

გვირის მენიუს განწილვა ერთ სპორტსმენზე

		დასახელება	პური 1	პური 2	ფქვილი 1 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
			ხარისხი	რეზი	ხარისხი	ლოთი	მანა	წიფურა	პარდა შერალი	პარდა ნედი	პინჯი	ქვამიშული	მაკრონა	სორცე უბელი, საქონლის	ღორის სორცე სელი	უბელი ღორის სორცე	ქათმის სორცე	სოსისი	ძეხვი	ქაშვი დამირღებ (უთავი)	თევზი თავიანი	თევზი უთავო	კრები	ზეთი	კარაქი	მაწონი	შედგებული რე	არაგანი	ხაჭო	მგელი	მათინეზი	მგრევი	შაქარი	მარილი
ორშაბათი	საუზმე	პური მანანის ფაფა შესქელებული რძით ქათმის სორცე შერევა, ხაჭებელი მაკრონი ყველით ჩაი,კარაქი,თაფლი, მაწონი	150				40					60				150								5		20						10	1	
	სადილი	სულ საუზმე პური ვინგრეტი ბორში გულიაში საქხორციით წიწიბურას გარნირი გამაგრებული სასმელი ხილი სულ სადილი	150	150		10			0	0	0	60	0	0	0	150	0	0	0	0	0	0			15	200				35			30	
	გახში	კარტოფილის პიურე შერევა თევზი ტყეშის საწებელი იოგურტი, საკონდიტრო ნაწარმი კარაქი, პური სულ გახში			5																170		6.7400		5							2	3	
	100	100																						15										
	სულ დღეში:		250	250	8	10	40	45	0	0	0	60	200.0	0	0	150	0	0	0	0	170	0	25.54	40	200	20	0	0	35	0	0	41	18	
სამშაბათი	საუზმე	ბრინჯის ფაფა შედგებული რძით არაგანი და ხაუო ქიშიშით შერევა ძეხვი წიწიბურას გარნირით კაკაო რძით							40									60						5		20		40	150			5	1	
	სადილი	კარაქი, პური, თაფლი, მაწონი სულ საუზმე პური ჭარხლის საღაითი ზეთით ვერმიშელის სუფი ტიფტელი ტომატის სოუსში მაკრონი მოხრაკული ხახვით კომპოტი ხირის ხილი სულ სადილი	150																				15	200		20					10			
	150	0	0	0	0	40	0	0	40	0	0	0	0	0	0	0	0	60	0	0	0	0	3	20	200	40	40	150	0	0	0	24	4	
	100	150																																
	გახში	კარტოფილის პიურე მოხარული ხოსისი, მღოვუ ოლივე იოგურტი ჩაი, შაქარი, კარაქი, პური სულ გახში							10								20					5		15								2	1	
	100																																	
	100	0	0	0	0	0	0	0	10	0	0	0	0	0	0	20	0	0	0	0	0	5	0.00	15	0	0	0	0	0	20	0.1	20	3	
	სულ დღეში:		350	150	0	0	0	40	0	10	40	15	70	165	0	0	0	20	60	0	0	0	5	18.00	35	200	40	40	150	0	20	0.2	54	18
ოთხშაბათი	საუზმე	პური ბრინჯის ფლაფი გაშლით და ქიშიშით კარტოფილის საღაითი თოხლოდ მოხაჭვრები, ვერმიშელის გარნირი ჩაი, კარაქი, თაფლი,მაწონი,შაქარი	150							45													2	5							9	1		
	სადილი	სულ საუზმე პური კომპოსტოს საღაითი ზეთით ჩაი შერევა ქათამი მბინჯის სოუსით ხილი შერევა კარტოფილი ტომატის საწებლით გამაგრებული სასმელი სულ სადილი																																
	100	0	0	0	0	0	0	0	45	50	0	0	0	0	0	0	0	0	0	0	0	7	15	20	200	0	0	0	0	0	2	29	5	
	100	100																																
	გახში	კარტოფილის პიურე მოხარული თევზი ქინძარში ხილფაფა იოგურტი, საკონდიტრო ნაწარმი პური სულ გახში																																
	100																																	
	100	0	0	0	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0	168	0	1.74	5	0	0	0	0	0	0	0	0	4	
	სულ დღეში:		300	100	5	0	0	65	0	0	45	50	0	0	0	288	0	0	0	0	168	0	21.74	25	200	0	0	0	0	20	2.2	29	18	

სეუშპათი	საუზმე	მანანის ფაფა შესქელებული რძით					40														5		20							10	1		
		არაქანი და ხაუო ქიშიშით																															
		ომლეტი ძეხვით															80					3							1				
		წიწიბურას გარნირი					50														3										2		
	სადილი	ჩაი,კარაქი, პური, შაქარი,თაფლი, მაწონი	100																			15	200								25		
		სულ საუზმე	100	0	0	0	40	50	0	0	0	0	0	0	0	0	80	0	0	0	0	6	20	200	20	65	87.5	0	0	1	35	3	
		პური	100	100																													
		ბოსტნეულის საღაათი „შუბა“																											20		3		
		სუფ-ხარხო საქონლის ხორცი										20										4										3	
		საქონლის ხორცის სოუსი																														3	
		გამაგრებელი ხახმული																				4											
		ხილი																															
	გახმაში	სულ სადილი	100	100	0	0	0	0	0	0	20	0	0	228	0	0	0	0	0	0	0	8	0	0	0	0	0	0	20	0	0	9	
		ჩაშუშული კომბოსტო კარტოფილით																				5	3.74							1	3		
		შემწვარი თევზი			5																148	4.74									3		
		ტყეშლის საწებელი																															
პარასკევი	საუზმე	მაკარონი ყველით									50										5										2		
		ჩაი, შაქარი, კარაქი, პური,იოგურტი			150																		15								25		
		სულ გახმაში	0	150	5	0	0	0	0	0	0	0	50	0	0	0	0	0	0	0	148	10	8.48	15	0	0	0	0	0	1	25	8	
		სულ დღეში:	200	250	5	0	40	50	0	0	20	0	50	228	0	0	0	0	80	0	0	148	10	22.48	35	200	20	65	87.5	0	20	2	60
	სადილი	პური	150																														
		ყველი, მოხარშული კვერცხი																											70	2			
		ბრინჯის ფლავი ვაშლით და ქიშიშით										35										2	5								10	1	
		წიწიბურას გარნირი					30															3										2	
		ჩაი, კარაქი, საკონდიტრო ნაწარმი,იოგურტი																					15								30		
		სულ საუზმე	150	0	0	0	0	30	0	0	0	35	0	0	0	0	0	0	0	0	0	5	20	0	0	0	0	0	70	0	2	40	3
		პური	150	100																													
		მაწვნის სუფი			5							15										3		50							0.2	3	
	სადილი	ლობიო				80																3										2	
		ჭარხლის საღაათი ზეთით																				3										2	
		ოსტრი საქონლის ხორცი											270									3										2	
		ხილი, გამაგრებელი ხახმული																															
გახმაში	სულ სადილი	150	100	5	80	0	0	0	0	15	0	0	270.0	0	0	0	0	0	0	0	0	12	0	50	0	0	0	0	0	0.2	0	9	
	კარტოფილის პიურე																				5										2		
	შემწვარი თევზი			5																168		2.74									3		
	ტომატის საწებელი																																
შაბათი	საუზმე	ხილფაფა																															
		ჩაი, შაქარი, კარაქი, პური,მაწონი, თაფლი	100	100																			15	200							20		
		სულ გახმაში	100	100	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	168	5	2.74	15	200	0	0	0	0	0	0	20	5
		სულ დღეში:	400	200	10	80	0	30	0	0	50	0	0	270.0	0	0	0	0	0	0	0	168	5	19.74	35	250	0	0	0	70	0	2.2	60
	სადილი	ვერმიშელის ფაფა შედგენილი რძით										40											5	20							5	1	
		არაქანი და ხაუო ქიშიშით																															
		შემწვარი სოსისი, ბრინჯის გარნირი									45						80					3										3	
		კაკაო რძით																							20						5		
		კარაქი, პური, თაფლი,მაწონი	150																				15	200							20		
		სულ საუზმე	150	0	0	0	0	0	0	0	45	40	0	0	0	0	80	0	0	0	0	3	20	200	40	65	87.5	0	0	0	30	4	
		პური	100	100																													
		ბარდის სუფი							25													4										3	
	სადილი	ქათმის ჩახოხილი															250					4								0.2		3	
		მაკარონი ყველით										40										4						35				2	
		ოლიფე								10																		20	0.1			2	
		კომპოტი ჩირის																													10		
გახმაში	ხილი																																
	სულ სადილი	100	100	0	0	0	0	25	10	0	0	40	0	0	0	250	0	0	0	0	0	12	0	0	0	0	0	35	20	0.3	10	10	
	წიწიბურას გარნირი						55														2										3		
	კატლერი			10	3							130										2.74							0.1		3		
კერა	საუზმე	ტყეშლის საწებელი																															
		მიხარშული კარტოფილი წითელი სოუსით																				5	2									3	
		პური, იოგურტი	100	90																													
		სულ გახმაში	100	100	3	0	0	55	0	0	0	0	0	130	0	0	0	0	0	0	0	5	6.74	0	0	0	0	0	0	0	0.1	0	9
	სადილი	სულ დღეში:	350	200	3	0	0	55	25	10	45	40	40	130	0	0	250	80	0	0	0	5	21.74	20	200	40	65	87.5	35	20	0.4	40	23
		მანანის ფაფა შესქელებული რძით					40															5		20							10	1	
		არაქანი და ხაუო ქიშიშით																														5	
		მოხარშული სოსისი, მდიოვე														80															1		
		წიწიბურას გარნირი					55															4										2	
		ჩაი, კარაქი, პური, თაფლი,მაწონი	150																				15	200							25		
		სულ საუზმე	150	0	0	0	40	55	0	0	0	0	0	0	0	0	80	0	0	0	0	4	20	200	20	65	87.5	0	0	0	41	3	
		პური	100	100																													
	სადილი	ბისტროგანოვი			5								230.0									4				20						2	
		ბოსტნეულის სუფი																				4										2	
		შემწვარი კარტოფილი ტომატის საწებლით																				4										2	
		ყველი																											70				
სადილი	ხილი, გამაგრებელი ხახმული																																

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