



Ежедневное 12-ти дневное меню для обеспечения горячим питанием (завтраки) обучающихся возрастной группы 7-11 лет МОУ г.Волгограда

**06.11.2026**

| Прием пищи, наименование блюда                 | 11 Вариант   |                  |         |             |                                  |
|------------------------------------------------|--------------|------------------|---------|-------------|----------------------------------|
|                                                | Масса порции | Пищевые вещества |         |             | Энергетическая<br>ценность, ккал |
|                                                |              | Белки, г         | Жиры, г | Углеводы, г |                                  |
| Завтрак                                        |              |                  |         |             |                                  |
| КАША МОЛОЧНАЯ ИЗ РИСА И ПШЕНА ДРУЖБА С МАСЛОМ  |              |                  |         |             |                                  |
| БЛИНЧИКИ С МОЛОКОМ ЦЕЛЬНЫМ СГУЩЕННЫМ С САХАРОМ | 200          | 4,18             | 3,56    | 22,76       | 139,80                           |
| ЧАЙ С САХАРОМ И ЛИМОНОМ                        | 90           | 8,49             | 12,39   | 30,41       | 267,11                           |
| ХЛЕБ ПШЕНИЧНЫЙ                                 | 200          | 0,15             | 0,04    | 10,82       | 44,22                            |
| Итого за прием пищи:                           | 40           | 3,16             | 0,40    | 19,32       | 94,00                            |
|                                                | 530          | 15,98            | 16,39   | 83,31       | 545,13                           |

Ответственное лицо

Ответственное лицо                     

\* Согласно СанПин 2.3/2.4.4282-26 раздел VIII пункт 59 подпункт 7: ежедневное меню основного (организованного) питания на сутки для всех возрастных групп детей с указанием наименования приема пищи, наименования блюда, массы порции, калорийности порции.

Согласовано



Утверждаю: ООО Виво Маркет  
Ковалев Р.С.



Ежедневное 12-ти дневное меню для обеспечения горячим питанием (завтраки) обучающихся возрастной группы 12-18 лет МОУ г.Волгограда

11 Вариант

| 11 Вариант                                     |              |                  |         |             |                                  |
|------------------------------------------------|--------------|------------------|---------|-------------|----------------------------------|
| Прием пищи, наименование блюда                 | Масса порции | Пищевые вещества |         |             | Энергетическая<br>ценность, ккал |
|                                                |              | Белки, г         | Жиры, г | Углеводы, г |                                  |
| Завтрак                                        |              |                  |         |             |                                  |
| КАША МОЛОЧНАЯ ИЗ РИСА И ПШЕНА ДРУЖБА С МАСЛОМ  | 250          | 5,45             | 5,53    | 34,13       | 208,09                           |
| БЛИНЧИКИ С МОЛОКОМ ЦЕЛЬНЫМ СГУЩЕННЫМ С САХАРОМ | 90           | 8,49             | 12,39   | 30,41       | 267,11                           |
| ЧАЙ С САХАРОМ И ЛИМОНОМ                        | 200          | 0,15             | 0,04    | 10,82       | 44,22                            |
| ХЛЕБ ПШЕНИЧНЫЙ                                 | 50           | 3,83             | 0,49    | 23,43       | 113,98                           |
| Итого за прием пищи:                           | 590          | 17,92            | 18,45   | 98,79       | 633,40                           |
| Ответственное лицо                             | 4-8          |                  |         |             |                                  |

Ответственное лицо 

\* Согласно СанПин 2.3/2.4.4282-26 раздел VIII пункт 59 подпункт 7: ежедневное меню основного (организованного) питания на сутки для всех возрастных групп детей с указанием наименования приема пищи, наименования блюда, массы порции, калорийности порции.

Согласовано



Утверждаю: ООО Виво Маркет

Ковалев Р.С.

Ежедневное 12-ти дневное меню для обеспечения горячим питанием (обеда) обучающихся возрастной группы 7-11 лет МОУ г.Волгограда

11 Вариант

| Прием пищи, наименование блюда                      | Масса порции | Пищевые вещества |         |             | Энергетическая<br>ценность, ккал |
|-----------------------------------------------------|--------------|------------------|---------|-------------|----------------------------------|
|                                                     |              | Белки, г         | Жиры, г | Углеводы, г |                                  |
| Обед                                                |              |                  |         |             |                                  |
| ПОМИДОР СВЕЖИЙ                                      | 60           | 0,64             | 0,00    | 1,40        | 8,15                             |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ                            | 200          | 2,34             | 5,05    | 10,11       | 95,25                            |
| ВАРЕНИКИ С КАРТОФЕЛЕМ И КУРИЦЕЙ СО СЛИВОЧНЫМ МАСЛОМ | 150          | 12,21            | 16,69   | 42,60       | 369,45                           |
| ЧАЙ С САХАРОМ                                       | 180          | 0,09             | 0,02    | 9,60        | 38,32                            |
| ХЛЕБ ПШЕНИЧНЫЙ                                      | 40           | 3,16             | 0,40    | 19,32       | 94,00                            |
| ХЛЕБ ПЕКЛЕВАННЫЙ                                    | 60           | 3,66             | 0,72    | 23,94       | 118,20                           |
| ПЕЧЕНЬЕ                                             | 20           | 1,16             | 3,69    | 8,38        | 71,37                            |
| Итого за прием пищи:                                | 710          | 23,26            | 26,63   | 114,88      | 795,90                           |
| Ответственное лицо                                  |              |                  |         |             |                                  |

Ответственное лицо

*[Signature]*

\* Согласно СанПин 2.3/2.4.4282-26 раздел VIII пункт 59 подпункт 7: ежедневное меню основного (организованного) питания на сутки для всех возрастных групп детей с указанием наименования приема пищи, наименования блюда, массы порции, калорийности порции.

Согласовано



Утверждаю: ООО Виво Маркет

Ковалев Р.С.



Ежедневное 12-ти дневное меню для обеспечения бесплатным питанием (полдники) обучающихся с ограниченными возможностями здоровья, детей - инвалидов возрастной группы 7-11 лет МОУ Волгограда

11 Вариант

| 11 Вариант                     |              |                  |         |             |                                  |
|--------------------------------|--------------|------------------|---------|-------------|----------------------------------|
| Прием пищи, наименование блюда | Масса порции | Пищевые вещества |         |             | Энергетическая<br>ценность, ккал |
|                                |              | Белки, г         | Жиры, г | Углеводы, г |                                  |
| Полдник                        |              |                  |         |             |                                  |
| ПИРОЖОК ПЕЧЁНЫЙ С КАРТОФЕЛЕМ   | 100          | 7,11             | 5,50    | 47,30       | 267,60                           |
| КОМПОТ ИЗ ИЗЮМА                | 200          | 0,50             | 0,10    | 27,40       | 112,60                           |
| Итого за прием пищи:           | 300          | 7,61             | 5,60    | 74,70       | 380,20                           |

Ответственное лицо

\* Согласно СанПин 2.3/2.4.4282-26 раздел VIII пункт 59 подпункт 7: ежедневное меню основного (организованного) питания на сутки для всех возрастных групп детей с указанием наименования приема пищи, наименования блюда, массы порции, калорийности порции.

Согласовано



Утверждаю: ООО Виво Маркет

Ковалев Р.С.



Ежедневное 12-ти дневное меню для обеспечения горячим питанием (обеда) обучающихся возрастной группы 12-18 лет МОУ г.Волгограда

11 Вариант

| 11 Вариант                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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   | Энергетическая<br>ценность, ккал |
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Углеводы, г |                                  |
| Обед                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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| ПОМИДОР СВЕЖИЙ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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   | 13,58                            |
| РАССОЛЬНИК ЛЕНИНГРАДСКИЙ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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   | 121,51                           |
| ВАРЕНИКИ С КАРТОФЕЛЕМ И КУРИЦЕЙ СО СЛИВОЧНЫМ МАСЛОМ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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   | 463,11                           |
| ЧАЙ С САХАРОМ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 200          | 0,10             | 0,03    | 10,67       | 42,57                            |
| ХЛЕБ ПШЕНИЧНЫЙ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 50           | 3,83             | 0,49    | 23,43       | 113,98                           |
| ХЛЕБ ПЕКЛЕВАННЫЙ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 60           | 3,66             | 0,72    | 23,94       | 118,20                           |
| ПЕЧЕНЬЕ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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   | 71,37                            |
| Итого за прием пищи:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 880          | 28,46            | 30,49   | 138,20      | 942,12                           |
| Ответственное лицо <u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     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|              |                  |         |             |                                  |

Ответственное лицо

*(Handwritten signature)*

\* Согласно СанПин 2.3/2.4.4282-26 раздел VIII пункт 59 подпункт 7: ежедневное меню основного (организованного) питания на сутки для всех возрастных групп детей с указанием наименования приема пищи, наименования блюда, массы порции, калорийности порции.

Согласовано



Утверждаю: ООО Виво Маркет

Ковалев Р.С.

Ежедневное 12-ти дневное меню для обеспечения бесплатным питанием (полдники) обучающихся с ограниченными возможностями здоровья, детей - инвалидов возрастной группы 12-18 лет, МОУ Волгограда

11 Вариант

| Прием пищи, наименование блюда | Масса порции | Пищевые вещества |         |             | Энергетическая<br>ценность, ккал |
|--------------------------------|--------------|------------------|---------|-------------|----------------------------------|
|                                |              | Белки, г         | Жиры, г | Углеводы, г |                                  |
| Полдник                        |              |                  |         |             |                                  |
| ПИРОЖОК ПЕЧЁНЫЙ С КАРТОФЕЛЕМ   | 150          | 10,46            | 8,07    | 69,73       | 393,80                           |
| КОМПОТ ИЗ ИЗЮМА                | 200          | 0,50             | 0,10    | 27,40       | 112,60                           |
| Итого за прием пищи:           | 350          | 10,96            | 8,17    | 97,13       | 506,40                           |

Ответственное лицо