1.7	0
6. Chopilgan sabzavotlar					
Issiqxona bodringi, g	30	3.3	0.2	0	0.6
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Sabzi, g	30	10.5	0.4	0	2.1
7. Ko'katlar assortisi					
8. Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Jami	1482	1572.8	79.4	59.8	179.7

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Pide					
Bug'doy uni, oliy navli, g	31	103.5	3.3	0.4	21.7
Sut 2,5% yog', sterillangan, g	12	6.5	0.3	0.3	0.6
Shakar, g	2.5	10	0	0	2.5
Slivochniy margarin, g	5	37.2	0	4.1	0.1
Yog'i 82,5% yog', "Traditsionnoye", g	12.5	93.5	0.1	10.3	0.1
Osh tuzi, g	1	0	0	0	0
Xamirturush, g	0.5	0.5	0.1	0	0
Mol go'shti, g	50	109	9.3	8	0

Piyozi, g	10	4.1	0.1	0	0.8
Kungaboqar yog'i, g	5	45	0	5	0
Qizil shirin qalampir, g	10	2.7	0.1	0	0.5
Issiqxona pomidori, g	10	1.4	0.1	0	0.4
Osh tuzi, g	1	0	0	0	0
2. Choy, g	1	1.4	0.2	0.1	0
Jami	151.5	414.7	13.7	28.2	26.7
Kun uchun jami	2534.5	3088.7	123.3	118.2	381.3

Dietolog Malkov A.V

Menu per Mon. 30.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Yulg'un sutli pyuresi					
Sut 2,5% yog', sterillangan, g	150	81	4.4	3.8	7.2
Yulg'un nollari, g	50	171	6.2	3.1	29.8
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
3. Saryog'li sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Qaynatilgan tuxum	40	63.5	5.1	4.6	0.3
Jami	701	1002.2	29.5	29.3	154.1

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Banan, g	100	96	1.5	0.5	21
Jami	100	96	1.5	0.5	21

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi ovqat					
Mol go'shti sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyozi, g	10	4.1	0.1	0	0.8
Mol go'shti, g	40	87.2	7.4	6.4	0
Kartoshka, g	25	19.3	0.5	0.1	4.1
Sabzi, g	10	3.5	0.1	0	0.7

Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2
No'xat, butun donalar, g	25	74.5	5.1	0.5	12.4
Sabzavotlar bilan tovuq sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	10	4.1	0.1	0	0.8
Tovuq filesi, g	40	45.2	9.4	0.8	0.2
Sabzi, g	15	5.3	0.2	0	1
Kartoshka, g	25	19.3	0.5	0.1	4.1
Qizil shirin qalampir, g	7	1.9	0.1	0	0.4
Tomat pastasi, g	5	5.1	0.2	0	1
Osh tuzi, g	1	0	0	0	0
2. Asosiy kurslar					
Grillangan tovuq					
Tovuq, broyler tovuqlari soni, faqat go'sht, g	200	390	50	19.6	0
Kungaboqar yog'i, g	5	45	0	5	0
Osh tuzi, g	1	0	0	0	0
Keyinchalik					
Sut 2,5% yog', sterillangan, g	12	6.5	0.3	0.3	0.6
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Shakar, g	3	12	0	0	3
Osh tuzi, g	1	0	0	0	0
Kungaboqar yog'i, g	1	9	0	1	0
Xamirturush, g	0.5	0.5	0.1	0	0
Bug'doy uni, oliy navli, g	25	83.5	2.7	0.3	17.5
Mol go'shti 1 mushuk., g	30	65.4	5.6	4.8	0
Piyoz, g	10	4.1	0.1	0	0.8
3. Granir: brokkoli					
Brokkoli, tuz bilan qaynatilga, g	100	35	2.4	0.4	3.9
4. Shipovnik ichimligi, g	200	100	0.4	0.2	23.8
5. Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
6. Salat					
Jami	1330.5	1367.4	94.8	51.6	125.4

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Syurpriz bilan kroutonlar					
Bug'doy uni, oliy navli, g	30	100.2	3.2	0.4	21
Suv, g	20	0	0	0	0
Osh tuzi, g	1	0	0	0	0
Kungaboqar yog'i, g	5	45	0	5	0
Sigir sutidan pishloq, g	15	39.3	3.3	2.9	0.1
Maydanoz, g	2	1	0.1	0	0.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
Kungaboqar yog'i, g	7	62.9	0	7	0
2. Yashil choy					
Jami	95	303	10.1	19.7	21.2
Kun uchun jami	2226.5	2768.6	135.9	101.1	321.7

Sesahnba 31.10.23

Nonushta

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Sutli pyuresi					
Sut 2,5% yog', sterillangan, g	100	54	2.9	2.5	4.8
Bug'doy, g	50	171	5.8	1.7	33.3
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	5	37.4	0	4.1	0
Osh tuzi, g	1	0	0	0	0
Suv, g	60	0	0	0	0
2. Pishloqli sendvich					
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
Pishloq "Rossiyskiy", g	15	54.6	3.5	4.4	0
Yuqori navli undan tayyorlangan bug'doy noni, g	100	235	7.6	0.8	49.2
3. Saryog'li sendvich					
Yog'i 82,5% yog', "Traditsionnoye", g	15	112.2	0.1	12.4	0.1
4. Limonli choy, g	200	56	0.2	0	13.6
5. Kotlet pishloqli puding					
Kotlet pishloq 5% yog', g	75	108.8	15.8	3.8	2.3
Semolina, g	8	26.6	0.8	0.1	5.6
Shakar, g	5	20	0	0	5
Yog'i 82,5% yog', "Traditsionnoye", g	3	22.4	0	2.5	0
Smetana 10% yog', g	3	3.6	0.1	0.3	0.1
Jami	651	975.2	27.6	26.7	155.2

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
Banan	100	57	4.1	1.5	5.9
Jami	100	57	4.1	1.5	5.9

Tushlik

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Birinchi kurs					
Mol go'shti quenelle sho'rvasi					
Kungaboqar yog'i, g	5	45	0	5	0
Piyoz, g	15	6.1	0.2	0	1.2
Kartoshka, g	30	23.1	0.6	0.1	4.9
Qizil shirin qalampir, g	10	2.7	0.1	0	0.5
Issiqxona pomidori, g	30	4.2	0.2	0	1.1
Osh tuzi, g	1	0	0	0	0
Maydanoz, g	3	1.5	0.1	0	0.2

Mol go'shti, g	40	87.2	7.4	6.4	0
Piyoz, g	10	4.1	0.1	0	0.8
Osh tuzi, g	1	0	0	0	0
Tovuq tuxumi, g	4	6.3	0.5	0.5	0
Brokkoli pyuresi sho'rvasining kremi					
Kartoshka, g	20	15.4	0.4	0.1	3.3
Piyoz, g	5	2.1	0.1	0	0.4
Sabzi, g	5	1.8	0.1	0	0.3
Issiqxona pomidori, g	3	0.4	0	0	0.1
Yog'i 82,5% yog', "Traditsionnoye", g	10	74.8	0.1	8.3	0.1
Brokkoli, g	70	23.8	2	0.3	2.8
2. Asosiy kurslar					
Mol go'shti manti					
Bug'doy uni, oliy navli, g	40	133.6	4.3	0.5	28
Tovuq tuxumi, g	2	3.1	0.3	0.2	0
Suv, g	13	0	0	0	0
Osh tuzi, g	0.4	0	0	0	0
Mol go'shti, g	74	161.3	13.8	11.8	0
Piyoz, g	55	22.5	0.8	0.1	4.5
Osh tuzi, g	0.8	0	0	0	0
Sabzavotlar bilan tovuq					
Tovuq filesi, g	100	113	23.6	1.9	0.4
Piyoz, g	20	8.2	0.3	0	1.6
Sabzi, g	15	5.3	0.2	0	1
Issiqxona pomidori, g	25	3.5	0.2	0	1
Kartoshka, g	30	23.1	0.6	0.1	4.9
3. Garnir: guruch					
Anjir, g	100	144	2.4	3.5	25.8
4. "Grecheskiy" salat					
Zamin guruch, g	30	4.2	0.2	0	0.8
Pomidor (tola), yerto'n, g	40	9.6	0.4	0.1	1.5
Osh tuzi, g	1	0	0	0	0
Latuk, g	2	0.3	0	0	0
Kungaboqar yog'i, g	5	45	0	5	0
Sigir sutidan pishloq, g	5	13.1	1.1	1	0
Zaytun (qora zaytun). Kannli oziq-ovqat, g	4	7	0.1	0.7	0.2
5. Olmali kompot, g					
6. Yuqori navli undan tayyorlangan bug'doy noni, g					
Jami	1624.2	1340.2	67.9	46.6	162

Snek

	Miqdor	Kaloriyalar	Oqsillar	Yog'lar	Uglevodlar
1. Pizza					
Sut 2,5% yog', sterillangan, g	12	6.5	0.3	0.3	0.6
Bug'doy uni, oliy navli, g	25	83.5	2.7	0.3	17.5
Shakar, g	2	8	0	0	2
Yog'i 82,5% yog', "Traditsionnoye", g	6	44.9	0	4.9	0
Tovuq tuxumi, g	10	15.7	1.3	1.2	0.1
Osh tuzi, g	1	0	0	0	0

Xamirturush, g	0.5	0.5	0.1	0	0
Sosiska, g	15	39.2	1.7	3.6	0.1
Issiqxona pomidori, g	5	0.7	0	0	0.2
Pishloq "Rossiyskiy", g	5	18.2	1.2	1.5	0
2. Choy, g	1	1.4	0.2	0.1	0
Jami	82.5	218.5	7.5	11.8	20.5
Kun uchun jami	2457.7	2590.9	107.1	86.7	343.6

Dietolog Malkov A.V.