

## **Yetkazib berish vaqti:**

### **Nonushta:**

**8:30 - 8:40 - barcha guruhlar uchun**

### **Ikkinchi nonushta:**

**Toddlers / PS: 10:20 - 10:50**

**EY 1/ EY 2: 10:50 – 11:20**

### **Tushlik:**

**Toddlers: 12:00 - 12:30**

**EY1/EY2: 12:30 – 13:00**

**PS: 13:00 - 13:30**

### **Peshindan keyingi snek:**

**15:00-15:30 - barcha guruhlar uchun**

**Dushanba kunlari PS guruhlar uchun istisno: 15:30-16:00**

### **Kechki ovqat:**

**Toddlers: 16:30 - 17:00**

**EY1/EY2/PS: 17:00 – 15:30**

## Menyu: Dushanba, 06.11.2023

### Nonushta

|                                                         | Miqdor        | Kaloriya   | Proteinlar  | Yog'lar     | Uglevodlar  |
|---------------------------------------------------------|---------------|------------|-------------|-------------|-------------|
| <b>1. Quritilgan o'rik bilan sutli jo'xorili bo'tqa</b> |               |            |             |             |             |
| Sut 3,2% yog'li, sterillangan, g                        | 100           | 60         | 3           | 3.2         | 4.7         |
| Suv, g                                                  | 50            | 0          | 0           | 0           | 0           |
| Shakar, g                                               | 4             | 16         | 0           | 0           | 4           |
| Yulaf yormasi, g                                        | 35            | 119.7      | 4.3         | 2.1         | 20.8        |
| Quritilgan o'rik, g                                     | 10            | 23.2       | 0,5         | 0           | 5.1         |
| Tuz, g                                                  | 0,05          | 0          | 0           | 0           | 0           |
| <b>2. Non va sariyog'</b>                               |               |            |             |             |             |
| 1-navli undan tayyorlangan bug'doy noni, g              | 30            | 70.5       | 2.4         | 0.3         | 14.5        |
| Sariyog', 72,5% yog', "Krestyanskoye", g                | 10            | 66.1       | 0.1         | 7.3         | 0.1         |
| <b>3. Tvorog bilan qatiq</b>                            |               |            |             |             |             |
| Yog ' miqdori 9% tvorog, g                              | 100           | 169        | 18          | 9           | 3           |
| Smetana 20% yog', g                                     | 20            | 41.2       | 0,5         | 4           | 0,7         |
| <b>4. Sut bilan kakao</b>                               |               |            |             |             |             |
| Kakao kukuni, g                                         | 5             | 14.5       | 1.2         | 0,8         | 0,5         |
| Shakar, g                                               | 10            | 39.9       | 0           | 0           | 10          |
| Sut 3,2% yog'li, sterillangan, g                        | 150           | 90         | 4.5         | 4.8         | 7.1         |
| Suv, g                                                  | 50            | 0          | 0           | 0           | 0           |
| <b>Jami</b>                                             | <b>974.05</b> | <b>710</b> | <b>34.5</b> | <b>31.5</b> | <b>70.5</b> |

### Ikkinchi nonushta

|                   | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|-------------------|--------|----------|------------|---------|------------|
| <b>1. Olma, g</b> | 200    | 94       | 0,8        | 0,8     | 19.6       |
| <b>2. Kissel</b>  |        |          |            |         |            |

|                      |            |              |            |            |             |
|----------------------|------------|--------------|------------|------------|-------------|
| Klyukva, g           | 16         | 4.5          | 0.1        | 0          | 0,6         |
| Suv, g               | 140        | 0            | 0          | 0          | 0           |
| Shakar, g            | 10         | 39.9         | 0          | 0          | 10          |
| Kartofel kraxmali, g | 7          | 21.9         | 0          | 0          | 5.5         |
| <b>Jami</b>          | <b>473</b> | <b>160.3</b> | <b>0,9</b> | <b>0,8</b> | <b>35.6</b> |

### Kechki ovqat

|                                              | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|----------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. Guruchli sho'rva</b>                   |        |          |            |         |            |
| Mol go'shti, g                               | 20     | 41.6     | 3.8        | 2.9     | 0          |
| Kungaboqar yog'i, g                          | 5      | 45       | 0          | 5       | 0          |
| Piyozi, g                                    | 5      | 2.1      | 0.1        | 0       | 0.4        |
| Sabzi, g                                     | 7      | 2.4      | 0.1        | 0       | 0,5        |
| Kartoshka, g                                 | 20     | 15.4     | 0.4        | 0.1     | 3.3        |
| Pomidor, g                                   | 4      | 4.1      | 0,2        | 0       | 0,8        |
| Pomidor, maydalangan, g                      | 5      | 1.2      | 0.1        | 0       | 0,2        |
| Shirin qizil qalampir, g                     | 5      | 1.4      | 0.1        | 0       | 0.3        |
| <b>2. Gosh't bilan makaron</b>               |        |          |            |         |            |
| Yuqori sifatli undan tayyorlangan makaron, g | 40     | 135.2    | 4.4        | 0,5     | 28.2       |
| Saryog', g                                   | 5      | 33.1     | 0          | 3.6     | 0.1        |
| Yog'siz mol go'shti, yuqori sifatli, g       | 70     | 152.6    | 13         | 11.2    | 0          |
| Kungaboqar yog'i, g                          | 5      | 45       | 0          | 5       | 0          |
| Piyozi, g                                    | 15     | 6.1      | 0,2        | 0       | 1.2        |
| Pomidor, maydalangan, g                      | 10     | 2.4      | 0.1        | 0       | 0.4        |
| <b>3. "Assorti" salati</b>                   |        |          |            |         |            |
| Bodring, g                                   | 30     | 4.2      | 0,2        | 0       | 0,8        |
| Pomidor, maydalangan, g                      | 30     | 7.2      | 0.3        | 0.1     | 1.1        |
| Sabzi, g                                     | 30     | 10.5     | 0.4        | 0       | 2.1        |

|                                                      |             |              |             |             |             |
|------------------------------------------------------|-------------|--------------|-------------|-------------|-------------|
| Karam, g                                             | 30          | 8.4          | 0,5         | 0.1         | 1.4         |
| <b>4. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30          | 70.5         | 2.4         | 0.3         | 14.5        |
| <b>5. Mevali kompot</b>                              |             |              |             |             |             |
| Olma, g                                              | 200         | 94           | 0,8         | 0,8         | 19.6        |
| Gilos, g                                             | 30          | 15.6         | 0,2         | 0.1         | 3.2         |
| Shakar, g                                            | 10          | 39.9         | 0           | 0           | 10          |
| Suv, g                                               | 100         | 0            | 0           | 0           | 0           |
| <b>Jami</b>                                          | <b>1206</b> | <b>737,7</b> | <b>27.4</b> | <b>29.8</b> | <b>87.9</b> |
|                                                      |             |              |             |             |             |

#### Peshindan keyin snek

|                                         | Miqdor     | Kaloriya  | Proteinlar | Yog'lar    | Uglevodlar |
|-----------------------------------------|------------|-----------|------------|------------|------------|
| Yogurt 3,2% yog', 5% protein, tabiiy, g | 100        | 68        | 5          | 3.2        | 3.5        |
| <b>Jami</b>                             | <b>100</b> | <b>68</b> | <b>5</b>   | <b>3.2</b> | <b>3.5</b> |

#### Kechki ovqat

|                                                      | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|------------------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. Tovuq sabzavotli sho'rva _</b>                 |        |          |            |         |            |
| Tovuq, yog'siz, yuqori sifatli, g                    | 21     | 44.9     | 3.4        | 3.3     | 0          |
| Kartoshka, g                                         | 36     | 27.7     | 0,7        | 0.1     | 5.9        |
| Sabzi, g                                             | 51     | 17.8     | 0,7        | 0.1     | 3.5        |
| Piyozi, g                                            | 30     | 12.3     | 0.4        | 0.1     | 2.5        |
| <b>2. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30     | 70.5     | 2.4        | 0.3     | 14.5       |
| <b>3. Kam-shakarli choy, g</b>                       | 100    | 28       | 0.1        | 0       | 7          |
| <b>4. Qiyma bilan mini pizza</b>                     |        |          |            |         |            |
| Yog'siz mol go'shti, oliy navli, g                   | 20     | 43.6     | 3.7        | 3.2     | 0          |
| Sut 3,2% yog'li, sterilangan, g                      | 7      | 4.2      | 0,2        | 0,2     | 0.3        |
| Yuqori sifatli bug'doy uni, g                        | 40     | 133.6    | 4.3        | 0,5     | 28         |
| Yog', g                                              | 2      | 13.2     | 0          | 1.5     | 0          |

|                          |                 |               |             |             |              |
|--------------------------|-----------------|---------------|-------------|-------------|--------------|
| Xamirturush bosilgan, g  | 0,001           | 0             | 0           | 0           | 0            |
| Tovuq tuxumi, g          | 15              | 23.6          | 1.9         | 1.7         | 0.1          |
| Pishloq “Rossiyskiy”, g  | 20              | 72.8          | 4.6         | 5.9         | 0            |
| Pomidor, maydalangan, g  | 10              | 2.4           | 0.1         | 0           | 0.4          |
| Shirin qizil qalampir, g | 3               | 0,8           | 0           | 0           | 0,2          |
| Shakar, g                | 0,001           | 0             | 0           | 0           | 0            |
| <b>Jami</b>              | <b>585.002</b>  | <b>495,5</b>  | <b>22.7</b> | <b>16.9</b> | <b>62.3</b>  |
| <b>Kun uchun jami:</b>   | <b>3338.052</b> | <b>2171.5</b> | <b>90.5</b> | <b>82.2</b> | <b>259,8</b> |
|                          |                 |               |             |             |              |

**Dietolog, ovqatlanish mutaxassisi Malkov. AV**

## Menyu: Seshanba 07.11.2023

### Nonushta

|                                                   | Miqdor        | Kaloriya     | Proteinlar  | Yog'lar     | Uglevodlar  |
|---------------------------------------------------|---------------|--------------|-------------|-------------|-------------|
| <b>1. Mayizli sutli makkajo'xori bilan bo'tqa</b> |               |              |             |             |             |
| Sut 3,2% yog'li, sterillangan, g                  | 10 0          | 60           | 3           | 3.2         | 4.7         |
| Suv, g                                            | 50            | 0            | 0           | 0           | 0           |
| Shakar, g                                         | 4             | 16           | 0           | 0           | 4           |
| Makkajo'xori yoriqlari, g                         | 45            | 162          | 3           | 0           | 37          |
| Tuz, g                                            | 0,05          | 0            | 0           | 0           | 0           |
| Saryog', 72,5% yog', "Krestyanskoye", g           | 2             | 13.2         | 0           | 1.5         | 0           |
| Urug'siz mayiz, g                                 | 10            | 28.1         | 0,2         | 0.1         | 7.1         |
| <b>2. Non va saryog'</b>                          |               |              |             |             |             |
| 1-navli undan tayyorlangan bug'doy noni, g        | 30            | 70.5         | 2.4         | 0.3         | 14.5        |
| Saryog', 72,5% yog', "Krestyanskoye", g           | 10            | 66.1         | 0.1         | 7.3         | 0.1         |
| <b>3. "Svalya" pishloq, 45% yog', g</b>           | 20            | 72.8         | 4.6         | 5.9         | 0           |
| <b>4. Shakar bilan choy, g</b>                    | 100           | 28           | 0.1         | 0           | 7           |
| <b>Jami</b>                                       | <b>571.05</b> | <b>516,7</b> | <b>13.5</b> | <b>18.2</b> | <b>74.4</b> |

### Ikkinchi nonushta

|                         | Miqdor     | Kaloriya     | Proteinlar | Yog'lar    | Uglevodlar  |
|-------------------------|------------|--------------|------------|------------|-------------|
| <b>1. Banan, g</b>      | 100        | 96           | 1.5        | 0,5        | 21          |
| <b>2. Mevali kompot</b> |            |              |            |            |             |
| Olma, g                 | 200        | 94           | 0,8        | 0,8        | 19.6        |
| Gilos, g                | 30         | 15.6         | 0,2        | 0.1        | 3.2         |
| Shakar, g               | 10         | 39.9         | 0          | 0          | 10          |
| Suv, g                  | 100        | 0            | 0          | 0          | 0           |
| <b>Jami</b>             | <b>540</b> | <b>245.5</b> | <b>2.5</b> | <b>1.4</b> | <b>53.8</b> |

**Kechki ovqat**

|                                                      | <b>Miqdor</b> | <b>Kaloriya</b> | <b>Proteinlar</b> | <b>Yog'lar</b> | <b>Uglevodlar</b> |
|------------------------------------------------------|---------------|-----------------|-------------------|----------------|-------------------|
| <b>1. Perlovkali sho'rva</b>                         |               |                 |                   |                |                   |
| Kartoshka, g                                         | 45            | 34.7            | 0,9               | 0,2            | 7.3               |
| Perlovka, g                                          | 30            | 94.5            | 2.8               | 0.3            | 20.1              |
| Sabzi, g                                             | 6             | 2.1             | 0.1               | 0              | 0.4               |
| Piyozi, g                                            | 3             | 1.2             | 0                 | 0              | 0,2               |
| Kungaboqar yog'i, g                                  | 3             | 27              | 0                 | 3              | 0                 |
| Suv, g                                               | 112.5         | 0               | 0                 | 0              | 0                 |
| Yog'siz mol go'shti, yuqori sifatli, g               | 37.7          | 82.2            | 7                 | 6              | 0                 |
| Tuz, g                                               | 0,7           | 0               | 0                 | 0              | 0                 |
| <b>2. Qovurilgan mol go'shti</b>                     |               |                 |                   |                |                   |
| Mol go'shti, yog'siz, yuqori sifatli, g              | 120           | 261.6           | 22.3              | 19.2           | 0                 |
| Yog', g                                              | 10            | 41.2            | 0,5               | 4              | 0,7               |
| Tuz, g                                               | 1.3           | 0               | 0                 | 0              | 0                 |
| Piyozi, g                                            | 30            | 12.3            | 0.4               | 0.1            | 2.5               |
| <b>3. "Assorti" salati</b>                           |               |                 |                   |                |                   |
| Bodring, g                                           | 30            | 4.2             | 0,2               | 0              | 0,8               |
| Pomidor, maydalangan, g                              | 30            | 7.2             | 0.3               | 0.1            | 1.1               |
| Sabzi, g                                             | 30            | 10.5            | 0.4               | 0              | 2.1               |
| Karam, g                                             | 30            | 8.4             | 0,5               | 0.1            | 1.4               |
| <b>4. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30            | 70.5            | 2.4               | 0.3            | 14.5              |
| <b>5. Mevali kompot</b>                              |               |                 |                   |                |                   |
| Olma, g                                              | 200           | 94              | 0,8               | 0,8            | 19.6              |
| Gilos, g                                             | 30            | 15.6            | 0,2               | 0.1            | 3.2               |
| Shakar, g                                            | 10            | 39.9            | 0                 | 0              | 10                |
| Suv, g                                               | 100           | 0               | 0                 | 0              | 0                 |

|                  |               |              |             |             |             |
|------------------|---------------|--------------|-------------|-------------|-------------|
| <b>6. Guruch</b> |               |              |             |             |             |
| Guruch, g        | 30            | 99.9         | 2.1         | 0.3         | 22.2        |
| Kungaboqar yog'i | 10            | 89.9         | 0           | 10          | 0           |
| <b>Jami</b>      | <b>1367.2</b> | <b>806.1</b> | <b>51.8</b> | <b>25.6</b> | <b>87.3</b> |
|                  |               |              |             |             |             |

#### **Peshindan keyin snek**

|                                         | <b>Miqdor</b> | <b>Kaloriya</b> | <b>Proteinlar</b> | <b>Yog'lar</b> | <b>Uglevodlar</b> |
|-----------------------------------------|---------------|-----------------|-------------------|----------------|-------------------|
| <b>Yulaf yormasidan pechenye</b>        |               |                 |                   |                |                   |
| Saryog' 82,5% yog', "Traditsionnoye", g | 10            | 74.8            | 0.1               | 8.3            | 0.1               |
| Shakar, g                               | 10            | 39.9            | 0                 | 0              | 10                |
| Tovuq tuxumi, g                         | 3             | 4.7             | 0.4               | 0.3            | 0                 |
| Yulaf yormasi "Gerkules", g             | 8             | 28.2            | 1                 | 0,5            | 4.9               |
| Yuqori sifatli bug'doy uni, g           | 8             | 26.7            | 0,9               | 0.1            | 5.6               |
| Koritsa, g                              | 0,2           | 0,5             | 0                 | 0              | 0.1               |
| Urug'siz mayiz, g                       | 6             | 16.9            | 0.1               | 0              | 4.3               |
| <b>Jami</b>                             | <b>45.2</b>   | <b>191.6</b>    | <b>2.4</b>        | <b>9.2</b>     | <b>24.9</b>       |

#### **Kechki ovqat**

|                                                      | <b>Miqdor</b> | <b>Kaloriya</b> | <b>Proteinlar</b> | <b>Yog'lar</b> | <b>Uglevodlar</b> |
|------------------------------------------------------|---------------|-----------------|-------------------|----------------|-------------------|
| <b>1. Brokkoli bilan qaymoqli sho'rva</b>            |               |                 |                   |                |                   |
| Kartoshka, g                                         | 20            | 15.4            | 0.4               | 0.1            | 3.3               |
| Piyozi, g                                            | 5             | 2.1             | 0.1               | 0              | 0.4               |
| Sabzi, g                                             | 5             | 1.8             | 0.1               | 0              | 0.3               |
| Pomidor, maydalangan, g                              | 3             | 0,7             | 0                 | 0              | 0.1               |
| Yog' 72,5% yog', "Krestyanskoe", g                   | 10            | 66.1            | 0.1               | 7.3            | 0.1               |
| Brokkoli, g                                          | 70            | 19.6            | 2.1               | 0,2            | 1.9               |
| <b>2. 1-navli undan tayyorlangan bug'doy noni, g</b> | <b>30</b>     | <b>70.5</b>     | <b>2.4</b>        | <b>0.3</b>     | <b>14.5</b>       |
| <b>3. Kissel</b>                                     |               |                 |                   |                |                   |

|                                         |                |               |             |             |            |
|-----------------------------------------|----------------|---------------|-------------|-------------|------------|
| Klyukva, g                              | 16             | 4.5           | 0.1         | 0           | 0,6        |
| Suv, g                                  | 140            | 0             | 0           | 0           | 0          |
| Shakar, g                               | 10             | 39.9          | 0           | 0           | 10         |
| Kartofel kraxmali, g                    | 7              | 21.9          | 0           | 0           | 5.5        |
| <b>4. Uchpuchmak</b>                    |                |               |             |             |            |
| Yog'siz mol go'shti, oliy navli, g      | 15             | 32.7          | 2.8         | 2.4         | 0          |
| Piyoz, g                                | 8              | 3.3           | 0.1         | 0           | 0,7        |
| Yuqori sifatli bug'doy uni, g           | 40             | 133.6         | 4.3         | 0,5         | 28         |
| Kefir 2,5% yog', g                      | 15             | 8             | 0.4         | 0.4         | 0,6        |
| Saryog', 72,5% yog', "Krestyanskoye", g | 8              | 52.9          | 0.1         | 5.8         | 0.1        |
| <b>Jami</b>                             | <b>702</b>     | <b>472,8</b>  | <b>12.9</b> | <b>17</b>   | <b>66</b>  |
| <b>Kun uchun jami:</b>                  | <b>3280.25</b> | <b>2109.1</b> | <b>85.7</b> | <b>65.4</b> | <b>285</b> |

**Dietolog, ovqatlanish mutaxassisi Malkov. AV**

## Menyu: Chorshanba, 08.11.2023

### Nonushta

|                                            | Miqdor     | Kaloriya   | Proteinlar  | Yog'lar     | Uglevodlar  |
|--------------------------------------------|------------|------------|-------------|-------------|-------------|
| <b>1. Sutli guruchli bo'tqa</b>            |            |            |             |             |             |
| Sut 3,2% yog'li, sterillangan, g           | 150        | 90         | 4.5         | 4.8         | 7.1         |
| Oq guruch, g                               | 25         | 83.3       | 1.8         | 0.3         | 18.5        |
| Yog', 72,5% yog', "Krestyanskoe", g        | 5          | 33.1       | 0           | 3.6         | 0.1         |
| Shakar, g                                  | 5          | 20         | 0           | 0           | 5           |
| <b>2. Non va sariyog'</b>                  |            |            |             |             |             |
| 1-navli undan tayyorlangan bug'doy noni, g | 30         | 70.5       | 2.4         | 0.3         | 14.5        |
| Sariyog', 72,5% yog', "Krestyanskoye", g   | 10         | 66.1       | 0.1         | 7.3         | 0.1         |
| <b>3. Omlet</b>                            |            |            |             |             |             |
| Tovuq tuxumi, g                            | 80         | 125.6      | 10.2        | 9.2         | 0,6         |
| Sut 3,2% yog'li, sterillangan, g           | 30         | 18         | 0,9         | 1           | 1.4         |
| Sariyog', 72,5% yog', "Krestyanskoye", g   | 3          | 19.8       | 0           | 2.2         | 0           |
| <b>4. Kam shakarli choy</b>                |            |            |             |             |             |
| Choy, g                                    | 1          | 1.4        | 0,2         | 0.1         | 0           |
| Shakar, g                                  | 10         | 39.9       | 0           | 0           | 10          |
| Limon, g                                   | 7          | 2.4        | 0.1         | 0           | 0,2         |
| Suv, g                                     | 200        | 0          | 0           | 0           | 0           |
| <b>Jami</b>                                | <b>956</b> | <b>570</b> | <b>20.1</b> | <b>28.6</b> | <b>57.5</b> |

### Ikkinchi nonushta

|                            | Miqdor     | Kaloriya   | Proteinlar | Yog'lar    | Uglevodlar  |
|----------------------------|------------|------------|------------|------------|-------------|
| <b>1. Olma, g</b>          | 200        | 94         | 0,8        | 0,8        | 19.6        |
| <b>2. Shakarli choy, g</b> | 100        | 28         | 0.1        | 0          | 7           |
| <b>Jami</b>                | <b>300</b> | <b>122</b> | <b>0,9</b> | <b>0,8</b> | <b>26.6</b> |

### Kechki ovqat

|                                                      | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|------------------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. Go'shtli sho'rva</b>                           |        |          |            |         |            |
| <b>Sho'rva</b>                                       |        |          |            |         |            |
| Kartoshka, g                                         | 60     | 46.2     | 1.2        | 0,2     | 9.8        |
| Sabzi, g                                             | 6      | 2.1      | 0.1        | 0       | 0.4        |
| Piyozi, g                                            | 6      | 2.5      | 0.1        | 0       | 0,5        |
| Konservalangan pomidor, g                            | 2      | 2        | 0.1        | 0       | 0.4        |
| Kungaboqar yog'i, g                                  | 2      | 18       | 0          | 2       | 0          |
| Suv, g                                               | 105    | 0        | 0          | 0       | 0          |
| <b>Kotletalar</b>                                    |        |          |            |         |            |
| Yog'siz mol go'shti, oliy navli, g                   | 17     | 37.1     | 3.2        | 2.7     | 0          |
| Piyozi, g                                            | 1      | 0.4      | 0          | 0       | 0.1        |
| Suv, g                                               | 2      | 0        | 0          | 0       | 0          |
| Tovuq tuxumi, g                                      | 1      | 1.6      | 0.1        | 0.1     | 0          |
| Tuz, g                                               | 0,13   | 0        | 0          | 0       | 0          |
| <b>2. Pishirilgan kartoshka</b>                      |        |          |            |         |            |
| Kartoshka, g                                         | 140    | 107.8    | 2.8        | 0,6     | 22.8       |
| Kungaboqar yog'i, g                                  | 3      | 27       | 0          | 3       | 0          |
| <b>3. "Assorti" salati</b>                           |        |          |            |         |            |
| Pomidor, maydalangan, g                              | 30     | 7.2      | 0.3        | 0.1     | 1.1        |
| Bodring, g                                           | 30     | 4.2      | 0,2        | 0       | 0,8        |
| Sabzi, g                                             | 30     | 10.5     | 0.4        | 0       | 2.1        |
| Karam, g                                             | 30     | 8.4      | 0,5        | 0.1     | 1.4        |
| <b>4. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30     | 70.5     | 2.4        | 0.3     | 14.5       |
| <b>5. Mevali kompot</b>                              |        |          |            |         |            |
| Olma, g                                              | 200    | 94       | 0,8        | 0,8     | 19.6       |
| Gilos, g                                             | 30     | 15.6     | 0,2        | 0.1     | 3.2        |

|                                                |            |              |             |             |             |
|------------------------------------------------|------------|--------------|-------------|-------------|-------------|
| Shakar, g                                      | 10         | 39.9         | 0           | 0           | 10          |
| Suv, g                                         | 100        | 0            | 0           | 0           | 0           |
| <b>6. Baliqli kotleta</b>                      |            |              |             |             |             |
| Som baliq filesi, g                            | 20         | 22.6         | 4.7         | 0.4         | 0.1         |
| Sut 3,2% yog'li , sterillangan                 | 8          | 4.8          | 0,2         | 0.3         | 0.4         |
| Yuqori sifatli undan tayyorlangan bug'doy noni | 8          | 18.8         | 0,6         | 0.1         | 3.9         |
| Tuz, g                                         | 1          | 0            | 0           | 0           | 0           |
| <b>Jami</b>                                    | <b>872</b> | <b>541.2</b> | <b>17.9</b> | <b>10.8</b> | <b>91.1</b> |

#### Peshindan keyin snek

|                                         | Miqdor     | Kaloriya  | Proteinlar | Yog'lar    | Uglevodlar |
|-----------------------------------------|------------|-----------|------------|------------|------------|
| Yogurt 3,2% yog', 5% protein, tabiiy, g | 100        | 68        | 5          | 3.2        | 3.5        |
| <b>Jami</b>                             | <b>100</b> | <b>68</b> | <b>5</b>   | <b>3.2</b> | <b>3.5</b> |

#### Kechki ovqat

|                                                      | Miqdor    | Kaloriya    | Proteinlar | Yog'lar    | Uglevodlar  |
|------------------------------------------------------|-----------|-------------|------------|------------|-------------|
| <b>1. Sho'rva kartoshka</b>                          |           |             |            |            |             |
| Kartoshka, g                                         | 67.5      | 52          | 1.4        | 0.3        | o'n bir     |
| Sabzi, g                                             | 6         | 2.1         | 0.1        | 0          | 0.4         |
| Piyoz, g                                             | 6         | 2.5         | 0.1        | 0          | 0,5         |
| Tuz, g                                               | 0,7       | 0           | 0          | 0          | 0           |
| Saryog' 82,5% yog'li, "Traditsionnoye", g            | 10        | 74.8        | 0.1        | 8.3        | 0.1         |
| <b>2. 1-navli undan tayyorlangan bug'doy noni, g</b> | <b>30</b> | <b>70.5</b> | <b>2.4</b> | <b>0.3</b> | <b>14.5</b> |
| <b>3. Mevali kompot</b>                              |           |             |            |            |             |
| Olma, g                                              | 200       | 94          | 0,8        | 0,8        | 19.6        |
| Gilos, g                                             | 30        | 15.6        | 0,2        | 0.1        | 3.2         |
| Shakar, g                                            | 10        | 39.9        | 0          | 0          | 10          |
| Suv, g                                               | 100       | 0           | 0          | 0          | 0           |
| <b>4. Go'shtli blinchiklar</b>                       |           |             |            |            |             |

|                                    |             |               |             |             |              |
|------------------------------------|-------------|---------------|-------------|-------------|--------------|
| Yuqori sifatli bug'doy uni, g      | 40          | 133.6         | 4.3         | 0,5         | 28           |
| Sut 3,2% yog'li, sterillangan, g   | 25          | 15            | 0,8         | 0,8         | 1.2          |
| Suv, g                             | 30          | 0             | 0           | 0           | 0            |
| Tovuq tuxumi, g                    | 15          | 23.6          | 1.9         | 1.7         | 0.1          |
| Shakar, g                          | 1           | 4             | 0           | 0           | 1            |
| Tuz, g                             | 2           | 0             | 0           | 0           | 0            |
| Kungaboqar yog'i, g                | 6           | 53.9          | 0           | 6           | 0            |
| Yog'siz mol go'shti, oliy navli, g | 25          | 54.5          | 4.7         | 4           | 0            |
| Piyozi, g                          | 25          | 10.3          | 0.4         | 0.1         | 2.1          |
| <b>Jami</b>                        | <b>1042</b> | <b>864.1</b>  | <b>34.6</b> | <b>26.2</b> | <b>120.7</b> |
| <b>Kun uchun jami:</b>             | <b>3270</b> | <b>2165.3</b> | <b>78.5</b> | <b>69.5</b> | <b>29.4</b>  |

**Diyetolog, ovqatlanish mutaxassisi Malkov AV**

## Menyu: payshanba, 11/09/2023

### Nonushta

|                                            | Miqdor       | Kaloriya     | Proteinlar  | Yog'lar     | Uglevodlar  |
|--------------------------------------------|--------------|--------------|-------------|-------------|-------------|
| <b>1. Sut va bug'doyli bo'tqa</b>          |              |              |             |             |             |
| Tariq yormalari, sayqallangan tariq, g     | 20           | 68.4         | 2.3         | 0,7         | 13.3        |
| Sut 3,2% yog'li , sterillangan, g          | 150          | 90           | 4.5         | 4.8         | 7.1         |
| Saryog', 72,5% yog', "Krestyanskoye", g    | 3            | 19.8         | 0           | 2.2         | 0           |
| Shakar, g                                  | 5            | 20           | 0           | 0           | 5           |
| Tuz, g                                     | 1            | 0            | 0           | 0           | 0           |
| <b>2. Non va sariyog '</b>                 |              |              |             |             |             |
| 1-navli undan tayyorlangan bug'doy noni, g | 30           | 70.5         | 2.4         | 0.3         | 14.5        |
| Saryog', 72,5% yog', "Krestyanskoye", g    | 10           | 66.1         | 0.1         | 7.3         | 0.1         |
| <b>3. Qaynatilgan tovuq tuxum, g</b>       | 40           | 62.8         | 5.1         | 4.6         | 0.3         |
| <b>4. Choy</b>                             |              |              |             |             |             |
| Choy (quruq choy barglari), g              | 0,2          | 0.3          | 0           | 0           | 0           |
| Suv, g                                     | 22           | 0            | 0           | 0           | 0           |
| <b>Jami</b>                                | <b>581.2</b> | <b>397,9</b> | <b>14.4</b> | <b>19.8</b> | <b>40.3</b> |

### Ikkinchi nonushta

|                      | Miqdor     | Kaloriya     | Proteinlar | Yog'lar    | Uglevodlar |
|----------------------|------------|--------------|------------|------------|------------|
| <b>1. Banan, g</b>   | 100        | 96           | 1.5        | 0,5        | 21         |
| <b>2. Kisel '</b>    |            |              |            |            |            |
| Klyukva, g           | 16         | 4.5          | 0.1        | 0          | 0,6        |
| Suv, g               | 140        | 0            | 0          | 0          | 0          |
| Shakar, g            | 10         | 39.9         | 0          | 0          | 10         |
| Kartofel kraxmali, g | 7          | 21.9         | 0          | 0          | 5.5        |
| <b>Jami</b>          | <b>373</b> | <b>162.3</b> | <b>1.6</b> | <b>0,5</b> | <b>37</b>  |

### Kechki ovqat

|                                                 | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|-------------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. Borsch</b>                                |        |          |            |         |            |
| Karam, g                                        | 80     | 22.4     | 1.4        | 0,2     | 3.8        |
| Kartoshka, g                                    | 100    | 77       | 2          | 0.4     | 16.3       |
| Lavlagi, g                                      | 75     | 31.5     | 1.1        | 0.1     | 6.6        |
| Sabzi, g                                        | 30     | 10.5     | 0.4        | 0       | 2.1        |
| Piyozi, g                                       | 31     | 12.7     | 0.4        | 0.1     | 2.5        |
| Konservalangan pomidor, g                       | 15     | 15.3     | 0,7        | 0.1     | 2.9        |
| Saryog', 72,5% yog', "Krestyanskoye", g         | 5      | 33.1     | 0          | 3.6     | 0.1        |
| Kungaboqar yog'i, g                             | 17     | 152.8    | 0          | 17      | 0          |
| Tuz, g                                          | 4      | 0        | 0          | 0       | 0          |
| Suyak bulyoni, g                                | 100    | 13       | 2          | 0.1     | 1.2        |
| <b>2. Parda pishirilgan go'shtli kotletalar</b> |        |          |            |         |            |
| Yog'siz mol go'shti, yuqori sifatli, g          | 74     | 161.3    | 13.8       | 11.8    | 0          |
| 1-navli undan tayyorlangan bug'doy noni, g      | 18     | 42.3     | 1.4        | 0,2     | 8.7        |
| Sut 3,2% yog'li , sterillangan, g               | 20     | 12       | 0,6        | 0,6     | 0,9        |
| Tuz, g                                          | 1      | 0        | 0          | 0       | 0          |
| Saryog', 72,5% yog', "Krestyanskoye", g         | 5      | 33.1     | 0          | 3.6     | 0.1        |
| <b>3. Grechka</b>                               |        |          |            |         |            |
| Kartoshka, g                                    | 150    | 115.5    | 3          | 0,6     | 24.5       |
| Sut 3,2% yog'li , sterillangan, g               | 50     | 30       | 1.5        | 1.6     | 2.4        |
| Saryog', 72,5% yog', "Krestyanskoye", g         | 10     | 66.1     | 0.1        | 7.3     | 0.1        |
| <b>4. "Assorti" salati</b>                      |        |          |            |         |            |
| Pomidor, maydalangan, g                         | 30     | 7.2      | 0.3        | 0.1     | 1.1        |
| Bodring, g                                      | 30     | 4.2      | 0,2        | 0       | 0,8        |
| Karam, g                                        | 30     | 8.4      | 0,5        | 0.1     | 1.4        |

|                                                      |             |               |             |             |              |
|------------------------------------------------------|-------------|---------------|-------------|-------------|--------------|
| Sabzi, g                                             | 30          | 10.5          | 0.4         | 0           | 2.1          |
| <b>5. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30          | 70.5          | 2.4         | 0.3         | 14.5         |
| <b>6. Mevali kompot</b>                              |             |               |             |             |              |
| Olma, g                                              | 200         | 94            | 0,8         | 0,8         | 19.6         |
| Gilos, g                                             | 30          | 15.6          | 0,2         | 0.1         | 3.2          |
| Shakar, g                                            | 10          | 39.9          | 0           | 0           | 10           |
| Suv, g                                               | 100         | 0             | 0           | 0           | 0            |
| <b>Jami</b>                                          | <b>1775</b> | <b>1078,9</b> | <b>33.4</b> | <b>48.6</b> | <b>124.6</b> |

#### Peshindan keyin snek

|                                                 | Miqdor      | Kaloriya     | Proteinlar | Yog'lar  | Uglevodlar  |
|-------------------------------------------------|-------------|--------------|------------|----------|-------------|
| <b>Pesochnoye pechenye (kalta non pechenye)</b> |             |              |            |          |             |
| Yuqori sifatli bug'doy uni, g                   | 20          | 66.8         | 2.2        | 0.3      | 14          |
| Saryog' 82,5% yog', "Traditsionnoye", g         | 0,8         | 6            | 0          | 0,7      | 0           |
| Tovuq tuxumi, g                                 | 0,2         | 0.3          | 0          | 0        | 0           |
| Smetana 20% yog', g                             | 0,2         | 0.4          | 0          | 0        | 0           |
| Shakar, g                                       | 7.5         | 29.9         | 0          | 0        | 7.5         |
| <b>Jami</b>                                     | <b>28.7</b> | <b>103.4</b> | <b>2.2</b> | <b>1</b> | <b>21.5</b> |

#### Kechki ovqat

|                                                      | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|------------------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30     | 70.5     | 2.4        | 0.3     | 14.5       |
| <b>2. Limonli choy</b>                               |        |          |            |         |            |
| Choy (quruq choy barglari), g                        | 1      | 1.4      | 0,2        | 0.1     | 0          |
| Shakar, g                                            | 10     | 39.9     | 0          | 0       | 10         |
| Limon, g                                             | 7      | 2.4      | 0.1        | 0       | 0,2        |
| Suv, g                                               | 200    | 0        | 0          | 0       | 0          |
| <b>3. Guruch bilan say</b>                           |        |          |            |         |            |

|                                    |               |               |             |             |              |
|------------------------------------|---------------|---------------|-------------|-------------|--------------|
| Yog'siz mol go'shti, oliy navli, g | 25            | 54.5          | 4.7         | 4           | 0            |
| Piyoz, g                           | 10            | 4.1           | 0.1         | 0           | 0,8          |
| Pomidor, maydalangan, g            | 5             | 1.2           | 0.1         | 0           | 0,2          |
| Chiziqli bass, g                   | 5             | 4.9           | 0,9         | 0.1         | 0            |
| Oq turp (daikon/"sharqiy turp"), g | 5             | 0,9           | 0           | 0           | 0.1          |
| Pomidor, maydalangan, g            | 1             | 0,2           | 0           | 0           | 0            |
| Shirin qizil qalampir, g           | 3             | 0,8           | 0           | 0           | 0,2          |
| Kungaboqar yog'i, g                | 15            | 134.9         | 0           | 15          | 0            |
| Oq guruch, g                       | 50            | 166.5         | 3.5         | 0,5         | 37           |
| <b>Jami</b>                        | <b>467</b>    | <b>482.1</b>  | <b>11.9</b> | <b>20</b>   | <b>63.1</b>  |
| <b>Kun uchun jami:</b>             | <b>3296.2</b> | <b>2189.2</b> | <b>66.3</b> | <b>92.1</b> | <b>268.5</b> |

**Diyetolog, ovqatlanish mutaxassisi Malkov AV**

## Menyu: Juma, 10.11.2023

### Nonushta

|                                            | Miqdor     | Kaloriya     | Proteinlar  | Yog'lar     | Uglevodlar  |
|--------------------------------------------|------------|--------------|-------------|-------------|-------------|
| <b>1. Shoxli sutli sho'rva</b>             |            |              |             |             |             |
| Sut 3,2% yog'li, sterillangan, g           | 150        | 90           | 4.5         | 4.8         | 7.1         |
| Shakar, g                                  | 5          | 20           | 0           | 0           | 5           |
| Saryog', 72,5% yog', "Krestyanskoye", g    | 5          | 33.1         | 0           | 3.6         | 0.1         |
| Tuz, g                                     | 1          | 0            | 0           | 0           | 0           |
| 1-navli undan tayyorlangan makaron, g      | 30         | 99.9         | 3.4         | 0,5         | 20.5        |
| <b>2. Non va sariyog'</b>                  |            |              |             |             |             |
| 1-navli undan tayyorlangan bug'doy noni, g | 30         | 70.5         | 2.4         | 0.3         | 14.5        |
| Saryog', 72,5% yog', "Krestyanskoye", g    | 10         | 66.1         | 0.1         | 7.3         | 0.1         |
| <b>3. Sirniki dan tvorog</b>               |            |              |             |             |             |
| Yog ' miqdori 9% tvorog, g                 | 150        | 253.5        | 27          | 13.5        | 4.5         |
| Smetana 20% yog', g                        | 20         | 41.2         | 0,5         | 4           | 0,7         |
| Yuqori sifatli bug'doy uni, g              | 15         | 50.1         | 1.6         | 0,2         | 10.5        |
| Tovuq tuxumi, g                            | 5          | 7.9          | 0,6         | 0,6         | 0           |
| Saryog', 72,5% yog', "Krestyanskoye", g    | 5          | 33.1         | 0           | 3.6         | 0.1         |
| <b>4. Sut bilan kakao</b>                  |            |              |             |             |             |
| Kakao kukuni, g                            | 5          | 14.5         | 1.2         | 0,8         | 0,5         |
| Shakar, g                                  | 10         | 39.9         | 0           | 0           | 10          |
| Sut 3,2% yog'li , sterillangan, g          | 150        | 90           | 4.5         | 4.8         | 7.1         |
| Suv, g                                     | 50         | 0            | 0           | 0           | 0           |
| <b>Jami</b>                                | <b>941</b> | <b>909.6</b> | <b>45.9</b> | <b>43.9</b> | <b>80.6</b> |

## Ikkinchi nonushta

|                               | Miqdor     | Kaloriya     | Proteinlar | Yog'lar    | Uglevodlar  |
|-------------------------------|------------|--------------|------------|------------|-------------|
| <b>1. Olma, g</b>             | 200        | 94           | 0,8        | 0,8        | 19.6        |
| <b>2. Limonli choy</b>        |            |              |            |            |             |
| Choy (quruq choy barglari), g | 1          | 1.4          | 0,2        | 0.1        | 0           |
| Shakar, g                     | 10         | 39.9         | 0          | 0          | 10          |
| Limon, g                      | 7          | 2.4          | 0.1        | 0          | 0,2         |
| Suv, g                        | 200        | 0            | 0          | 0          | 0           |
| <b>Jami</b>                   | <b>418</b> | <b>137.7</b> | <b>1.1</b> | <b>0,9</b> | <b>29.8</b> |

## Kechki ovqat

|                                            | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|--------------------------------------------|--------|----------|------------|---------|------------|
| <b>1. Shurpa</b>                           |        |          |            |         |            |
| Kartoshka, g                               | 110    | 107.8    | 2.8        | 0,6     | 22.8       |
| Yog '82%", g                               | 10     | 66.1     | 0.1        | 7.3     | 0.1        |
| Mol go'shti, g                             | 40     | 24       | 1.2        | 1.3     | 1.9        |
| Sabzi, g                                   | 25     | 47.6     | 1.1        | 4       | 1.8        |
| Piyozi, g                                  | 25     | 16.7     | 0,5        | 0.1     | 3.5        |
| Pomidor, g                                 | 25     | 30       | 2          | 1       | 20         |
| <b>2. Tovuq "uyasi"</b>                    |        |          |            |         |            |
| Tovuq filesi, g                            | 60     | 67.8     | 14.2       | 1.1     | 0,2        |
| 1-navli undan tayyorlangan bug'doy noni, g | 13     | 30.6     | 1          | 0.1     | 6.3        |
| Sut 3,2% yog'li, sterillangan, g           | 10     | 6        | 0.3        | 0.3     | 0,5        |
| Kungaboqar yog'i, g                        | 3      | 27       | 0          | 3       | 0          |
| Tuz, g                                     | 1      | 0        | 0          | 0       | 0          |
| Piyozi, g                                  | 3      | 1.2      | 0          | 0       | 0,2        |
| Pishloq "Rossiyskiy", g                    | 5      | 18.2     | 1.2        | 1.5     | 0          |

|                                                      |               |              |             |             |              |
|------------------------------------------------------|---------------|--------------|-------------|-------------|--------------|
| Shirin qizil qalampir, g                             | 2             | 0,5          | 0           | 0           | 0.1          |
| Qovoq, g                                             | 4             | 1            | 0           | 0           | 0,2          |
| <b>3. Grechka</b>                                    |               |              |             |             |              |
| Grechka donasi, g                                    | 35.7          | 118.9        | 2.5         | 0.4         | 26.4         |
| Saryog', 72,5% yog', "Krestyanskoye", g              | 4.5           | 29.7         | 0           | 3.3         | 0.1          |
| <b>4. Tug'ralgan sabzavotlar</b>                     |               |              |             |             |              |
| Pomidor, maydalangan, g                              | 30            | 7.2          | 0.3         | 0.1         | 1.1          |
| Bodring, g                                           | 30            | 4.2          | 0,2         | 0           | 0,8          |
| Karam, g                                             | 30            | 8.4          | 0,5         | 0.1         | 1.4          |
| Sabzi, g                                             | 30            | 10.5         | 0.4         | 0           | 2.1          |
| <b>5. 1-navli undan tayyorlangan bug'doy noni, g</b> | 30            | 70.5         | 2.4         | 0.3         | 14.5         |
| <b>6. Kompot dan yangi</b>                           |               |              |             |             |              |
| Olma, g                                              | 200           | 94           | 0,8         | 0,8         | 19.6         |
| Gilos, g                                             | 30            | 15.6         | 0,2         | 0.1         | 3.2          |
| Shakar, g                                            | 10            | 39.9         | 0           | 0           | 10           |
| Suv, g                                               | 100           | 0            | 0           | 0           | 0            |
| <b>Jami</b>                                          | <b>1666.2</b> | <b>813.4</b> | <b>29.9</b> | <b>24.2</b> | <b>116.7</b> |

#### Peshindan keyin snek

|                                         | Miqdor     | Kaloriya  | Proteinlar | Yog'lar    | Uglevodlar |
|-----------------------------------------|------------|-----------|------------|------------|------------|
| Yogurt 3,2% yog', 5% protein, tabiiy, g | 100        | 68        | 5          | 3.2        | 3.5        |
| <b>Jami</b>                             | <b>100</b> | <b>68</b> | <b>5</b>   | <b>3.2</b> | <b>3.5</b> |

#### Kechki ovqat

|                              | Miqdor | Kaloriya | Proteinlar | Yog'lar | Uglevodlar |
|------------------------------|--------|----------|------------|---------|------------|
| <b>1. Perlovkali sho'rva</b> |        |          |            |         |            |
| Kartoshka, g                 | 45     | 34.7     | 0,9        | 0,2     | 7.3        |
| Perlovka, g                  | 30     | 94.5     | 2.8        | 0.3     | 20.1       |
| Sabzi, g                     | 6      | 2.1      | 0.1        | 0       | 0.4        |

|                                                          |               |               |              |             |              |
|----------------------------------------------------------|---------------|---------------|--------------|-------------|--------------|
| Piyozi, g                                                | 3             | 1.2           | 0            | 0           | 0,2          |
| Kungaboqar yog'i, g                                      | 3             | 27            | 0            | 3           | 0            |
| Suv, g                                                   | 112.5         | 0             | 0            | 0           | 0            |
| Yog'siz mol go'shti, yuqori sifatli, g                   | 37.7          | 82.2          | 7            | 6           | 0            |
| Tuz, g                                                   | 0,7           | 0             | 0            | 0           | 0            |
| <b>2. 1-navli undan tayyorlangan<br/>bug'doy noni, g</b> | 30            | 70.5          | 2.4          | 0.3         | 14.5         |
| <b>3. Mevali kompot</b>                                  |               |               |              |             |              |
| Olma, g                                                  | 200           | 94            | 0,8          | 0,8         | 19.6         |
| Gilos, g                                                 | 30            | 15.6          | 0,2          | 0.1         | 3.2          |
| Shakar, g                                                | 10            | 39.9          | 0            | 0           | 10           |
| Suv, g                                                   | 100           | 0             | 0            | 0           | 0            |
| <b>4. Kurniki</b>                                        |               |               |              |             |              |
| Yuqori sifatli bug'doy uni, g                            | 45            | 150.3         | 4.9          | 0,6         | 31.5         |
| Suv, g                                                   | 20            | 0             | 0            | 0           | 0            |
| Saryog', 72,5% yog', "Krestyanskoye", g                  | 5             | 33.1          | 0            | 3.6         | 0.1          |
| Piyozi, g                                                | 3             | 1.2           | 0            | 0           | 0,2          |
| Tovuq filesi, g                                          | 30            | 33.9          | 7.1          | 0,6         | 0.1          |
| Pomidor, maydalangan, g                                  | 2             | 0,5           | 0            | 0           | 0.1          |
| Tovuq tuxumi, g                                          | 4             | 6.3           | 0,5          | 0,5         | 0            |
| <b>Jami</b>                                              | <b>916,9</b>  | <b>686,9</b>  | <b>26.8</b>  | <b>16</b>   | <b>107.3</b> |
| <b>Kun uchun jami:</b>                                   | <b>4042.1</b> | <b>2615.6</b> | <b>108.7</b> | <b>88.2</b> | <b>337,9</b> |

**Dietolog, ovqatlanish mutaxassisi Malkov. AV**