

E.P.Mujeres Arequipa

PROGRAMACION DE MENUS

ABRIL 2018

MENUS PARA POBLACION PENAL MUJERES AREQUIPA - ABRIL 2018

domingo, 01 de abril de 2018	COCOCA CON LECHE + 02 PANES + QUESO	ARROZ CON POLLO + ENSALADA, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 02 de abril de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	CALDO BLANCO + REFRESCO + FRUTA	CAU CAU DE MONDONGO + ARROZ + INFUSION
martes, 03 de abril de 2018	MAÇA CON COCOCA + 02 PANES + TORREJA DE TALLARIN	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRU	CAJALLO DE HUEVOS
miércoles, 04 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MERMELADA	POLLO AL SILLAO,ARROZ,REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
jueves, 05 de abril de 2018	TE + 02 PANES + CAMOTE FRITO	HIGADO FRITO+ ARROZ + ENSALADA + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANJAR
viernes, 06 de abril de 2018	SIETE CEREALES + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	POLLO A LA MOSTAZA + ARROZ + INFUSION
sábado, 07 de abril de 2018	CAFE + 02 PANES + ATUN	GUISO DE FIDEOS ,ARROZ,REFRESCO,FRUTA	CAMOTE ARROZADO + ARROZ + INFUSION
domingo, 08 de abril de 2018	COCOCA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ,REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 09 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HIRO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	REVUELTO DE ZANAHORIA, ARROZ + INFUSION
martes, 10 de abril de 2018	MAÇA CON COCOCA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA,REFRESCO	AGUADITO CON MENUDENCIA DE POLLO
miércoles, 11 de abril de 2018	CEBADA CON LECHE+ 02 PANES +ACEITUNA	POLLO BROSTER,ARROZ ,REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
jueves, 12 de abril de 2018	TE + 02 PANES + CAMOTE FRITO	MATASQUITA DE POLLO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MERMELADA
viernes, 13 de abril de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	PAPA CON HUEVO Y COCOCA + INFUSION
sábado, 14 de abril de 2018	CAFE + 02 PANES + HUEVO SANCOCHADO	CHAMPAÑITA ,ARROZ + REFRESCO + FRUTA	POLLO ENCEBOLLADO + ARROZ + INFUSION
domingo, 15 de abril de 2018	COCOCA CON LECHE + 02 PANES + QUESO	ASADO DE CERDO + ARROZ + ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 16 de abril de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	SOPA DE POLLO + REFRESCO + FRUTA	HIGADO FRITO + ARROZ + INFUSION
martes, 17 de abril de 2018	MAÇA CON COCOCA + 02 PANES + TORREJA DE TALLARIN	FRUJOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FR	SOPA DE ARROZ CON MENUDENCIA DE POLLO
miércoles, 18 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MERMELADA	ESTOFADO DE POLLO+ ARROZ ,REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
jueves, 19 de abril de 2018	TE + 02 PANES + CAMOTE FRITO	CAU CAU DE MONDONGO+ ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANJAR
viernes, 20 de abril de 2018	SIETE CEREALES + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
sábado, 21 de abril de 2018	CAFE + 02 PANES + ATUN	LOCRO CON RES,PEDRO,ARROZ,REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
domingo, 22 de abril de 2018	COCOCA CON LECHE + 02 PANES + QUESO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 23 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	AGUADITO CON MENUDENCIA DE POLLO + REFRESCO + FRUTA	PAPA ARROZADA ,ARROZ + INFUSION
martes, 24 de abril de 2018	MAÇA CON COCOCA + 02 PANES + MARGARINA	GUISO DE ARVEJITA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
miércoles, 25 de abril de 2018	CEBADA CON LECHE+ 02 PANES +ACEITUNA	POLLADA, ARROZ + ENSALADA + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
jueves, 26 de abril de 2018	TE + 02 PANES + CAMOTE FRITO	HIRO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANJAR
viernes, 27 de abril de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	ARROZ CON HUEVO FRITO + INFUSION
sábado, 28 de abril de 2018	CAFE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ,REFRESCO,FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
domingo, 29 de abril de 2018	COCOCA CON LECHE + 02 PANES + QUESO	ISCO DE RES, ARROZ,REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
lunes, 30 de abril de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	PICANTE A LA TACUÑA + ARROZ + REFRESCO + FRUTA	POLLO FRITO ,ARROZ + INFUSION


Lidier R. Canaza Vega
 ADMINISTRADOR






Lidia Elizabeth del Rosario Alvarado Corp
 NUTRICIONISTA
 C.N.P. 3979

domingo, 01 de abril de 2018

ALIMENTO	gráper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Cocoa con leche + 02 panes + queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Leche evapo	70.00	100.00	4.80	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	91.00	3.96	118.56
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	512.80
								%DIST.	24.92
Almuerzo:	Arroz con pollo, ensalada, fruta y refresco								
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado	180.0	100.00	14.78	0.90	140.04	59	8.10	560.16	627.30
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Acetate vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca nes	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mo	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Arvejas fresc	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.68
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de c	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
Plátano de si	150.0	86.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES	1291.43
								%DIST.	62.75
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	66.00	0.16	0.06	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Mermelada C	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	96.49
								VC DES	253.69
								%DIST.	12.33
			72.07	47.92	334.57				
			288.30	431.32	1338.29				
			14.01	20.96	65.03				
					100.00			VCT	2057.91

Lider N. Canasa Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Rivera Corp
NUTRICIONISTA
C.N.R. 3879



Lider N. Canasa Vega
ADMINISTRADOR

lunes, 02 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con manzana , pan , mortadela									
Avena, hojue	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana de	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.52
Canela enter	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de cl	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

461.93

21.27

Almuerzo:	Caldo blanco + refresco y fruta								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	88.10
Arroz Pilado	80.00	100.00	6.56	0.40	62.24	26.24	3.60	248.96	278.80
Acetate vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Apio	12.00	75.00	0.06	0.02	0.43	0.25	0.162	1.73	2.14
Poro	12.00	68.00	0.21	0.08	0.60	0.86	0.57024	2.41	3.83
Garbanzo en	10.00	90.00	1.73	0.55	5.41	6.91	4.941	21.84	33.49
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.18
Yuca blanca	100.00	70.00	0.56	0.14	27.51	2.24	1.26	110.04	113.54
Chuflo blanco	60.00	90.00	0.27	0.00	2.68	1.08	0	10.58	11.86
Pimienta ent	0.08	100	0.01	0.01	0.05	0.03	0.0576	0.20	0.29
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla de ca	10.00	87.00	0.09	0.01	0.76	0.38	0.1206	3.03	3.52
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0.00	78.64	78.64
Verduras sur	5.00	80.00	0.19	0.03	0.26	0.77	0.252	1.04	2.06
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79

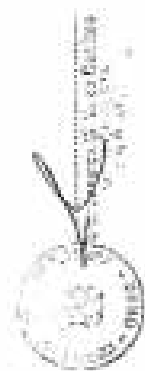
VC Alm 1000.24

% Dist 46.06

CENA:	Cau cau de mondongo , arroz e infusion								
Arroz Pilado	100.0	100.00	8.20	0.50	77.80	32.80	4.5	311.20	348.50
Mondongo de	100.0	88.00	14.53	3.01	0.86	58	27.09	3.44	88.67
Arvejas fresc	35.00	54.00	1.34	0.11	3.56	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Papa blanca	150.0	86.00	2.71	0.13	28.77	10.84	1.161	115.07	127.07
Aji colorado	2.00	82.00	0.11	0.13	0.96	0.46	1.15128	3.85	5.46
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.1809	4.54	5.29
Pimienta ent	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	1.00	57.00	0.02	0.01	0.04	0.08	0.06669	0.16	0.30
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0	98.30	98.30
									708.23
									32.66
			69.21	35.65	393.43				
			276.83	320.83	1573.74				
			12.7	15	72				
					100.00			VCT ME	2171.40

Lider N. Canaza Vega
ADMINISTRADOR

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martes, 03 de abril de 2018

ALIMENTO	gr/per (g)	comestibi e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + torreja de tallarin								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	8.32
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Harina de tri	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Leche evapo	20.00	100.00	1.40	1.62	2.16	6	14.58	8.72	28.60
Huevo de ga	15.00	96.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de laba	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Aceite veget	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
									817.86
									31.49
Almuerzo:	Guiso de frejol con chanchito, arroz, ensalada, fruta y refresco								
Carne de Cer	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballe	80.0	100.00	18.32	1.20	46.64	73.28	10.80	186.56	270.64
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite veget	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga red	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Glutamato m	0.30	68.00	0.02	0.00	0.16	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de c	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Aji colorado	3.00	52.00	0.11	0.12	0.82	0.44	1.10	3.66	5.19
Plátano de s	150.0	92.00	2.07	0.41	28.96	8	3.73	115.92	127.93
								VC DES	1288.04
								%DIST.	49.59
CENA:	Caldillo de huevos								
Huevo de ga	20.00	96.00	2.65	1.65	0.36	11	14.82	1.41	26.81
Leche evapo	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo maiz	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.16	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CEN	491.64
								%DIST CENA	18.93
			72.02	61.53	438.91				
			288.09	553.80	1755.65				
			11.09	21.32	67.59				
					100.00			VCT MENU	2597.54




 Lidier N. Canaza Vega
 ADMINISTRADOR


 Lidier N. Canaza Vega
 ADMINISTRADOR


 Lidia Elizabeth del Rosario Alvarado
 NUTRICIONISTA
 C.N.P. 3913




Jueves, 05 de Abril de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Té + 62 panes + camote frito								
Té sin azúca	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mar	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Acolla vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES	534.85
								%DISTR.	26.15
ALMUERZO:	Higado frito, arroz, ensalada + refresco + fruta								
Higado de re	120.0	87.00	23.28	5.35	1.18	93.12	40.1898	4.66	145.97
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.58	1	0.83	7.91	10.21
Ajos	5.00	86.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acolla vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato m	0.20	100.00	0.02	0.00	0.17	0.09	0	0.89	0.78
Pan seco mo	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Pimienta mo	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1144.53
					% DISTR. ALMUERZO				57.62
CENA	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanc	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labra	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
									338.01
									16.84
			58.25	65.74	295.69				
			233.00	691.62	1182.78				
			11.61	29.47	58.92				
					100.00			VCT ME	2007.39



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viernes, 06 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Slote cereales + 02 panes + queso de chanco								
Avena, hojudo	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de so	5.00	100.00	0.44	0.33	3.68	2	2.93	14.24	18.91
Harina de Ha	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.84
Cebada harin	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harin	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela enter	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olo	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.84
Queso de chu	30.00	100.00	6.03	6.19	0.30	24.12	46.71	1.20	72.03
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	458.22
								%DIST.	21.61
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	39.82	7.21	0.55	160	64.88	2.22	228.75
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.48	4.64	5.89
Pepinillo o P	60.00	72.00	0.22	0.04	1.12	1	0.39	4.49	5.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Mandioca	15.00	100.00	0.98	0.06	11.57	4	0.54	46.36	50.84
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de tré	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1237.92
								%DIST.	58.39
CENA	Pollo a la mostaza , arroz e infusion								
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.86	6.05
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cr	15.00	86.00	0.18	0.03	1.44	0.71	0.23	5.76	6.71
Mostaza	8.00	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Aji colorado	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.78	5.33
									713.33
									29.61
			100.46	60.97	364.73				
			401.86	548.71	1458.91				
			16.68	22.77	60.55				
					100.00			VCT ME	2409.47


Lidier N. Canaza Vega
 ADMINISTRADOR




 Lidier N. Canaza Vega
 ADMINISTRADOR


Lidia Elizabeth del Rosario Alvarado
 NUTRICIONISTA
 C.N.P. 2011

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + atun								
Cafe sin azu	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olo	0.10	54.60	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0.00	0	79.64	79.64
Pan de lebra	60.00	100.0	5.75	0.18	43.08	23.04	1.62	172.32	198.98
Cebolla de c	40.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	20.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Grated de Sa	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									382.94
									15.18
ALMUERZO:	de fideos , arroz, fruta y refresco								
Fideos	60.00	100.00	7.52	0.16	62.55	30	1.44	250.24	281.78
Papa blanca	200.0	82.00	3.44	0.16	35.57	34	1.48	146.29	161.54
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Leche evapo	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de ga	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.05	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acete veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de c	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
									VC DES 1323.67
									%DIST. 52.47
CENA:	Camote arrebozado, arroz, infusion								
Camote mor	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de tri	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.64
Arroz Pilado	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acete veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.65	22	54.00	2.64	79.04
Leche evapo	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de ga	15.00	98.00	1.88	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									V.C. CENA 816.05
									% DIST.CENA 32.35
	VCT (Gr.)		64.98	43.17	468.54				
	VCT (kcal.)		259.96	388.52	1874.18				
	VCT (%)		10	15	74		V.C.T. MENU		2522.66
					100.00				



[Signature]
Lider N. Canaza Vega
ADMINISTRADOR

[Signature]
Lider N. Canaza Vega
ADMINISTRADOR

[Signature]
Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.R. 3579

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestibi e	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cocoa con leche + 02 panes + queso									
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	18.84
Leche evapo	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									512.80
									25.39
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano sec	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato m	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta ent	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Aceto veget	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Cebolla de c	80.00	67.00	2.80	0.11	8.06	11	0.98	24.23	36.39
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Plátano de s	150.0	86.00	1.94	0.39	27.09	8	3.48	108.36	119.58
									VC Alm 1169.66
									% Dist 57.91
CENA: Infusion + 01 pan + manjar									
Hierbas	5.00	54.00	0.08	0.03	0.19	0.33	0.24	0.76	1.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanc	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES 337.21
									%DIST, 16.70
			79.53	42.58	329.60				
			318.10	383.18	1318.38				
			15.8	19.0	65.3				
					100.00				
								VCT	2019.67

Lider N. Camaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.R.P. 38779

Lic. Wilma Sotomayor
NUTRICIONISTA
C.R.P. 38779

lunes, 09 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela enter	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	449.97
								%DIST.	17.88

ALMUERZO: Hiro de zapallo , arroz , fruta y refresco									
Leche evapo	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.60	0.83	28	87.60	3.30	98.00
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.0	100.00	0.14	0.06	0.08	1	0.54	3.94	5.05
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco	40.00	80.00	1.06	0.28	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Habas fresca	30.00	68.00	2.31	0.18	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.86	0	0.13	2.24	2.78
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Aceto vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de c	20.00	98.00	0.27	0.04	2.21	1	0.35	8.86	10.31
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1318.59
								% DIS ALN	52.40

Cena: Revuelto de zanahoria, arroz + infusion									
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.1152	1.95	2.42
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Aceto vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.83	5.11	6.69
Papa blanca	150.0	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Aji colorado	1.00	52.00	0.04	0.04	0.31	0.15	0.36504	1.22	1.73
Cebolla de c	15.00	67.00	0.14	0.02	1.14	0.56	0.1809	4.54	5.29
Pimienta ent	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Leche evapo	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de ga	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.00	0	78.64	78.64
								V.C. CENA	747.88
								% DIST.CENA	29.72
			81.94	55.22	442.93				
			247.76	496.94	1771.73				
			10	20	70				
								VCT. MENU	2516.44



Lic. Elizabeth del Rosario Alvarado Corpa
NUTRICIONISTA
C.R.P. 3979

martes, 10 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.28	0.26	0.72	1	2.31	2.87	6.32
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de labras	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
									514.43
									23.50
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita parti	80.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Carne de Cer	60.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano sec	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite veget	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Pepinillo o P	70.00	88.00	0.31	0.06	1.60	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	20.00	100.00	0.00	0.00	19.86	0	0.00	78.64	78.64
Plátano de s	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1287.85
								% DIS ALM	57.92
CENA:	Aguadito con menudencia de pollo								
Menudencia	60.00	85.00	10.10	2.40	0.00	40.39	21.573	0.00	61.97
Arroz Pilado	30.00	100.00	2.46	0.15	23.34	9.84	1.35	93.36	104.55
Apio	15.00	75.00	0.08	0.02	0.54	0.32	0.2025	2.16	2.68
Porro	15.00	66.00	0.27	0.06	0.75	1.07	0.7128	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	0.76	1.422	11.83	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.84	8.27	0.8856	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	0.72	0.675	4.92	6.32
Orégano sec	2.00	70.00	0.02	0.01	0.16	0.09	0.063	0.63	0.79
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Aceite veget	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
							V.C. CENA		406.79
							% DIST.CENA		18.58
			63.86	53.43	363.20				
			255.44	480.84	1452.80				
			12	22	66				
							VCT. MENU		2189.07

Lider N. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alarco Copca
NUTRICIONISTA
C.R.P. 3979

Lic. Virginia M. Vique Rueda
D.T. 2017

miércoles, 11 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + aceituna									
Cebada harin	25.00	100.00	4.70	0.58	16.86	19	5.18	67.40	91.38
Leche evapo	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceitunas de	30.00	92.00	0.22	8.86	2.01	1	79.74	8.06	86.68
Pan de latira	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	557.45
								%DIST.	27.78
ALMUERZO: Pollo broster, arroz, ensalada, fruta y refresco									
Arroz Pilado	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Carne de Pol	160.0	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Aceite vegeta	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla de c	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Lechuga red	70.00	50.00	0.46	0.07	0.74	2	0.63	2.94	5.39
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Harina de tr	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Plátano de s	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC ALM	1377.79
									68.66
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.06	21.68	0.60	0.45	86.70	87.75
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Canela enter	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebra	30.00	100.00	2.86	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapo	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									308.85
									13.76
			69.85	49.74	379.25				
			279.41	447.70	1516.98				
			12.5	20.0	67.6				
					100.00				2244.09


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Alamo Caza
 AUTORIZADA
 C.N.P. 1979



jueves, 12 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mor	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
Aceite veget	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de laba	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	585.61
								%DIST.	27.75
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pol	100.00	87.00	17.92	3.13	0.00	72	28.19	0.00	99.88
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de c	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES	1117.94
								%DIST.	52.97
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada C	35.00	100.00	0.14	0.07	25.99	1	0.63	102.34	103.53
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	302.99
								%DIST.	15.10
			48.39	35.51	373.36				
			193.54	319.55	1493.45				
			19	15.9	74.4				
					100.00			VCT	2006.54


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Alarco Crego
 NUTRICIONISTA
 C.N.P. 3979


 Lic. Elizabeth del Rosario Alarco Crego


viernes, 13 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojue	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de so	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Pa	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harin	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harin	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Ciavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labra	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
								VC DES	513.19
								%DIST.	22.87
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	86.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Pepinito o Pe	70.00	72.00	0.25	0.05	1.31	1	0.45	5.24	6.70
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegeta	25.00	86.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Aji colorado	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trig	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.85	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1218.40
								%DIST.	54.29
CENA:	Papa con huevo y ocapa + infusion								
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0.34	0.2412	1.68	2.24
Maní crudo. e	5.00	71.00	0.86	1.71	0.83	3.42	15.40	2.51	21.34
Aceite vegeta	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de co	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Lleche evapo	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gal	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
						V.C . CENA			379.04
						% DIST.CENA			17.96
	VCT (Gr.)		85.45	57.96	311.76				
	VCT (Kcal.)		341.79	521.79	1247.06				
	VCT (%)		16	25	59	V.C.T. MENU			2110.63
					100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Copo
NUTRICIONISTA
C.N.P. 3579

sábado, 14 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café + 02 panes + huevo sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.0	0.00	0.00	24.88	0.00	0	98.30	98.30
Pan de labra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gal	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									376.33
									16.09
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de re	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	89.24
Arroz Pilado	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.65
Vinagre	8.00	100.00	0.00	0.05	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano sec	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1289.86
					% DISTR. ALMUERZO				65.16
CENA:	Pollo encebollado , arroz e infusion								
Cama de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.66	6.19	7.99
Cebolla de ca	60.00	75.0	0.63	0.09	5.09	3	0.81	20.34	23.67
Glutamato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
									672.12
									28.74
			81.11	52.89	384.46				
			324.44	476.03	1537.85				
			13.87	20.36	65.77				
					100.00			VCT ME	2338.32

Lider M. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

[Signature]
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domingo, 15 de abril de 2018

ALIMENTO	grapar (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Leche evapo	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labra	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									532.46
									26.57
ALMUERZO	Asado de cerdo , arroz ,ensalada + fruta y refresco								
Carne de Cer	150.00	92.00	19.87	20.84	0.00	79	187.54	0.00	287.03
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.58	4.10	5.28
Aceite veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mo	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	18.00	100.00	1.15	0.07	13.88	5	0.65	55.51	60.77
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.09	0.36	0.72
Cebolla de c	60.0	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Tomate	30	99.00	0.24	0.06	1.28	1	0.53	5.11	6.69
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									1198.66
									59.81
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada C	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	272.87
								%DIST.	13.62
			59.22	52.93	322.69				
			236.90	476.34	1290.75				
			11.8	23.8	64.4				
					100.00			VCT	2003.99

Lider R. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Socorro Alvarado Corp
NUTRICIONISTA
C.M.P. 5979



Lic. Elizabeth del Socorro Alvarado Corp
NUTRICIONISTA
C.M.P. 5979

lunes, 16 de abril de 2018

ALIMENTO	gruper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con manzana, pan ,mortadela									
Avena, hojue	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana de	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.52
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

521.39

25.95

ALMUERZO: Sopa de pollo+ refresco y fruta									
Carne de Pollo	60.00	85.00	10.51	1.84	0.00	42	16.52	0.00	59.55
Zapallo macr	80.00	72.00	0.40	0.12	3.89	2	1.04	14.75	17.40
Habas frescas	35.00	50.00	1.98	0.14	4.53	8	1.26	18.13	27.30
Aplo	12.00	75.00	0.06	0.02	0.43	0	0.16	1.73	2.14
Poro	12.00	82.00	0.27	0.06	0.75	1	0.71	2.99	4.76
Nabo	12.00	82.00	0.06	0.02	0.35	0	0.18	1.42	1.83
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ajl colorado	0.50	68.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Papa blanca	200.00	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano sec	0.15	70.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Cebolla de c	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Verduras sur	3.10	92.00	0.14	0.02	0.19	1	0.18	0.74	1.47
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79

VC Alm 617.15

% Dist 30.72

CENA: Hígado frito , arroz + infusion									
Hígado de re	60.0	82.00	13.12	3.02	0.66	52.48	27.1584	2.62	82.26
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.08
Glutamato m	0.20	100.00	0.02	0.00	0.17	0.08	0	0.69	0.78
Pan seco mo	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Pimienta mo	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82

VC DES 870.60

% DIS ALM 43.33

55.77 49.49 335.16

223.08 445.42 1340.64

11.1 22.2 66.7

100.00

VCT 2009.14

Lider P. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.P. 3979

martes, 17 de abril de 2018

ALIMENTO	gr/per (g)	convertible + %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Maca con cocoa + 02 panes + torreja de tallarin								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87	6.32
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Fideos	30.00	100.00	2.82	0.05	23.46	11	0.54	93.84	105.66
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Leche evapo	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de ga	15.00	98.00	1.98	1.23	0.28	8	11.11	1.06	20.11
Aceite veget	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									835.82
									32.20
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cer	50.0	85.00	8.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballer	80.0	100.00	18.32	1.20	46.64	73.28	10.80	186.56	270.64
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite veget	15.00	80.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buen	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga red	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	30.00	100.00	2.82	0.05	23.46	11.28	0.54	93.84	105.66
Zapallo macr	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Glutamato m	0.30	66.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Cebolla de c	50.00	67.00	2.80	0.07	3.79	11.20	0.60	15.14	26.95
Aji colorado	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Plátano de se	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
								VC DES	1349.16
								%DIST.	51.98
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado	30.00	100.00	2.46	0.15	23.34	10	1.35	93.36	104.55
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano sec	2.00	70.00	0.02	0.01	0.16	0	0.06	0.53	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES	410.37
								%DIST.	15.81
			78.95	63.40	427.23				
			315.79	570.63	1708.94				
			12.17	21.99	65.85				
					100.00			VCT	2595.35

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth de Rosario Roca López
NUTRICIONISTA
C.N.P. 3973



miércoles, 18 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + mermelada								
Cebada harin	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapo	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labra	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC DES	527.93
								%DIST.	26.24
Almuerzo:	Estofado de pollo , arroz , refresco y fruta								
Carné de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Ancejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano sec	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato m	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta ent	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.08	0.83	1	0.48	3.32	4.48
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado	5.00	52.00	0.16	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	40.00	67.00	2.80	0.05	3.03	11	0.48	12.11	23.80
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1225.31
								% Dist	60.91
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.00	0	78.64	78.64
Canela enter	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labra	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapo	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									326.40
									15.70
			70.43	35.93	368.65				
			201.73	323.33	1474.59				
			13.55	15.55	70.91	100.00			
					100.00			VCT ME	2079.64

Lider N. Canaza Vega
ADMINISTRADOR



Lic. Karla del Rosario Alvarado Cerna
NUTRICIONISTA
C.N.P. 3513

jueves, 19 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	64.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela enter	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mond	100.0	96.00	1.34	0.29	24.67	5	2.59	98.69	106.66
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	484.29
								%DIST.	19.75
ALMUERZO:	Cau cau de mondongo , arroz, fruta y refresco								
Mondongo de	120.0	92.00	18.66	3.88	1.10	75	34.78	4.42	113.62
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.86	164.13	181.24
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.46	7.78	9.68
Aji colorado	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ci	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.15
Arvejas fresc	30.00	64.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	180.00	96.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
						V.C. ALMUERZO			1209.32
						% DISTR. ALMUERZO			48.85
CENA:	Infusion + 01 pan + manjar								
Hierbas	12.00	64.00	0.20	0.06	0.45	0.80	0.68	1.81	3.20
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Manjar blanc	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	326.99
								%DIST.	16.26
			54.79	51.67	331.86				
			219.17	465.01	1327.43				
			10.90	23.12	65.99				
					100.00			VCT	2011.61

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Corpas
NUTRICIONISTA
C.N.P. 38719



Lider N. Canaza Vega
ADMINISTRADOR

viernes, 20 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + queso de chanco								
Avena, hojue	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de col	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Ha	5.00	100.00	1.22	0.10	2.98	5	0.66	11.92	17.84
Cebada harin	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinua Harin	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
Queso de chu	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES	458.22
								%DIST.	22.03
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.85	2.22	226.75
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.38	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o P	40.00	72.00	0.14	0.03	0.75	1	0.26	3.00	3.83
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite veget	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trig	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.62	0	0.00	79.28	79.28
								VC DES	1257.38
								%DIST.	60.46
CENA:	Arroz chaufa con huevo y hot dog e infusion								
Huevo de gal	30.00	99.00	4.01	2.49	0.53	16	22.45	2.14	40.63
Salchicha "h	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado	100.00	100.00	8.20	0.60	77.80	33	4.60	311.20	348.50
Aceite veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.38	2.62	3.37
Glutamato m	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla chinc	30.00	71.00	0.49	0.08	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	4.00	100.00	0.45	0.38	0.04	2	3.48	0.16	5.42
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	736.50
								%DIST.	30.04
			91.58	64.60	376.08				
			366.32	581.44	1504.33				
			14.94	23.71	61.35				
					100.00			VCT	2452.10



Lider N. Canaza Vega
 ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Corpa
 NUTRICIONISTA
 C.N.P.

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cafe + 02 panes + atun								
Café sin azú	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Cebolla de c	40.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	20.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Grated de Sa	30.00	100.00	8.72	2.70	0.30	27	24.30	1.20	52.38
									441.92
									17.88
ALMUERZO:	Locro con res, pecho, arroz, fruta y refresco								
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carné de res	80.00	70.00	11.93	0.90	0.00	47.71	8.08	0.00	55.78
Mondongo de	100.0	60.00	10.14	2.10	0.60	41	18.90	2.40	61.86
Acete veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	12.40	100.00	0.15	0.06	1.02	1	0.56	4.07	5.22
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.66	2.24
Papa blanca	280.0	92.00	5.41	0.26	57.44	22	2.32	229.78	253.74
Cebolla de c	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Hierba buen	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Glutamato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.48
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
							VC DES		1212.20
							% DIS ALM		49.04
CENA	Guiso de fideos con pollo, arroz, infusion								
Carné de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado	90.0	100.00	7.38	0.46	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Acete veget	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.88
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Cebolla de c	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES		817.50
							%DIST.		33.08
			86.66	36.23	449.72				
			346.65	326.08	1798.89				
			14.0	13.2	72.8				
					100.00		V.C.T. MENU		2471.62

Lider N. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alarcos Corp
NUTRICIONISTA
E.P. 2019

Lic. Elizabeth del Rosario Alarcos Corp
NUTRICIONISTA
E.P. 2019

domingo, 22 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	8.16	7.65	16.84
Leche evapo	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.12
									26.98
ALMUERZO:	Tallarines rojos con pollo, fruta y refresco								
Fideos	180.00	100.00	16.92	0.36	140.76	68	3.24	563.04	633.96
Cama de Pol	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegeta	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.64	5.05
Cebolla de ca	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Laurel	0.50	54.00	0.01	0.02	0.06	0	0.17	0.24	0.47
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aji colorado	9.00	68.00	0.43	0.46	3.58	2	4.30	14.37	20.38
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM	1235.91
									50.40
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada	20.00	100.00	0.06	0.04	14.62	0	0.36	58.48	59.16
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	258.08
								%DIST.	12.61
			71.68	37.15	356.26				
			286.72	334.33	1425.06				
			14.0	16.3	89.6				
					100.00			VCT	2046.11

Lider N. Canaza Vega
ADMINISTRADOR

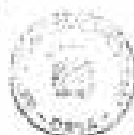
Lic. Elizabeth del Rosario Alvarado Caza
AUTORIZADA
C.N.E. 3879



lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla, pan , mortadela								
Sémola de T	25.00	100.00	4.88	2.88	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.80	0.00	19.68	0	0.00	78.64	78.84
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de lobera	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	449.97
								%DIST.	19.22
ALMUERZO:	Aguadito con menudencia, refresco y fruta								
Menudencia	80.00	95.00	15.05	3.57	0.00	60	32.15	0.00	92.34
Aroz Pilado	80.00	100.00	8.56	0.40	62.24	26	3.60	248.96	278.80
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.36	2.68
Pero	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	200.0	87.00	3.65	0.17	38.80	15	1.57	155.21	171.39
Arvejas fresco	30.00	65.00	1.38	0.12	3.67	6	1.05	14.66	21.26
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano sec	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.28	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	64.09	73.79
Aceite veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES	952.67
								%DIST.	40.69
CENA:	Papa arrebozada,arroz,infusion								
Papa blanca	100.00	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de tri	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.84
Aroz Pilado	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite veget	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Leche evapo	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gal	15.00	98.00	1.96	1.23	0.28	8	11.11	1.06	20.11
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.38	1.21	2.13
						V.C . CENA			938.53
						% DIST.CENA			40.09
	VCT (Gr.)		65.89	64.21	374.93				
	VCT (kcal.)		263.57	577.87	1499.73				
	VCT (%)		11.26	24.68	64.96		V.C.T. MENU		2341.17
					100.00				

Lider N. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alvarado Coops
AUTORIZADA
C.N.P. 2979

Lic. Elizabeth del Rosario Alvarado Coops
AUTORIZADA
C.N.P. 2979

martes, 24 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	8.32
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de clavo	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de lebra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
									514.43
									23.46
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita parti	80.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Carne de Cer	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	87.73
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Cebolla de ca	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Aji colorado	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano sec	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acete veget	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pepinillo o P	60.00	88.00	0.26	0.05	1.37	1	0.48	5.49	7.02
Ajos	2.00	80.00	0.09	0.01	0.45	0	0.12	1.95	2.42
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Azúcar rubia	20.00	100.00	0.00	0.00	19.85	0	0.00	78.64	78.64
Plátano de s	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1347.81
								% DIS ALM	61.46
CENA:	Sopa de semola con menudencia de pollo								
Menudencia	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	81.97
Sémola de T	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	118.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano sec	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acete veget	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES	330.64
								%DIST.	15.08
			64.91	60.76	346.59				
			259.66	546.85	1386.38				
			11.8	24.9	63.2				
					100.00			VCT	2192.88



[Signature]
LIDER N. CANAZA VEGA
ADMINISTRADOR

[Signature]
LIDER N. CANAZA VEGA
ADMINISTRADOR

[Signature]
Lic. Elizabeth del Rosario Alvarado Cova
NUTRICIONISTA
C.N.R. 3973

miércoles, 25 de abril de 2018

DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harin	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapo	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceitunas de	30.00	100.0	0.16	6.42	1.46	1	57.78	5.84	64.26
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC DES	533.03
								%DIST.	25.48
Almuerzo:	Pollada, arroz, ensalada + refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano sec	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Aji colorado	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Aceite veget	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de c	80.00	92.00	2.80	0.15	8.32	11	1.32	33.27	45.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
Plátano de m	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC Alm	1175.90
								% Dist	56.22
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.00	0	78.64	78.64
Canela enter	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00007	0.05	0.05
Pan de labra	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapo	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									326.40
									16.04
			66.65	46.96	336.52				
			266.62	422.63	1346.09				
			13.10	20.76	66.14				
					100.00			VCT ME	2035.33

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abanto Caza
NUTRICIONISTA



[Signature]
[Illegible text]

jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestibil +	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúca	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela enter	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote moro	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Aceto vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labra	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
								VC DES	531.63
								%DIST.	21.38
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche ovapo	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Huevo de gal	25.00	99.00	3.34	2.08	0.45	13	18.71	1.78	33.89
Maiz Fresco	40.00	80.00	1.08	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas fresca	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceto vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de c	30.00	98.00	0.41	0.06	3.32	2	0.63	13.29	15.48
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1253.83
								% DIS ALM	50.42
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
Manjar blanc	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	306.26
								%DIST.	14.64
			53.10	56.61	342.47				
			212.38	509.48	1369.86				
			10.2	24.4	65.5				
					100.00			VCT	2091.72


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Abanto Crego
 NUTRICIONISTA
 C.N.P. 3979



viernes, 27 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojue	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de sor	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Ha	5.00	100.00	1.22	0.10	2.96	5	0.86	11.92	17.64
Cebada harin	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinua Harin	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela entar	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.99
								VC DES	513.19
								%DIST.	25.21
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Pepinillo o Pe	50.00	72.00	0.18	0.04	0.94	1	0.32	3.74	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Aceite veget	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	15.00	100.00	1.59	0.30	11.22	6	2.70	44.88	53.88
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	1387.29
								%DIST.	68.16
CENA:	Arroz con huevo frito + Infusion								
Huevo de gal	60.00	99.00	8.02	4.99	1.07	32	44.91	4.28	91.28
Arroz Pilado	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato m	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla de c	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	586.48
								%DIST.	23.58
			96.90	67.43	373.53				
			385.99	606.85	1494.12				
			15.5	24.4	60.1				
					100.00			VCT	2486.96

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarco Corp
NUTRICIONISTA
C.N.P. 3979



sábado, 28 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO	Cafe + 02 panes + huevo sancochado								
Cafe sin azú	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
Pan de libra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.86
Huevo de gal	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									356.87
									15.13
ALMUERZO	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pol	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	78.06
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite veget	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de c	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1292.71
								%DIST.	54.83
CENA	Arroz amarillo con pollo + Infusion								
Arroz Pilado	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite veget	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de c	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									708.24
									30.04
			81.26	38.20	422.21				
			325.02	343.76	1688.84				
			13.79	14.58	71.63				
					100.00			VCT ME	2357.63

Lic. Elizabeth del Rosario Alarcón Cordero
NUTRICIONISTA
C.N.P. 3979



APC Joseph G. Mace, Esquire
1000 17th Street, N.W.
Washington, D.C. 20036

domingo, 29 de abril de 2018

ALIMENTO	grper	comestibl	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Leche evapo	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.58
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.98	117.98
Pan de lahra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.12
									26.87
Almuerzo:	Seco de res.arroz + fruta y refresco								
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arroz Pilado	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.83
Espinaca nes	30.00	97.00	0.81	0.28	1.43	3	2.38	5.70	11.32
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mo	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Arvejas fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.66
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ci	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	20.00	99.00	0.18	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Plátano de si	150.0	86.00	1.94	0.29	27.09	8	3.48	108.36	119.58
								VC DES	1209.31
								%DIST.	58.85
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	60.00	0.15	0.05	0.34	0.60	0.43	1.34	2.37
Canela enter	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada C	25.00	100.00	0.10	0.06	18.28	0	0.45	73.10	73.95
Pan de lahra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	293.51
								%DIST.	14.28
			71.76	35.00	363.22				
			287.06	315.02	1452.86				
			13.97	15.33	70.70				
					100.00			VCT	2054.94

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elisbeth del Rosario Alvarez Cappa
NUTRICIONISTA
C.N.P. 9879



Lic. Elisbeth del Rosario Alvarez Cappa
NUTRICIONISTA
C.N.P. 9879

lunes, 30 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con manzana, pan ,mortadela									
Avena, hojue	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana do	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.52
Canola enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de lebra	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

461.93

20.31

ALMUERZO: Picante a la tacneña, arroz , fruta y refresco									
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	160.0	60.00	16.22	3.36	0.96	65	30.24	3.84	98.98
Aceto vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Cebolla de ca	50.00	67.00	0.47	0.07	3.79	2	0.60	15.14	17.62
Aji colorado	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Tomate	30.00	98.00	0.24	0.08	1.28	1	0.53	5.11	6.59
Glutamato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64

VC DES 1171.62

% DIS ALM 51.50

CENA: Pollo frito , arroz e infusion									
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.88	6.05
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceto vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Aji colorado	2.00	80.00	0.11	0.12	0.94	0.48	1.12	3.76	5.33
									641.30
									28.19
			72.72	51.08	381.07				
			290.87	459.69	1524.29				
			12.79	20.21	87.61				
					100.00			VCT ME	2274.85

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979



Lic. Juan Carlos Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

MENU DE PERSONAL -ABRIL 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02- 03 abril	Pebre +Café + pan	Chaque, Almendrado de pollo + arroz + refresco+ fruta	Pollo a la moitaza, arroz + infusion
04-05-06 abril	Arroz chaufa con pollo,Té y pan	Cazuela de verduras / Atomatada de res + arroz + refresco + fruta	sopa de pollo+ infusion
07-08-09 abril	Selpcion de pollo + Avena con manzana + pan	Sopa de quinua + Estofado de pollo ,arroz + refresco + fruta	Saltado de acelga con carne, arroz + infusion
10-11-12 abril	Mondonguito a la italiana con arroz + Café y 01 pan	Cazuela de fideos ,Frijoles con seco de res , arroz , refresco + fruta	Sopa a la minuta con res + infusion
13-14-15 abril	Adobo de cerdo, té y pan	Papa a la huancaína + Arroz con pollo,ensalada + refresco + fruta	Lomo saltado, arroz + infusion
16-17-18 abril	Guiso de fideos con res,arroz + té y pan	Sopa de trigo moron + Quinua batida con guiso de res,arroz y refresco + fruta	Arroz a la jardiera con pollo +Ensalada+ infusion
19-20-21 abril	Caldo de pata + té y pan	Sopa juliana + pescado frito,arroz,ensalada + refresco + fruta	Cau cau de pollo, arroz + infusion
22-23-24 abril	Revuelto de chuflo,arroz, Café y pan	Menestron + Escabeche de pollo limeño , arroz , refresco + fruta	Yuca arrebozada , arroz ,ensalada + infusion
25-26-27 abril	Huevo frito + camote + arroz, Siete cereales y pan	Mazamorra de chuflo,Pollada, papa, arroz,ensalada , refresco y fruta	Pastel de tallarin+ infusion
28-29-30 abril	Saltado de atun,arroz + té y pan	Cazuela de res, Pachamanca de pollo a la olla , arroz, refresco + fruta	Aguadito de pollo + infusion


Lider N. Canaza Vega
 ADMINISTRADOR


 Lic. Elizabeth del Rosario Alvarado Corpa
 NUTRICIONISTA
 C.R.P. 3879



01-02-03 ABRIL 2019

ALIMENTO	g/por	convertible	PROT	GRASA	CHO	KCALORIAS POR NUTRIENTES			TOTAL CAL
	[g]	%	An [g]	[g]	[g]	PROT	GRASAS	CHO	
DESAYUNO: Pata, Café y pan									
Café sin azúcar	3.00	100.00	0.01	0.00	0.02	0.04	0.00	0.10	0.16
Azúcar rubia	30.00	100.00	0.00	0.00	29.50	0.00	0	117.98	117.98
Pan de latrancia o fr	30.00	100.00	2.88	0.09	21.50	11.52	0.51	85.15	98.40
Carne de Pollo Entero	100.00	70.00	14.42	2.52	0.00	57.85	22.88	0.00	80.36
Arroz Pilado o pulido	40.00	100.00	3.78	0.20	31.12	13.12	1.50	124.48	138.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajo	8.00	75.00	0.03	0.01	0.22	0.13	0.081	0.88	1.07
Porro	8.00	65.00	0.11	0.03	0.30	0.43	0.28512	1.20	1.82
Nabo	8.00	65.00	0.02	0.01	0.14	0.10	0.07128	0.67	0.74
Carbón crudo	15.00	90.00	2.59	0.83	8.11	10.37	7.4115	32.45	50.20
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.736	73.14	80.77
Yuca blanca	50.00	70.00	5.28	0.07	13.78	1.12	0.63	55.02	56.77
Chufa blanco	20.00	90.00	0.08	0.00	0.88	0.36	0	3.53	3.89
Piniente entera	0.08	100	0.01	0.01	0.05	0.03	0.0376	0.20	0.29
Sal	4.40	100.00	0.05	0.02	0.35	0.21	0.196	1.44	1.85
Cebolla de cabeza (2	10.00	87.00	0.88	0.01	0.75	0.38	0.1306	3.03	3.52
Ajos	2.00	80.00	0.09	0.01	0.49	0.30	0.1152	1.95	2.42
Venduras surtidas	5.00	80.00	0.19	0.03	0.28	0.77	0.252	1.04	2.06
					V.C. DESAYUNO				731.80
					% DIST. DESAYUNO				25.64
ALMUERZO: Chape, Almendrado de pollo, arroz, refresco y fruta									
Tripas, menudo	20.00	100.00	4.74	1.12	0.20	15.90	10.08	0.80	29.84
Carne de res pecho	60.00	70.00	8.65	0.67	0.00	35.78	6.048	0.00	41.83
Porro	5.00	65.00	0.11	0.03	0.30	0.43	0.28512	1.20	1.82
Ajo	3.50	75.00	0.02	0.00	0.11	0.06	0.0405	0.43	0.54
Trigo	40.00	100.00	3.44	0.60	29.48	13.78	5.4	117.92	137.08
Zapallo mero	45.00	47.00	0.15	0.04	1.35	0.59	0.3807	5.41	6.39
Sal	11.00	100.00	0.13	0.06	0.80	0.53	0.485	3.61	4.63
Mala Fresca, Chocio	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	25.35	30.00
Habas frescas	25.00	35.00	0.99	0.07	2.27	3.58	5.83	9.07	13.65
Zanahoria	10.00	79.00	0.05	0.04	0.73	0.19	0.3555	2.91	3.45
Carne de Pollo Entero	150.00	70.00	21.63	3.78	0.00	86.52	34.02	0.00	120.54
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	116.70	49.20	8.75	466.80	522.75
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
Ajos	4.00	80.00	0.18	0.03	0.87	0.72	0.23	3.69	4.64
Sal	12.00	100.00	0.14	0.06	0.80	0.58	0.54	3.94	5.05
Parajil	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.38	2.73
Cebolla de cabeza (2	60.00	87.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Cebada con cáscara	6.00	100.00	0.46	0.12	6.08	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.22	0.01	0.39	0.08	0.07	1.55	1.70
Manzana	150.00	100.00	0.45	0.15	21.90	1.80	1.35	87.80	90.75
Mami crudo, con piel	5.00	71.00	0.80	1.71	0.03	3.42	15.3889	2.51	21.34
Cilantro	1.00	57.00	0.02	0.01	0.04	0.05	0.06666	0.18	0.20
Ajil colorado seco, pa	1.00	52.00	0.04	0.04	0.31	0.15	0.36604	1.22	1.73
					V.C. ALMUERZO				1273.32
					% DIST. ALMUERZO				48.10
CENA: Pollo a la mostaza, arroz + infusion									
Carne de Pollo Entero	100.00	70.00	14.42	2.52	0.00	57.85	22.88	0.00	80.36
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.05	313.55
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Ajos	4.00	80.00	0.18	0.03	0.87	0.72	0.23	3.69	4.64
Sal	12.00	100.00	0.14	0.06	0.80	0.58	0.54	3.94	5.05
Parajil	10.00	50.00	0.24	0.04	0.33	0.96	0.32	1.30	2.58
Cebolla de cabeza (2	60.00	87.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Ajil colorado seco, pa	1.00	58.00	0.05	0.05	0.40	0.15	0.48	1.60	2.26
Vinagre	5.00	100.00	0.00	0.05	0.25	0.00	0.45	1.00	1.45
Hierbas	3.00	54.00	0.05	0.02	0.11	0.20	0.15	0.45	0.80
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Mostaza	4.0	100	0.39	0.78	0.38	1.57	7.09	1.50	10.16
						V.C. CENA			749.78
						% DIST. CENA			26.26
			105.58	78.58	462.20				
			422.09	716.23	1998.79				
			14.78	25.09	55.33				
						VCT. MENU			2854.97

No
Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.A. 2019

Lider N. Gonzalez Vega
ADMINISTRADOR



[Signature]
C.N.A. 2019

31-05-08 ABRIL 2018

ALIMENTO	gr/por	convertible	PROT	GRASA	CHO	MACRONUTRIENTES			TOTAL Kcal
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Arroz chaula con pollo, Té y pan									
Té sin azúcar	3.99	100.00	0.00	0.00	0.01	0.01	0.00	0.00	0.00
Pan de lactancia o fr	30.0	100.00	2.88	0.08	21.54	11.52	0.81	88.18	98.49
Azúcar rubia	10.00	100.00	0.00	0.00	9.8	0.00	0.00	38.32	38.32
Carné de Pollo Entero	120.00	70.00	17.36	3.02	0.00	69.22	27.22	0.00	96.43
Huevo de gallina, co	20.00	98.00	2.65	1.80	0.30	10.08	14.82	1.41	26.81
Salchicha "hot dog"	20.00	100.00	2.20	8.90	0.20	8.90	81.74	0.80	71.34
Arroz Pilado o pulido	100	100.00	8.20	0.50	77.80	32.80	4.50	311.20	349.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	12.00	100.00	0.14	0.00	0.98	0.58	0.54	3.94	5.00
Glutamato monosódico	0.00	100.00	-0.06	0.00	0.43	0.22	0.00	1.74	1.96
Cebolla china (2)	20.00	71.00	0.33	0.08	1.07	1.31	0.61	4.20	6.08
Pimiento	15.00	83.00	0.19	0.00	0.96	0.75	0.58	3.83	5.14
Silao	15.00	100.00	1.70	1.44	0.15	8.78	12.96	0.00	20.34
						V.C. DESAYUNO			809.52
						% DISTR. DESAYUNO			24292.91
ALMUERZO: Canelita de verduras / Aromatizada de res + arroz + refresco + fruta									
Españito maza	30.00	47.60	0.10	0.03	0.90	0.39	0.25	3.81	4.26
Apio	6.00	75.60	0.03	0.01	0.22	0.13	0.08	0.86	1.07
Poro	6.00	66.00	0.11	0.03	0.36	0.43	0.29	1.20	1.92
Patatas frescas	20.00	35.00	0.79	0.06	1.81	3.16	0.50	7.25	10.92
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Papa blanca	90.00	82.00	0.86	0.04	9.14	5.44	0.37	38.97	40.39
Carné de Pollo Entero	80.0	85.00	14.01	2.45	0.00	58.03	22.00	0.00	78.06
Nabo	2.00	66.00	0.01	0.00	0.05	0.03	0.02	0.19	0.25
Patatas frescas	25.00	35.00	1.01	0.07	2.31	4.03	0.64	9.25	13.92
Maíz Fresco, Choclo	40.00	57.00	0.77	0.19	5.47	3.07	1.87	25.08	30.60
Carné de res pulpa	100.0	100.00	21.30	1.80	0.50	85.20	14.4	0.00	99.60
Cebolla de cabeza (2)	30.0	60.00	0.25	0.04	2.03	1.01	0.324	8.14	9.47
Arroz Pilado o pulido	150.0	100.0	12.30	0.75	116.70	48.20	6.75	466.80	522.75
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Cebolla de cabeza (2)	30.00	67.00	0.28	0.04	2.27	1.13	0.38	9.09	10.57
Pimienta molida	0.3	100	0.03	0.03	0.13	0.07	0.144	0.51	0.72
Ajoe	2.00	60.00	0.09	0.01	0.49	0.38	0.1152	1.95	2.42
Aceite vegetal	15.00	40.00	0.00	6.00	0.00	0.00	54	0.00	54.00
Percejo	1.00	50.00	0.03	0.00	0.03	0.10	0.0315	0.13	0.28
Aj colorado seco, p	2.00	68.00	0.10	0.11	0.60	0.38	0.18472	3.19	4.53
Sal	10.00	100.0	0.13	0.00	0.86	0.50	0.4725	3.44	4.43
Silao	4.50	100.0	0.51	0.43	0.05	2.03	3.888	0.18	6.10
Rooster	6.00	90.00	0.06	0.03	0.44	0.36	0.34	1.77	2.27
Maíz molido	15.00	100.00	1.10	0.51	11.43	4.38	4.59	45.72	54.69
Limón	10.00	100.00	0.05	0.02	0.97	0.20	0.18	3.88	4.26
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Piña	150.00	100.00	0.60	0.30	14.70	3.40	2.70	58.80	83.90
						V.C. ALMUERZO			1172.78
						% DISTR. ALMUERZO			4623.86
CENA: Sopa de pollo + infusión									
Carné de Pollo Entero	100.00	70.00	14.42	2.62	0.00	57.65	22.68	0.00	80.36
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Ajoe	6.00	90.00	0.40	0.06	3.19	1.81	0.52	8.70	10.89
Apio	12.00	66.00	0.06	0.02	0.38	0.23	0.14	1.82	1.88
Poro	12.00	100.00	0.32	0.10	0.91	1.30	0.88	3.85	5.81
Nabo	12.00	100.00	0.07	0.03	0.43	0.29	0.22	1.73	2.23
Sal	12.00	100.00	0.14	0.00	0.98	0.58	0.54	3.94	5.05
Fideos	80.00	100.00	7.50	0.16	62.56	30.08	1.44	250.24	281.76
Orégano seco	6.00	98.00	0.10	0.00	0.67	0.36	0.27	2.69	3.33
Papa blanca	150.00	85.00	2.68	0.13	28.43	16.71	1.15	113.73	126.88
Cebolla china (2)	15.00	71.00	0.24	0.04	0.80	0.96	0.3834	3.20	4.50
Kión	0.30	101.00	0.00	0.00	0.00	0.0	0.00	0.00	0.33
Herbas	5.00	84.00	0.08	0.03	0.19	0.33	0.24	0.76	1.33
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0.00	0.00	157.28	157.28
						V.C. CENA			818.41
						% DISTR. CENA			29.15
			113.47	54.79	438.05				
			433.88	482.73	1752.21				
			18.22	17.61	62.63				
						VCT. MENU			2797.71

AB
Lic. Elizabeth del Rosario Alvarado Céspedes
Nutricionista
C.N.P. 3979

Bernal
Lider N. Cárdenas Vega
ADMINISTRADOR



[Signature]

07-08-2018

ALIMENTO	g/por (g)	carbohidratos %	PROT An (g)	GRASA (g)	CHO (g)	nutrientes por 100g			Total (g)
						PROT	GRASA	CHO	
DESAYUNO: Salpicado de pollo + Avena con manzana + pan									
Avena, hojuelas cruj	30.00	100.00	5.99	1.20	21.6	15.95	10.80	86.40	113.16
Manzana de agua	30.00	80.00	0.97	0.08	3.80	0	0.22	14.02	14.02
Pan de turrón o m	30.0	100.00	2.88	0.08	21.54	11.32	0.81	86.16	98.49
Azúcar rubia	30.00	100.00	0.00	0.00	34.4	0.00	0.00	137.62	137.62
Cama de Pollo Enro	100.00	100.00	20.60	3.80	0.00	82.40	32.40	0.00	114.80
Zanahoria	30.00	79.00	0.14	0.13	3.18	0.07	1.07	8.72	10.36
Cebolla de cabeza (	40.00	87.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Tomate	30.00	99.00	0.24	0.06	1.20	0.99	0.03	5.11	6.08
Lechuga redonda	80.00	90.00	0.92	0.08	0.84	2.08	0.72	3.36	6.16
Anejas frescas (4)	30.00	54.00	1.15	0.10	0.00	4.80	0.87	12.18	17.60
Papa blanca	120.00	82.00	2.07	0.10	21.94	8.27	0.89	87.77	96.92
Sal	10.00	100.00	0.12	0.05	0.02	0.48	0.45	3.36	4.21
Limon	7.00	82.00	0.02	0.01	0.35	0.07	0.07	1.41	1.55
Piniente molida	0.60		0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vinagre	7.00	100.00	0.00	0.07	0.35	0.00	0.63	1.40	2.03
Mayonesa	15.00	100.00	0.46	0.00	14.07	1.92	0.00	56.28	58.20
						Y.C. DESAYUNO			606.37
						% DISTR. DESAYUNO			23.94
ALMUERZO: Sopa de quinoa + Estofado de pollo,arroz + refresco + fruta									
Cama de res pecho	60.0	75.00	0.99	0.72	0.00	38.34	8.40	0.00	46.72
Zapallo mazo	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.81	4.26
Ajo	6.00	75.00	0.03	0.01	0.22	0.13	0.08	0.88	1.07
Porro	6.00	66.00	0.11	0.03	0.30	0.43	0.29	1.20	1.92
Nabo	6.00	66.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	30.00	35.00	0.79	0.06	1.81	3.16	0.50	7.25	10.92
Zanahoria	30.00	79.00	0.09	0.08	1.45	0.36	0.71	5.61	6.90
Quinoa Cruda	30.00	100.00	2.72	1.15	13.26	10.88	10.44	53.04	74.35
Papa blanca	60.0	82.00	1.38	0.07	14.03	5.51	0.59	56.52	64.62
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.2844	0.53	4.35	5.18
Cama de Pollo Enro	180.00	70.00	23.07	4.00	0.00	92.20	36.20	0.00	128.59
Anejas frescas (4)	20.00	54.00	0.77	0.06	2.03	3.07	0.5632	8.12	11.77
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.2844	0.53	4.35	5.18
Anejas frescas (4)	20.00	54.00	0.77	0.06	2.03	3.07	0.5632	8.12	11.77
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	118.79	48.20	6.75	486.80	522.75
Papa blanca	150.0	82.00	2.08	0.12	27.43	10.33	1.11	108.72	121.16
Cebolla de cabeza (	24.00	87.00	0.23	0.03	1.88	0.94	0.30	7.57	8.81
Ajo	2.00	80.00	0.09	0.01	0.49	0.38	0.13	1.95	2.42
Sal	10.00	100.00	0.12	0.05	0.02	0.48	0.45	3.36	4.21
Acetate vegetal	5.00	100.00	0.00	0.00	0.00	0.00	45.00	0.00	45.00
Alfalfa seco	5.00	52.00	0.19	0.16	1.68	0.76	1.47	6.75	8.97
Tomate	30.00	100.00	0.24	0.06	1.20	0.99	0.04	5.18	6.55
Manaosil	25.00	100.00	0.23	0.03	3.95	0.90	0.23	15.80	16.93
Azúcar rubia	20.00	100.00	0.00	0.00	18.66	0.00	0.00	78.64	78.64
Naranja	150.0	85.00	0.77	0.29	12.88	3.00	2.30	61.61	65.87
						Y.C. ALMUERZO			1244.49
						% DISTR. ALMUERZO			42.99
CENA :Saldado de acelga con carne, arroz + infusion									
Cama de res pecho	80.0	100.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Cebolla de cabeza (	80.00	85.00	0.95	0.14	7.68	3.81	1.23	30.74	35.77
Tomate	40.00	90.00	0.29	0.07	1.56	1.18	0.648	6.19	7.99
Papa blanca	200.0	82.00	3.88	0.18	41.03	15.48	1.858	184.73	188.24
Arroz Pilado o pulido	80.0	100.00	7.38	0.45	70.02	29.62	4.05	280.08	313.65
Ajo	1.50	80.00	0.07	0.01	0.58	0.27	0.0894	1.48	1.81
Acetate vegetal	25.00	100.00	0.00	0.00	0.00	0.00	225	0.00	225.00
Acelgas, hojas de	100.00	85.00	2.16	0.29	5.19	8.62	2.65	28.78	32.05
Perejil	1.00	80.00	0.02	0.00	0.03	0.10	0.0215	0.13	0.26
Piniente molida	0.3	900	0.03	0.02	0.19	0.10	0.216	0.78	1.06
Sal	8.00	100.0	0.10	0.04	0.06	0.38	0.36	2.92	3.37
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Habas	8.00	87.00	0.17	0.05	0.38	0.60	0.48	1.50	2.60
						Y.C. CENA			1822.16
						% DISTR. CENA			34.50
			121.03	48.01	518.21				
			484.14	418.05	2054.5				
			15	14	76	100.00			
						VCT. MENU			2963.02

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alamo Choja
NUTRICIONISTA
C.N.P. 3979

10-11-12 ABRIL 2018

ALIMENTO	gr/por	convertible	PROT	GRASA	CHO	NUTRIENTES POR PORCIÓN			TOTAL, kcal
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Mondongo a la italiana con arroz + Café y 1 pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0.05	0.04	0.13	0.21
Pan de istranuco o fr	30.0	100.00	2.88	0.00	21.54	11.57	0.81	96.18	38.49
Azúcar rubia	25.00	100.00	0.00	0.00	34.58	0.00	0	98.30	98.30
Arroz Pilado o pulido	50.00	100.00	7.38	0.45	70.03	28.52	4.85	250.08	313.66
Ajos	1.00	100.00	0.00	0.01	0.39	0.294	0.67	1.23	1.51
Mondongo de res	100.0	80.00	13.52	2.80	6.89	54.08	25.2	3.20	82.49
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	6.00	100.00	0.09	0.03	0.53	6.31	0.39	2.13	3.73
Orégano seco	1.00	85.00	0.01	0.00	0.10	0.05	0.64	0.38	0.48
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.88	0.74	73.14	80.77
Cebolla de cabeza (	15.00	87.00	0.14	0.02	1.14	0.58	0.1809	4.54	5.29
Zanahoria	15.00	79.00	0.07	0.08	1.05	0.2844	0.53	4.36	5.18
Anejos frescos (4)	20.00	54.00	0.77	0.06	2.63	3.67	0.5832	8.12	11.77
Aj colorado seco, p	1.00	100.00	0.07	0.08	0.59	0.28	0.70	2.35	3.33
						V.C. DESAYUNO			794.19
						% DIST. DESAYUNO			83.61
ALMUERZO: Cazuela de fideos, Frijoles con seco de res, arroz, refresco + fruta									
Carne de Pollo Entero	80.0	75.00	0.27	1.82	0.00	37.28	14.58	0.00	51.86
Zapallo macra	30.00	47.00	0.10	0.80	0.90	5.38	0.25	3.61	4.25
Apio	8.00	75.00	0.03	0.01	0.22	0.13	0.08	0.88	1.07
Poro	6.00	88.00	0.11	0.03	0.20	0.43	0.29	1.26	1.92
Nabo	6.00	88.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Patatas frescas	30.00	35.00	0.79	0.06	1.81	3.16	0.50	7.25	10.92
Zanahoria	30.00	79.00	0.03	0.09	1.45	0.38	0.71	5.81	6.90
Fideos	80.00	100.00	7.52	0.16	62.58	30.08	1.44	250.24	281.76
Papa blanca	85.0	82.00	1.38	0.07	14.63	6.51	0.59	58.52	64.82
Frijol canario crudo	120.0	100.00	26.28	2.52	72.24	106.12	22.68	288.06	416.76
Cebolla de cabeza (	30.00	86.00	0.36	0.03	2.82	1.44	0.48	11.68	13.57
Tomate	25.00	90.00	0.18	0.05	0.97	0.72	0.41	3.87	5.09
Aj colorado seco, p	3.00	88.00	0.21	0.23	1.73	0.82	2.03	6.96	8.79
Carne de res pulpa	180.00	100.00	34.08	2.50	0.00	136.32	23.04	0.00	159.36
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	116.70	49.80	8.75	486.80	522.75
Acetate vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
Espresso negro	15.00	86.00	0.36	0.11	0.63	1.43	1.03	2.50	4.96
Cámbrio	20.00	57.00	0.28	0.19	0.80	1.60	1.30	3.19	6.03
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Aj verde (2)	2.00	87.00	0.02	0.01	0.17	0.13	0.19	0.68	0.80
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Ajos	1.00	80.00	0.04	0.01	0.24	0.18	0.06	0.97	1.21
Papa Blanca	100.0	82.00	1.72	0.08	18.29	6.88	0.74	73.14	80.77
Anejos frescos (4)	20.00	54.00	0.77	0.06	2.63	3.67	0.58	8.12	11.77
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0.00	59.98	59.98
Patatas de seco	150.0	68.00	1.63	0.31	21.42	8.12	2.75	95.88	94.00
						V.C. ALMUERZO			1665.61
						% DISTR. ALMUERZO			21.68
CENA: Sopa a la minuta con res + infusión									
Carne de res pulpa	60.0	100.00	13.60	1.04	0.00	55	8.38	0.00	64.74
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	5.00	85.00	0.24	0.03	1.20	1	0.21	5.17	6.43
Apio	12.00	75.00	0.06	0.02	0.43	0	0.16	1.73	2.14
Poro	12.00	75.00	0.24	0.07	0.68	1	0.65	2.74	4.36
Nabo	12.00	75.00	0.03	0.02	0.32	0	0.16	1.30	1.67
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.89	7.58
Papa blanca	85.0	82.00	1.38	0.07	14.63	6.51	0.59	58.52	64.82
Fideos	80.00	100.00	7.52	0.16	62.58	30	1.44	250.24	281.76
Orégano seco	3.00	100.00	0.03	0.02	0.34	0	0.14	1.36	1.88
Papa blanca	130.00	82.00	2.07	0.10	21.94	8	0.89	67.77	86.92
Tomate	35.00	90.00	0.20	0.05	1.00	1	0.40	4.26	5.49
Cebolla de cabeza (	80.00	84.00	0.71	0.10	5.70	3	0.81	22.76	26.51
Verduras variadas	5.00	85.00	0.20	0.03	0.28	1	0.27	1.11	2.19
Hierbas	3.00	100.00	0.06	0.03	0.21	0	0.27	0.84	1.48
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
						VC CENA			349.85
						%DIST. CEN			26.31
		VCT GR	151.32	34.58	628.26				
		VCT KCAL	865.30	491.21	2513.08				
		VCT %	16.77	13.61	85.62				
				100.00				VCT MENU	3669.58


Lidier N. Canaza Vega
ADMINISTRADOR


Lid. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 3979




Lid. Lidia Delgado
2018/04/10
11:11 AM

13-14-15 ABRIL 2018

ALIMENTO	g/por (g)	convertible %	PROT Ar (g)	GRASA (g)	CHO (g)	EQUIVALENCIA EN GRAMOS			TOTAL (g)
						PROT	GRASAS	CHO	
DESAYUNO: Adobo de cerdo, te y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Carrete entero	0.00	54.00	0.00	0.00	0.03	0.00	0.00	0.11	0.11
Clevo de olor	0.00	54.00	0.00	0.00	0.01	0.00	0.00	0.03	0.03
Arroz rubio	30.00	100.00	0.00	0.00	34.4	0.00	0.00	137.60	137.62
Pan de leonera o h	60.00	100.00	5.76	0.18	43.1	23.04	1.60	170.20	193.98
Cerdo de Cerdo	100	80.00	17.28	18.12	0.00	69.12	163.08	0.00	232.20
Pimentón entero	0.3	100.00	0.04	0.04	0.32	0.17	0.06	1.27	1.60
Orégano seco	0.20	70.00	0.00	0.00	0.02	0.01	0.01	0.06	0.08
Cebolla de cabeza C	80.00	67.00	0.75	0.11	6.06	3.00	0.96	24.23	28.19
Sal	10.00	100.0	0.18	0.00	1.23	0.72	0.66	4.62	6.32
Vinagre	3.00	100.00	0.00	0.03	0.15	0.00	0.37	0.60	0.87
Aji colorado seco, p	2.00	68.00	0.10	0.11	0.80	0.38	0.86	3.19	4.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	234.00	0.00	234.00
Cominos	0.1	100	0.00	0.00	0.08	0.03	0.00	0.32	0.34
Cheche jeta	60.00	100.00	0.30	0.00	2.94	1.20	0.00	11.76	12.96
					V.C. DESAYUNO				106.06
					% DISTR. DESAYUNO				27.73
ALMUERZO: Papa a la huancano, Arroz con pollo, ensalada, refresco + fruta									
Papa blanca	100.00	82.00	1.72	0.08	18.29	8.80	0.738	73.14	80.77
Galletas de soda	10.00	100.00	1.01	1.47	4.80	4.04	13.20	27.20	44.47
Mari crudo, con peli	5.00	71.00	0.66	1.71	0.63	5.43	15.40	2.51	21.34
Leche evaporada	10.00	95.0	0.67	0.77	1.04	3.88	8.80	4.14	13.73
Queso paria	10.00	100.00	2.90	3.00	0.33	11.20	27.00	1.32	39.52
Huacotay	2.00	54.00	0.05	0.01	0.09	0.22	0.00	0.35	0.64
Aji verde (2)	4.00	67.00	0.08	0.03	0.43	0.34	0.2412	1.68	2.34
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	118.70	49.20	6.75	488.60	523.75
Cerdo de Pollo Entero	160.0	70.00	23.07	4.03	0.00	92.29	36.266	0.00	128.55
Arvejas frescas (2)	25.00	54.00	0.95	0.08	2.54	3.83	0.729	10.15	14.72
Cilantro	20.00	57.00	0.38	0.15	6.85	1.50	1.3308	3.19	6.03
Vainitas (2)	15.00	91.00	0.33	0.04	1.11	1.31	0.36858	4.42	6.10
Espinaca negra	12.00	97.00	0.33	0.10	0.57	1.30	0.94284	2.20	4.53
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.67	1.0665	8.72	10.36
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0.34	0.2412	1.60	2.34
Pimiento	10.00	83.00	0.13	0.04	0.64	0.50	0.3735	2.58	3.43
Ajos	4.00	80.00	0.15	0.03	0.97	0.72	0.2904	3.89	4.84
Acetate vegetal	10.00	90.00	0.00	0.00	0.00	0.00	81	0.00	81.00
Glutamato monosód	0.80	100.00	0.67	0.00	0.52	0.26	0	3.08	3.35
Sal	10.50	100.00	0.13	0.05	0.88	0.50	0.4725	3.44	4.42
Ricoto	6.00	90.00	0.86	0.03	0.44	0.26	0.24	1.77	2.27
Cebada con cebada	6.80	100.00	0.46	0.12	5.00	1.80	1.07	20.23	23.11
Limón	4.00	100.00	0.02	0.01	0.39	0.08	0.07	1.35	1.70
Arroz rubio	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Manzana	180.00	85.00	0.38	0.13	18.62	1.53	1.15	74.40	77.14
					V.C. ALMUERZO				1176.90
					% DISTR. ALMUERZO				38.13
CENA: Lomo saltado, arroz, infusion									
Cerdo de res pecho	90.0	100.00	19.17	1.44	0.00	78.64	12.96	0.00	89.64
Arroz Pilado o pulido	95.0	100.00	7.50	0.46	70.02	29.52	4.05	280.08	313.65
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.29	3.89	4.84
Sal	10.00	100.00	0.13	0.05	0.83	0.48	0.45	3.26	4.21
Tomate	30.00	90.00	0.23	0.05	1.16	0.86	0.49	4.64	5.99
Perejil	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.38	2.73
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.83	1.11	109.72	123.16
Cebolla de cabeza C	80.00	67.00	0.75	0.11	6.06	3.00	0.96	24.23	28.19
Aji colorado seco, p	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.50	2.20
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Vinagre	5.00	100.00	0.00	0.03	0.25	0.00	0.40	1.00	1.45
Aji colorado seco, p	5.00	68.00	0.03	0.03	0.24	0.11	0.29	0.96	1.36
Herbas	2.00	54.00	0.03	0.01	0.06	0.13	0.10	0.30	0.53
Arroz rubio	30.00	100.00	0.00	0.00	28.49	0.00	0.00	117.96	117.96
					V.C. CENA				1033.98
					% DISTR. CENA				34.14
			391.37	188.86	426.42				
			405.50	379.77	1791.67				
			13.14	21.74	55.12				
						VCT. MENU			3046.93


Lider N. Canasa Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Abasco Caza
 NUTRICIONISTA
 C.N.P. 3979





16-17-18 ABRIL 2018

ALIMENTO	gr/per (g)	comestible %	PROT As (g)	GRASA (g)	CHO (g)	energías nutritivas			energía total
						PROT	GRASAS	CHO	
DESAYUNO: Guiso de fideos con res, arroz + ts y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.03
Azúcar rubia	10.00	100.00	0.00	0.00	0.83	0.00	0	39.30	39.30
Pan de libranza o fr	30.0	100.00	2.88	0.09	21.54	11.52	0.81	66.16	98.48
Fideos	80.00	100.00	7.42	0.18	62.56	30.08	1.44	250.24	281.76
Arroz Pilado o pulido	60.00	100.00	7.38	0.45	70.68	29.52	4.05	260.68	313.65
Ajos	0.50	80.00	0.02	0.00	0.12	0.09	0.03	0.49	0.60
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.0	100.00	2.10	0.10	22.20	8.40	0.90	89.20	98.50
Carne de res pecho	80.00	70.00	11.93	0.90	0.00	47.71	8.00	0.00	55.75
Cebolla de cabeza (2)	15.00	67.00	0.14	0.02	1.14	0.98	0.18	4.54	5.29
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Perseji	3.20	100.00	0.15	0.02	0.21	0.61	0.20	0.83	1.65
Arvejas frescas (4)	15.00	54.00	0.55	0.06	1.52	2.30	0.44	6.29	8.53
Zanahoria	20.00	79.00	0.69	0.08	1.45	0.38	0.71	5.81	6.90
Alf. colorado seco, pa	0.60	68.00	0.03	0.00	0.24	0.11	0.29	0.69	1.30
						V.C. DESAYUNO			1865.53
						% DIST. DESAYUNO			30.62
ALMUERZO: Sopa de trigo morco + Quinua batida con guiso de res, arroz y refresco + fruta									
Carne de Pollo Ente	60.0	70.00	8.65	1.51	0.00	34.61	13.626	0.00	48.22
Zanahoria macha	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.51	5.88
Maiz Fresco, Chodo	40.00	57.00	0.75	0.16	6.34	3.01	1.64	25.35	30.00
Apio	10.00	75.00	0.06	0.02	0.36	0.21	0.135	1.44	1.79
Poro	10.00	66.00	0.18	0.05	0.90	0.71	0.4793	3.01	3.19
Col blanca	10.00	66.00	0.09	0.02	0.33	0.35	0.18	1.31	1.64
Morón partido	30.00	100.00	5.07	1.06	0.30	20.38	8.45	1.20	30.03
Habas Indicas	25.00	35.00	0.90	0.07	2.27	3.96	0.63	9.57	13.66
Quinua Cruda	50.00	100.00	6.80	2.80	33.15	27.30	26.10	132.60	185.90
Papa blanca	50.00	62.00	0.88	0.04	9.14	3.44	0.37	36.57	40.29
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.04	6.54	21.68
Queso para	10.00	100.00	2.80	3.00	0.33	13	27.00	1.32	39.52
Margarina vegetal (c)	10.00	100.00	0.09	8.20	0.00	0	75.60	0.00	74.64
Sal	4.00	100.00	0.05	0.02	0.33	0.15	0.18	1.31	1.63
Verduras surtidas	3.00	60.00	0.12	0.02	0.16	0.46	0.15	0.62	1.24
Carne de res pulsa	150	100.00	31.95	2.40	0.00	127.80	21.6	0.00	149.40
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	118.70	49.20	6.75	466.60	522.75
Ajos	3.00	99.00	0.17	0.02	0.90	0.67	0.21	3.61	4.49
Alf. colorado seco, pa	1.50	69.00	0.07	0.00	0.60	0.29	0.72	2.30	3.40
Cominos	0.1	100	0.00	0.00	0.08	0.02	0.00	0.32	0.34
Vinagre	1.50	100.00	0.00	0.02	0.68	0.00	0.14	0.30	0.44
Cebolla de cabeza (2)	10.00	67.00	0.06	0.01	0.64	0.32	0.10	3.59	3.00
Tomate	20.00	90.00	0.14	0.04	0.77	0.58	0.304	3.10	4.00
Finfenta molido	0.15	100	0.01	0.01	0.10	0.05	0.11	0.38	0.54
Cebada con cascara	6.80	100.00	0.46	0.12	5.06	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.02	0.01	0.39	0.00	0.07	1.55	1.70
Azúcar rubia	5.00	100.00	0.00	0.00	4.52	0.00	0.00	19.65	19.65
Póximo de soda	150.0	68.00	1.53	0.31	21.42	6.12	2.75	85.65	94.55
						V.C. ALMUERZO			1327.11
						% DIST. ALMUERZO			40.41
CENA: Arroz a la jardinera con pollo + Ensalada + infusion									
Azúcar rubia	35.00	100.00	0.00	0.00	31.43	0.00	0	137.62	137.62
Arroz Pilado o pulido	100.0	100.00	9.20	0.60	77.80	32.80	4.5	311.20	348.60
Aceite vegetal	25.00	100.00	0.00	25.0	0.00	0.00	225	0.00	225.00
Arvejas frescas (4)	25.00	54.00	0.98	0.08	2.64	3.83	0.729	10.15	14.72
Zanahoria	35.00	65.00	0.13	0.15	3.74	0.71	1.35875	10.95	13.00
Fideos tallarin	80.0	90.00	2.57	0.03	18.79	10.26	0.243	75.17	85.67
Yanday (2)	25.00	91.00	0.29	0.07	1.84	2.18	0.61425	7.37	10.17
carne de pollo pecho	60.0	70.00	12.90	1.83	0.00	48.36	16.44	0.00	64.83
Tomate	25.00	90.00	0.18	0.05	0.97	0.72	0.406	3.67	5.00
Cebolla de cabeza (2)	100.00	67.00	0.04	0.13	7.67	3.75	1.209	30.28	35.24
Sal	11.00	100.00	0.13	0.08	0.90	0.33	0.406	3.61	4.83
Lechuga redonda	65.00	68.00	0.57	0.09	0.93	2.30	0.7859	3.71	6.81
						V.C. CENA			951.88
						% DIST. CENA			28.97
	VCT (Gr.)		133.67	82.81	547.16				
	VCT (Kcal.)		854.68	888.68	3181.1				
	VCT (%)		16	17	67				
						V.C.T. MENU			3283.82

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.N.R. 3979



19-20-21 ABRIL 2018

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	SE DESARROLLA POR 100 GRAMOS			TOTAL TOTAL
						PROT	GRASAS	CHO	
DESAYUNO: Café de paja + Té y 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.03
Pan de latranga o fr	35.0	100.00	3.36	0.11	25.13	13.44	0.043	100.50	114.91
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Papas de res	100	100.00	23.70	5.60	1.00	94.80	50.4	4.00	149.20
Porro	3.00	80.00	0.00	0.02	0.18	0.26	0.17	0.73	1.16
Ajo	4.10	70.00	0.07	0.01	0.15	0.09	0.06	0.59	0.73
Nabo	3.00	85.00	0.02	0.01	0.09	0.06	0.05	0.37	0.47
Ajos	1.00	100.00	0.00	0.01	0.30	0.22	0.072	1.23	1.51
Malt pelado, para m	35.00	92.00	1.90	0.66	25.21	7.60	6.09	100.89	114.54
Aceite vegetal	12.00	100.00	0.00	13.00	0.00	0.00	108	0.00	108.00
Sal	12.00	100.00	0.14	0.06	0.96	0.56	0.54	3.64	5.05
Papa blanca	150.00	88.00	2.77	0.13	20.44	11.09	1.188	117.74	130.02
Cebolla de cabeza (t	25.00	67.00	0.23	0.03	1.89	0.94	0.2016	7.67	8.81
Chufa blanco	10.00	82.00	0.12	0.00	1.21	0.49	0	4.62	5.31
Verduras surtidas	5.00	54.00	0.13	0.02	0.18	0.52	0.1701	0.70	1.39
Aj colorado seco, pa	2.00	100.00	0.14	0.16	1.17	0.56	1.404	4.70	6.66
					V.C. DESAYUNO				785.42
					% DIST. DESAYUNO				26.79
ALMUERZO: Sopa jefiana + pescado frito, arroz, ensalada + refresco + fruta									
Huevo de gallina, cr	15.00	96.00	1.96	1.23	0.20	0.43	0.29	1.20	1.92
Porro	6.00	86.00	0.11	0.00	0.30	0.06	0.04	0.43	0.54
Ajo	3.00	75.00	0.00	0.00	0.11	0.00	14.58	8.73	26.00
Leche evaporada	20.00	100.00	1.40	1.62	2.10	11.75	25.35	1.39	41.50
Queso parla	15.00	70.00	2.94	3.15	0.25	0.57	0.77	75.62	77.15
Papa blanca	100.00	85.00	1.79	0.09	16.96	9.57	0.37	5.25	6.13
Zapallo mace	35.00	56.00	0.14	0.04	1.20	0.58	0.54	3.64	5.05
Sal	12.00	100.00	0.14	0.06	0.96	3.01	1.64	25.35	30.00
Mala Fresco, Chada	40.00	57.00	0.75	0.16	6.34	1.58	0.55	9.57	11.19
Habas frescas	25.00	26.00	0.36	0.06	3.27	0.47	0.69	7.27	8.63
Zanahoria	25.00	79.00	0.12	0.10	1.82	0.43	0.16	0.69	1.28
Huacatay	4.00	54.00	0.11	0.02	0.17	0.43	0.16	0.69	1.28
Pescado	150.0	100.00	24.50	6.24	0.48	138.24	56.16	1.92	196.32
Ajos	2.00	80.00	0.09	0.01	0.48	0.36	0.12	1.55	2.42
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Arroz Pilado o pulid	150.00	100.00	12.30	0.73	116.73	49.20	0.75	486.60	522.75
Cebolla de cabeza (C	60.00	67.00	0.58	0.09	4.54	2.25	0.72	18.17	21.15
Aj colorado seco, pa	3.00	68.00	0.14	0.16	1.20	0.57	1.40	4.70	6.79
Aceite vegetal	2.00	100.00	0.00	2.00	0.00	0.00	18.00	0.00	18.00
Orégano seco	0.30	94.00	0.00	0.00	0.03	0.02	0.01	0.13	0.16
Vinagre	16.50	100.00	0.00	0.17	0.63	0.00	1.49	3.30	4.79
Harina de trigo	20.00	100.00	2.10	0.40	14.98	8.40	3.60	59.84	71.84
Cubada con cilantro	6.60	100.00	0.46	0.12	5.06	1.62	1.07	20.32	23.11
Manzana	150.00	100.00	0.45	0.15	21.90	7.80	1.35	67.60	80.75
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1313.47
					% DISTR. ALMUERZO				44.80
CENA: Cau cau de pollo, arroz + infusion									
Arroz Pilado o pulid	90.00	100.00	7.38	0.45	70.02	29.52	4.05	290.08	313.65
Ajos	0.50	80.00	0.02	0.00	0.13	0.09	0.09	0.49	0.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Papa blanca	100.0	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
Carné de Pollo Enta	100.0	70.00	14.42	2.62	0.00	67.88	22.88	0.00	80.38
Cebolla de cabeza (C	30.00	67.00	0.28	0.04	2.27	1.13	0.36	6.69	10.07
Sal	7.70	100.0	0.09	0.04	0.63	0.37	0.30	2.53	3.24
Herbol	3.20	100.00	0.19	0.02	0.21	0.61	0.20	0.83	1.05
Arvejas frescas (H)	25.00	54.00	0.96	0.08	2.54	3.83	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0.47	0.69	7.27	8.63
Aj colorado seco, pa	1.00	68.00	0.05	0.05	0.40	0.18	0.40	1.60	2.28
Hierbas	2.50	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0.00	0.00	117.96	117.96
					V.C. CENA				832.68
					% DISTR. CENA				28.46
	VCT (Gr.)		118.95	58.95	487.66				
	VCT (kcal)		475.78	539.57	1950.62				
	VCT (%)		16	18	67				
					V.C.T. MENU				2931.57

Lider N. Camaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3973



ALIMENTO	gr/gm	convertible %	PROT An (g)	GRASA (g)	CHO (g)	GRASAS POR GRAMOS DE CHO			TOTAL KJ/KG
						PROT	GRASAS	CHO	
DESAYUNO: Revuelto de chuflo, arroz, café + gan									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0.04	0.00	0.10	0.16
Polvo de Maizena o M	30.0	100.00	2.88	0.06	21.54	11.52	0.01	80.16	38.40
Azúcar rubia	30.00	100.00	0.30	0.00	39.5	0.00	0.00	117.96	117.96
Chuflo blanco	90.00	90.00	0.27	0.00	2.66	1.08	0.00	10.58	11.06
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.62	29.62	4.06	280.08	313.65
Papa blanca	90.0	82.00	1.38	0.07	14.63	5.51	0.5904	69.52	64.62
Queso parís	15.00	100.00	4.20	4.00	0.00	16.80	60.5	1.96	69.28
Leche evaporada	30.00	100.00	1.40	1.62	2.18	6.60	14.58	8.72	38.90
Huevo de gallina, cr	15.00	98.00	1.95	1.23	0.36	7.94	11.11	1.09	30.11
Aceite vegetal	15.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Cebolla de cabeza (2)	30.00	67.00	0.28	0.04	2.27	1.1296	0.36	9.09	10.57
Ajo	1.00	80.00	0.07	0.01	0.38	0.27	0.0864	1.46	1.81
Tomate	15.00	99.00	0.12	0.03	0.64	0.48	0.27	3.55	3.90
Peperón	5.00	80.00	0.12	0.02	0.18	0.48	0.16	0.65	1.29
						V.C. DESAYUNO			825.17
						% DIETA DESAYUNO			3372.74
ALMUERZO: Menestron , Escabeche de pollo limenio , arroz, refresco + fruta									
Carné de res pecho	60.0	70.00	6.95	0.67	0.00	35.78	6.05	0.00	41.83
Zapallo mero	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Ajo	4.13	75.00	0.02	0.01	0.15	0.09	0.06	0.09	0.74
Porro	3.00	88.00	0.04	0.01	0.15	0.14	0.10	0.40	0.64
Nabo	2.00	66.00	0.01	0.00	0.05	0.03	0.02	0.19	0.25
Maíz Fresco, Choclo	50.00	57.00	0.04	0.23	7.12	3.76	2.05	31.69	37.51
Habas frescas	25.00	35.00	0.99	0.07	2.27	3.95	0.63	9.07	13.65
Espinaca negra	20.00	97.00	0.54	0.17	0.95	2.17	1.57	3.80	7.55
Frijol	5.00	100.00	1.10	0.11	3.01	4.35	3.95	12.04	17.37
Albahaca (H)	10.00	50.00	0.15	0.06	0.37	0.58	0.54	1.46	2.58
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.25	0.63	4.36	5.18
Fideos	20.00	100.00	1.68	0.04	15.94	7.62	0.36	62.00	70.44
Carné de Pollo Entero	180.00	79.00	23.07	4.03	0.00	92.28	36.29	0.00	128.58
Aj verde (2)	10.00	67.00	0.17	0.05	0.63	0.67	0.48	3.33	4.48
Caroteo merado (2)	150.0	84.00	1.76	0.38	32.38	7.09	3.402	129.69	139.89
Sal	5.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Arroz Pilado o pulido	150.00	100.00	13.30	0.75	116.70	49.30	6.75	490.00	532.75
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Cebolla de cabeza (2)	50.00	67.00	0.47	0.07	3.79	1.88	0.60	15.14	17.82
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	9.11	9.59
Aj colorado seco, pe	2.50	66.00	0.10	0.11	0.00	0.38	0.90972	3.19	4.53
Sal	11.30	100.00	0.13	0.06	0.62	0.54	0.50	3.67	4.72
Zanahoria	20.00	79.00	0.08	0.08	1.46	0.38	0.71	9.81	10.90
Ajo	4.00	80.00	0.23	0.03	1.20	0.89	0.38	4.62	5.89
Poroto	5.80	90.00	0.08	0.03	0.43	0.25	0.23	1.71	2.20
Lima	3.00	100.00	0.02	0.01	0.29	0.06	0.05	1.96	1.26
Maniacoji	25.00	100.00	0.23	0.03	3.95	0.80	0.33	15.89	16.93
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	79.84	79.84
Naranja	180.0	80.00	0.72	0.24	12.12	2.88	2.16	48.48	53.62
						V.C. ALMUERZO			1406.46
						% ALMUERZO			6014.01
CENA: Yuca amolezada , arroz, ensalada + infusión									
Yuca blanca	100.00	80.00	6.64	0.16	31.44	2.68	1.44	125.76	129.76
Queso parís	25.00	100.00	7.00	7.50	0.00	28.00	67.50	3.30	98.80
Huevo de gallina, cr	15.00	98.00	1.95	1.23	0.36	7.94	11.11	1.09	30.11
Harina de trigo	30.00	100.00	3.15	0.60	22.44	12.60	5.40	80.76	107.76
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.62	29.62	4.06	280.08	313.66
Tomate	40.00	90.00	0.28	0.07	1.58	1.15	0.65	9.19	7.99
Peperón o Papino de	90.00	72.00	0.28	0.06	1.50	1	0.50	5.95	7.05
Leche evaporada	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Sal	5.40	100.00	0.10	0.04	0.66	0.40	0.38	2.76	3.54
Aceite vegetal	35.00	90.00	0.00	28.00	0.00	0.00	252.00	0.00	252.00
Herbas	2.00	64.00	0.09	0.01	0.96	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			1101.19
						% DIETA CENA			43.62
			86.38	27.67	254.46				
			225.40	249.01	9917.85	1492.25			
			9	10	40	55.11			
						VCT. MENU			2524.48

Super
Uder N. Canaza Vega
 ADMINISTRADOR

El
Lic. Elizabeth del Rosario Alarco Coya
 NUTRICIONISTA
 C.N.R. 3979



15-26-27 ABRIL 2018

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	REQUERIDO POR NUTRIENTES			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: Huevo frito + camote + arroz, Siete cereales y pan									
Azúcar rubia	30.00	100.00	0.00	0.00	29.88	0.00	0	117.96	117.96
Pan de laprasa o fr	30.00	100.00	2.88	0.09	27.5	11.52	0.01	88.16	98.49
Huevo de gallina, cr	60.00	98.00	7.94	4.94	1.06	31.75	44.40	4.23	80.44
Arroz Pilado o pulido	60.00	100.00	7.38	0.45	70.02	28.52	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	35.00	0.00	0.00	180.00	0.00	180.00
Camote mondado (3)	150.0	84.00	1.76	0.58	32.38	7.08	3.402	129.63	139.68
Tomate	20.00	90.00	0.14	0.04	0.77	0.68	0.30	3.10	4.00
Cebolla de cabeza (2	50.00	87.00	0.47	0.07	3.79	1.88	0.60	15.14	17.62
Pimienta entera	0.08	100	0.01	0.01	0.05	0.03	0.0576	0.20	0.29
Sal	12.00	100.00	0.14	0.06	0.68	0.68	0.04	3.94	5.05
Avena, hojuelas cru	5.00	100.00	0.67	0.20	3.60	3	1.80	14.40	18.85
Harina de soya	5.00	100.00	0.64	0.30	3.00	2	2.93	14.24	18.81
Harina de Habas	5.00	100.00	1.23	0.10	2.88	5	0.05	11.93	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.20
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.45
						V.C. DESAYUNO			1948.57
						% DIST. DESAYUNO			32.69
ALMUERZO: Mazamorra de chuño, Pollada, papa, arroz, ensalada , refresco y fruta									
Carne de res pecho	60.00	70.00	8.95	0.57	0.09	35.78	0.05	0.09	41.83
Chuño molido	25.00	100.00	0.13	0.00	1.23	0.50	0.00	4.90	5.40
Zapallo mastre	30.00	47.00	0.13	0.04	1.26	0.53	0.34	4.81	5.68
Ajo	4.10	75.00	0.02	0.01	0.15	0.08	0.05	0.58	0.73
Papa	3.00	66.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.74	73.14	89.77
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.92
Habas frescas	25.00	35.00	0.98	0.07	3.27	3.96	0.63	9.07	13.65
Carne de Pollo Entera	150.0	79.00	21.83	3.78	0.00	86.52	34.02	0.00	120.64
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	116.70	48.20	0.75	466.80	527.75
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Ajos	4.00	80.00	0.15	0.02	0.97	0.72	0.23	3.80	4.84
Lechuga redonda	40.00	95.00	0.49	0.05	0.80	1.09	0.48	3.19	4.65
Sal	12.00	100.00	0.14	0.06	0.68	0.68	0.04	3.94	5.05
Tomate	30.00	90.00	0.22	0.05	1.16	0.85	0.40	4.64	5.95
Perceji	10.60	90.00	0.25	0.04	2.34	1.02	0.53	1.38	2.73
Cebolla de cabeza (2	60.00	87.00	0.58	0.08	4.54	2.25	0.72	15.17	21.15
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	89.77
Aji colorado seco, pi	5.00	68.00	0.24	0.27	2.00	0.95	2.38	7.86	11.32
Cebada con cáscara	5.00	100.00	0.46	0.12	5.06	0.08	0.07	1.50	1.70
Limon	4.00	100.00	0.02	0.01	0.39	0.00	0.00	117.96	117.96
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0.00	0.00	123.05	123.45
Pilano de seda	100.0	82.00	2.21	0.44	30.91	9	0.00	0.00	5.53
						V.C. ALMUERZO			1381.58
						% DIST. ALMUERZO			42.94
CENA: Pastel de tallarin+ infusion									
Fideos tallarin	200	40.0	7.60	0.08	55.88	30.40	0.72	222.73	253.84
Huevo de gallina, cr	20.00	98.00	2.65	1.65	0.35	5.60	14.68	8.72	28.80
Leche evaporada	20.00	100.00	1.40	1.62	2.18	43.45	7.34	0.00	50.60
Carne de res pecho	60.00	95.00	10.89	0.82	0.00	43.48	7.34	0.00	50.60
Cebolla de cabeza (2	40.00	87.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Tomate	40.00	99.00	0.33	0.08	1.70	1.27	0.71	6.81	8.79
Arvejas frescas (4)	30.00	100.00	2.13	0.18	5.64	8.52	1.62	22.55	32.70
Zanahoria	40.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.92
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.29	4.86	6.08
Aceite vegetal	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Perceji	1.00	90.00	0.02	0.00	0.03	0.10	0.03	0.13	0.26
Aji colorado seco, pi	5.00	68.00	0.24	0.27	2.00	0.95	2.38	7.86	11.32
Sal	12.00	100.00	0.14	0.06	0.68	0.68	0.04	3.94	5.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			787.12
						% DIST. CENA			24.47
			102.96	75.54	522.18				
			411.82	708.88	2088.73				
			12.80	21.87	64.92				
						VCT. MENU			3217.34

Lider N. Canaza Vega

Lic. Elizabeth del Rosario Aberra Caza
NUTRICIONISTA
C.N.P. 5979



Dr. Juan Carlos

Lider
Lider M. Canaza Vega


Lic. Elizabeth del Rosario Rivera Cordero
MAJESTADISTA
C.N.P. 3979



ALIMENTO	gr/mo g/g	consiste %	PROT Aa (g)	GRASA (g)	CHO (g)	PROT (g)	GRASAS (g)	CHO (g)	
DESAYUNO: Satisfacción de alón, arroz + Tel + pan.									
Té emulsionar	3.00	64.00	8.00	0.00	0.01	0.01	3	0.03	0.00
Pan de lechazo o n	60.0	100.00	5.70	0.10	43.00	20.04	1.40	172.33	100.00
Azúcar rubia	30.00	100.00	8.00	0.00	20.40	0.00	3	117.00	117.00
Grated de Sardina o	90.00	100.00	11.20	4.50	0.50	44.80	40.0	2.00	87.90
Cebolla de cabeza (l	60.00	67.00	0.60	0.00	4.54	2.20	0.70	18.17	21.15
Tomate	20.00	60.00	0.14	0.04	0.77	0.00	0.324	3.10	4.00
Papa blanca	100.0	62.00	2.50	0.10	27.40	10.30	1.107	100.72	121.10
Arroz Pilado o pulid	90.0	100.00	7.30	0.40	70.00	20.52	4.00	200.00	313.00
Apio	1.00	60.00	0.07	0.01	0.30	0.27	0.0004	1.40	1.0
Aceto vegetal	30.00	70.00	0.02	14.00	0.00	0.00	120	0.00	100.00
Presilj	1.00	60.00	0.02	0.00	0.03	0.10	0.0310	0.13	0.20
Presente molida	0.3	100	0.03	0.00	0.10	0.10	0.210	0.70	1.00
Sel	8.00	100.0	0.10	0.04	0.00	0.30	0.30	2.00	3.07
						V.C. DESAYUNO		894.74	
						% DISTR. DESAYUNO		30.44	
ALMUERZO: Cazuela de res, Pasternaco de pollo a la olla, arroz, refresco y fruta									
Carné de res pedra	60.00	70.00	0.00	0.07	0.00	30.70	0.00	0.00	41.00
Zapallo negro	30.00	47.00	0.10	0.00	0.00	0.30	0.20	3.01	4.20
Apio	6.00	70.00	0.00	0.01	0.20	0.10	0.00	0.00	1.07
Foto	6.00	60.00	0.11	0.00	0.00	0.40	0.20	1.20	1.92
Habas frescas	20.00	30.00	0.70	0.00	1.01	3.10	0.00	7.20	10.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.30	0.71	0.00	0.00
Papa blanca	50.00	62.00	0.00	0.04	0.14	3.44	0.37	30.07	40.33
Carné de Pollo Enta	100.00	70.00	20.07	4.00	0.00	62.20	30.20	0.00	120.00
Carnes cocidas (2)	100.0	64.00	1.10	0.20	21.00	4.70	2.37	60.30	60.30
Mole Fresco Choco	60.0	57.00	1.00	0.30	10.00	0.00	3.20	00.71	00.00
Habas frescas	20.0	30.00	1.10	0.00	2.70	4.70	0.70	10.00	10.00
Huacotay	1.00	64.00	0.00	0.00	0.04	0.11	0.04	0.17	0.33
Cilantro	10.00	57.00	0.10	0.07	0.40	0.70	0.07	1.00	2.00
Apio	2.00	60.00	0.00	0.01	0.40	0.30	0.10	1.00	2.40
Aceto vegetal	12.00	100.00	0.00	12.00	0.00	0.00	100.00	0.00	100.00
Arroz Pilado o pulid	100.0	100.00	12.30	0.70	110.70	40.20	0.70	400.00	522.70
Bibao	2.00	100.00	0.20	0.10	0.00	0.00	1.70	0.00	2.70
Manojos	5.00	100.00	0.00	0.00	0.20	0.00	0.40	1.00	1.40
Guisantes cocidos	0.10	100.00	0.00	0.00	0.10	0.07	0.00	0.00	0.10
Presente molida	0.10	100.00	0.01	0.01	0.10	0.00	0.11	0.00	0.10
Cominos	0.10	100.00	0.01	0.00	0.10	0.00	0.00	0.00	0.10
All colorado seco, p	1.30	60.00	0.07	0.00	0.00	0.20	0.70	2.30	3.40
Sel	12.00	100.00	0.14	0.00	0.00	0.50	0.54	3.04	3.00
Cabada con cuscus	12.00	100.00	0.00	0.00	0.00	0.30	1.04	30.77	40.00
Limon	5.00	100.00	0.00	0.01	0.40	0.10	0.00	1.04	2.10
Azúcar rubia	30.00	100.00	0.00	0.00	20.40	0.00	0.00	117.00	117.00
Ratona de seda	100.0	60.00	2.20	0.40	0.10	0.00	4.00	104.99	107.00
						V.C. ALMUERZO		1000.37	
						% DISTR. ALMUERZO		41.00	
CENA: Aguadito de pollo + infusion									
Carné de Pollo Enta	100.00	60.00	17.37	3.00	0.00				
Apio	6.00	60.00	0.20	0.04	1.30	1.21	0.32	0.47	0.00
Apio	12.00	60.00	0.00	0.00	0.30	0.23	0.14	1.00	1.00
Papa	6.00	100.00	0.22	0.00	0.01	0.00	0.00	2.43	3.07
Nabo	6.00	100.00	0.00	0.00	0.30	0.10	0.14	1.10	1.40
Sel	12.00	100.00	0.14	0.00	0.00	0.50	0.54	3.04	3.00
Arroz Pilado o pulid	90.00	100.00	0.00	0.40	62.20	20.24	3.00	200.00	270.00
Papa blanca	100.00	60.00	2.00	0.10	20.77	11.21	1.20	110.00	131.00
Aceto vegetal	30.00	100.00	0.00	30.00	0.00	0.00	100.00	0.00	100.00
Cebolla china (2)	10.00	71.00	0.04	0.04	0.00	0.00	0.0004	0.00	4.00
Udon	6.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Zanahoria	40.00	60.00	0.00	0.10	0.00	0.00	0.00	0.00	0.00
Anejas frescas (4)	30.00	64.00	1.34	0.11	3.00	0.37	1.0000	14.21	20.00
Presente	10.00	60.00	0.10	0.00	0.00	0.00	0.0000	0.00	0.10
Espinaca negra	30.00	97.00	0.01	0.20	1.40	3.20	2.0001	0.70	11.00
Cilantro	30.00	57.00	0.00	0.20	1.20	2.20	2.0000	4.70	0.00
Tomate	30.00	70.00	0.10	0.00	1.00	1	0.40	4.00	5.00
Manojos	5.00	64.00	0.00	0.00	0.10	0.30	0.14	0.70	1.30
Azúcar rubia	30.00	100.00	0.00	0.00	20.40	0.00	0.00	107.00	107.00
						V.C. CENA		817.00	
						% DISTR. CENA		20.00	
			113.10	20.37	500.40				
			400.30	520.30	2041.0				
			10.04	10.07	60.00				
						V.C. MENU		3000.00	

PENAL I. JERES AREQUIPA- MENU NIÑOS -ABRIL 2018

FECHA	DESAYUNO	REFRIGERIO	ALMUERZO	REFRIGERIO	CENA
domingo, 01 de abril de 2018	AVENA CON LECHE + PAN CON MERMELADA	PLATANO	ALMENDRADO DE POLLO CON ARROZ + REFRESCO	GELATINA	SALCHIPAPAS, INFUSIÓN
lunes, 02 de abril de 2018	QUINUA CON MANZANA+ PAN CON ACEITUNA	MANDARINA	GUISO DE LENTEJITAS CON ARROZ Y ENSALADA + REFRESCO	MAZAMORRA DE PIÑA	CALDILLO DE HUEVOS
martes, 03 de abril de 2018	CEBADA CON LECHE, PAN CON JAMONADA	HUEVO SANCOCHADO	HIRO DE ZAPALLO CON ARROZ + REFRESCO	PUDIN	GUISO DE FIDEOS CON POLLO + INFUSIÓN
miércoles, 04 de abril de 2018	SIETE CEREALES CON LECHE, PAN CON ATÚN	JUGO DE NARANJA	HIGADO APANADO CON ARROZ Y ENSALADA + REFRESCO	MANZANA	DULCE DE CAMOTE CON LECHE
jueves, 05 de abril de 2018	VAINILLA CON LECHE + PAN CON HUEVO SANCOCHADO	PIÑA	ATOMATADA DE RES CON ARROZ + REFRESCO	GRANADILLA	CREMA DE VERDURAS
viernes, 06 de abril de 2018	AVENA CON LECHE, PAN CON ACEITUNA	PLATANO	MILANESA DE PESCADO CON ARROZ Y ENSALADA + REFRESCO	PAPAYA	MATASQUITA DE POLLO CON ARROZ E INFUSIÓN
sábado, 07 de abril de 2018	SEMOLA CON LECHE, PAN CON SALCHICHA	YOGURT CON FRUTA	CAU- CAU DE POLLO CON ARROZ + REFRESCO	GRANADILLA	SOPA DE ARROZ CON CARNE
domingo, 08 de abril de 2018	AVENA CON LECHE, PAN CON MANJAR	GELATINA	POLLO BROSTER CON ARROZ Y ENSALADA + REFRESCO	PIÑA	CREMA DE ESPINACAS
lunes, 09 de abril de 2018	QUINUA CON MARACUYA, PAN CON QUESO	MANDARINA	GUISO DE FREJOL CON CHANCHO CON ARROZ Y ENSALADA + REFRESCO	PAPAYA	SOPA JULIANA
martes, 10 de abril de 2018	PONCHE DE HABAS CON LECHE, PAN CON OMELET	PLATANO	SALTADO DE CARNE CON ARROZ Y REFRESCO	VASO DE LECHE	REVUELTO DE ZANAHORIA CON ARROZ + INFUSION
miércoles, 11 de abril de 2018	LECHE CON COCOA, PAN CON ATÚN	GELATINA	ARROZ A LA JARDINERA CON POLLO + REFRESCO	MANZANA	VASO DE LECHE + HUEVO FRITO CON ARROZ
jueves, 12 de abril de 2018	LECHE CON VAINILLA, PAN CON PALTA	HUEVO SANCOCHADO	AJI DE CALABAZA CON ARROZ + REFRESCO	GRANADILLA	MAZAMORRA DE SEMOLA CON FRUTA
viernes, 13 de abril de 2018	SOYA CON LECHE, PAN CON ACEITUNA	MANDARINA	PESCADO FRITO CON ARROZ, ENSALADA Y REFRESCO	PLATANO	SOPA DE FIDEOS CON MENUDENCIA DE POLLO
sábado, 14 de abril de 2018	SEMOLA CON LECHE, PAN CON CAMOTE FRITO	GRANADILLA	CAMOTE ARREBOZADO CON ARROZ, ENSALADA + REFRESCO	FLAN	ASADO DE RES CON ARROZ, + INFUSIÓN
domingo, 15 de abril de 2018	AVENA CON LECHE, PAN CON MARGARINA	HUEVO DURO	TALLARIN SALTADO CON POLLO + REFRESCO	GELATINA	VASO DE LECHE



Lider N. Canazni Vega
 DIRECTORA DE ASESORIA TECNICA

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lunes, 16 de abril de 2018	QUINUA CON MANZANA, PAN CON QUESO	PLATANO	GUISO DE ARVEJITAS PARTIDAS CON ARROZ, ENSALADA + REFRESCO	MANDARINA	CAZUELA DE POLLO
martes, 17 de abril de 2018	CEBADA CON LECHE, PAN CON HUEVO SANCOCHADO	YOGURT	SALTADO DE HIGADO CON ARROZ + REFRESCO	MAZAMORRA DE PIÑA	CROQUETAS DE ATÚN CON ARROZ + INFUSIÓN
miércoles, 18 de abril de 2018	COCOA CON LECHE, PAN CON ATÚN	GRANADILLA	ARROZ CON POLLO+ ENSALADA + REFRESCO	NARANJA	VASO DE LECHE
jueves, 19 de abril de 2018	SIETE CEREALES, PAN CON TORTILLA	PIÑA EN TROZOS	REVUELTO DE ACELGA CON ARROZ + REFRESCO	MAZAMORRA DE MANZANA	SALTADO DE CARNE CON ARROZ + INFUSIÓN
viernes, 20 de abril de 2018	HARINA DE HABAS CON LECHE, PAN CON ACEITUNA	PAPAYA	CHICHARRON DE PESCADO CON ARROZ, ENSALADA, + REFRESCO	DURAZNO	CALDILLO DE HUEVOS
sábado, 21 de abril de 2018	SIETE CEREALES CON LECHE, PAN CON HUEVO SANCOCHADO	MANZANA	OLLUCOS CON HAMBURGUESA DE CARNE, + REFRESCO	PUDIN	VASO DE LECHE
domingo, 22 de abril de 2018	AVENA CON LECHE, PAN CON MERMELADA	GELATINA	POLLO A LA CACEROLA CON ARROZ, ENSALADA, + REFRESCO	VASO DE LECHE	DULCE DE CAMOTE
lunes, 23 de abril de 2018	CHOCOLATADA, PAN CON QUESO	MANDARINA	ENSALADA DE PALLARES CON POLLO FRITO + REFRESCO	GRANADILLA	SOPA DE FIDEOS CON CARNE
martes, 24 de abril de 2018	AVENA CON MANZANA, PAN CON HUEVO SANCOCHADO	PLÁTANO	HIGADO FRITO CON ARROZ, ENSALADA + REFRESCO	DURAZNO	VASO DE LECHE
miércoles, 25 de abril de 2018	CEBADA CON LECHE, PAN CON ATÚN	GRANADILLA	AJI DE POLLO CON ARROZ + REFRESCO	MANZANA	TORTILLA DE VERDURAS CON ARROZ+ INFUSIÓN
jueves, 26 de abril de 2018	QUINUA CON PIÑA, PAN CON JAMONADA	PLATANO	REVUELTO DE ZANAHORIA CON ARROZ, + REFRESCO	MAZAMORRA DE PIÑA	ARROZ CHAUFA CON POLLO Y HUEVO + INFUSIÓN
viernes, 27 de abril de 2018	SOYA CON NARANJA, PAN CON ACEITUNA	MANDARINA	PESCADO FRITO CON ARROZ Y ENSALADA + REFRESCO	VASO DE LECHE	CREMA DE ESPINACAS
sábado, 28 de abril de 2018	LECHE, PAN CON CAMOTE FRITO	HUEVO DURO	GUISO DE TRIGO CON QUESO Y ARROZ + REFRESCO	MANDARINA	MAZAMORRA DE CHANCACA
domingo, 29 de abril de 2018	AVENA CON LECHE, PAN CON MANJAR	PLATANO	PAPA RELLENA, ARROZ, ENSALADA + REFRESCO	GELATINA	MAZAMORRA MORADA
lunes, 30 de abril de 2018	SOYA, PAN CON TORTILLA DE HUEVO	DURAZNO	SALTADO DE ATÚN, ARROZ Y REFRESCO	GRANADILLA	ARROZ CON LECHE



Dr. [Firma]

[Firma]
Lider M. Canazn Vega
 ADMINISTRADOR

[Firma]
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 C.N.P. 5979

mes 2 de abril de 2018

ALIMENTO	gr/por (g)	convertible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: QUINTA CON MANZANA+ PAN CON ACEITUNA									
Quinta cruda	20.00	100.0	2.73	1.16	13.26	11	10.44	53.04	74.36
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Manzana	25.00	100.0	0.08	0.03	3.65	0	0.23	14.60	15.13
Aceitunas de	20.00	100.0	0.16	8.42	1.46	1	57.75	5.64	64.26
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.64	80.70
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC DES	254.13
								% DIST DES	26.44
REFRIGERIO MANDARINA									
Mandarina	140.0	95.00	0.91	0.40	11.96	3	3.63	46.23	53.09
								VC DES	53.09
								% DIST DES	5.62
ALMUERZO: GUISO DE LENTEJITAS CON ARROZ Y ENSALADA + REFRESCO									
Cerdo de res	40.0	79.00	8.73	2.43	0.00	27	21.97	0.00	48.79
Lentejas	50.00	91.00	10.28	0.45	27.78	41	4.10	111.02	156.25
Pepinito o pep	15.0	100.00	0.08	0.02	0.39	0	0.14	1.58	2.00
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.16	1.79	2.30
Cebolla de ca	15.00	67.00	0.23	0.04	0.75	1	0.38	3.03	4.30
Ajos	2	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceto vegetal	5.00	100.0	0.00	5.00	0.00	0	45.00	0.00	45.00
Papa blanca	30.00	82.00	0.52	0.02	5.49	2	0.22	21.94	24.23
Arroz pilado o	60.00	100.00	0.42	0.18	13.74	2	1.62	54.96	58.28
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.68	1.26
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC ALM	384.37
								%DIST AL	37.91
REFRIGERIO MAZAMORRA DE PIÑA									
Mandoca	20.0	100.00	1.28	0.06	15.42	0	0.72	61.58	67.52
Piña	40.0	65.00	0.10	0.05	2.55	0	0.47	10.19	11.08
Azúcar rubia	8.0	100.00	0.00	0.00	7.86	0	0.00	31.46	31.46
canela entera	0.5	54.00	0.01	0.00	0.23	0	0.02	0.91	0.95
clavo de olor	0.5	54.00	0.00	0.00	0.06	0	0.00	0.23	0.25
								VC DES	111.25
								% DIST DES	11.58
CENA: CALDILLO DE MUJOS									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	25.00	100.00	4.08	4.00	0.45	16	30.00	1.80	54.10
Apio	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.36
Poro	1.00	66.00	0.02	0.01	0.05	0	0.05	0.20	0.32
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	80.00	88.00	1.23	0.06	13.11	5	0.53	52.45	57.92
Sal	10.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	10.00	100.00	0.00	0.00	7.86	0	0.00	31.46	31.46
								VC CENA	198.19
								%DIST CE	20.04

VCT GR 22.66 22.66 22.66
VCT KCAL 203.96 203.96 203.96
VCT % 21.22142 21.22142 21.22142
100.00

VCT MEN 979.03

Elvira
Elvira M. Canaza Vega
Médica Nutricionista

Elvira
Lic. Elvira del Rosario Alvarado
NUTRICIONISTA
C.N.P. 3579



Elvira
Lic. Elvira del Rosario Alvarado
NUTRICIONISTA
C.N.P. 3579

marzo 3 de abril de 2018

ALIMENTO	g/por (g)	comestible %	PROT As (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: CEBADA CON LECHE . PAN CON JAMONADA									
Cebada, harin	20.00	100.0	1.54	0.18	15.94	6	1.44	63.78	71.36
Canela entera	0.30	84.0	0.00	0.00	0.14	0	0.01	0.58	0.57
clavo de olor	0.10	84.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	70.00	100.0	4.00	5.87	7.63	20	51.03	30.53	101.15
jamonada	20.00	100.0	3.14	5.90	0.20	13	53.10	0.80	66.48
Pan francés	20.00	100.0	2.78	0.80	10.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	339.38
								% DIST REI	22.00
REFRIGERIO: HUEVO SANCOCHADO									
Huevo de gall	60.0	98.00	12.78	12.54	1.41	51	112.90	5.54	169.06
								VC DES	169.06
								% DIST REI	11.45
ALMUERZO: HIJO DE ZAPALLO CON ARROZ + REFRESCO									
Leche evapor	20.0	100.00	1.75	2.43	2.73	7	21.87	10.50	30.77
Queso fresco	20.00	100.00	8.03	5.19	0.30	24	46.71	1.20	72.03
Arroz pilado c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.56	58.20
Papa blanca	80.00	70.00	1.18	0.06	12.48	5	0.60	48.86	50.16
Huevo de gall	25.00	100.00	4.08	4.00	0.45	16	36.00	1.60	54.10
Ajca	2	80.00	0.02	0.01	0.49	0	0.12	1.55	2.42
Aceite vegetal	8.00	100.0	0.00	8.00	0.00	0	72.00	0.00	72.00
Zapallo macre	100.00	72.00	0.90	0.14	4.81	2	1.30	18.43	21.74
Maiz fresco	20.00	87.80	1.95	0.46	13.85	5	4.18	54.58	63.32
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.63	3.37
Huacalay	4.10	54.00	0.11	0.02	0.18	0	0.16	0.71	1.01
Habas frescas	10.00	35.00	0.40	0.00	0.91	2	0.25	3.63	5.46
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	468.80
								%DIST AL	31.62
REFRIGERIO: PUDIN									
clavo de olor	0.5	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
canela entera	0.5	78.00	0.01	0.00	0.23	0	0.03	1.33	1.40
Pudin de choc	25.0	100.00	0.10	0.00	24.00	0	0.00	56.00	56.10
Leche evapor	25.0	100.00	1.75	2.03	2.73	7	18.23	10.50	36.13
								VC DES	134.38
								% DIST REI	8.67
CENA: GUISO DE FIDEOS CON POLLO + INFUSIÓN									
Fideos	20.0	100.00	2.82	0.06	23.46	11	0.54	93.84	105.60
Carné de pollo	50.00	70.00	7.04	7.07	0.00	28	63.63	0.00	91.77
Papa blanca	80.00	80.00	1.03	0.05	10.83	4	0.44	43.71	48.27
Ajca	3.00	54.00	0.09	0.01	0.49	0	0.12	1.97	2.45
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.19
Arroz pilado c	55.00	100.00	0.39	0.17	12.80	2	1.48	60.38	63.41
Arvejas frescas	15.00	64.00	0.66	0.04	6.30	3	0.36	25.21	28.23
Cebolla de ca	15.00	54.00	0.19	0.03	0.61	1	0.29	3.43	3.47
Azúcar rubia	8.00	100.00	0.00	0.00	7.88	0	0.00	31.45	31.46
								VC CENA	389.88
								%DIST CE	34.99

VCT GR. 55.25 55.25 55.25
VCT KCAL 497.29 497.29 497.29
VCT % 33.55815 33.55815 33.55815
100.00

VCT MENI 1481.87

Lider M. Canaza Vega
ADMINISTRADOR



Lic. Elizabeth del Rosario Alvarado Cordero
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NUTRICIONISTA
C.N.P. 9879

mércoles 4 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL, KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SIETE CEREALES CON LECHE , PAN CON ATUN									
Quinoa, harina	5.00	100.0	0.40	0.20	3.54	2	1.83	14.56	17.56
Avena, hojuel	5.00	100.0	1.21	1.03	0.05	5	0.23	0.20	14.77
Harina de hab	5.00	100.0	1.22	0.10	2.98	5	0.80	11.92	17.94
Cebada harin	5.00	100.0	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.0	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	34.0	0.00	0.00	0.01	0	0.00	0.00	0.06
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	80.84	90.10
Atún en conserva	20.00	90.0	4.36	3.89	0.18	17	33.21	0.72	51.36
Canola entera	0.20	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
								VC DES	238.78
								% DIST REI	28.37
REFRIGERIO: JUGO DE NARANJA									
Naranja	120.0	80.00	0.63	0.21	10.50	3	1.87	42.02	46.38
								VC DES	46.38
								% DIST REI	5.51
ALMUERZO: HIGADO APANADO CON ARROZ Y ENSALADA + REFRESCO									
Hígado de res	90.0	85.00	15.30	2.43	0.77	81	21.87	3.06	86.13
Sal	5.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Arroz pilado c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.96	58.28
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Pepinillo o pep	30.00	82.00	0.12	0.00	0.64	0	0.22	2.58	3.27
Ajo	2	80.00	0.09	0.01	0.43	0	0.12	1.96	2.42
Limón	3.00	52.0	0.01	0.00	0.15	0	0.03	0.61	0.65
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Pan seco mol	15.00	100.00	1.65	0.42	12.38	7	3.78	49.50	58.88
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.48	31.48
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	341.11
								%DIST AL	40.52
REFRIGERIO: MANZANA									
Manzana	140.0	95.00	0.40	0.13	19.02	2	1.21	78.48	81.31
								VC DES	81.31
								% DIST REI	9.60
CENA: DULCE DE CAMOTE CON LECHE									
Camote mora	100.0	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Leche evapor	40.00	100.00	2.80	3.24	4.26	11	28.16	17.44	57.80
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC CENA	196.12
								%DIST CE	23.30

VCT GR. 25.39 25.39 25.39
VCT KCAL 228.61 228.61 228.61
VCT % 27.14688 27.14688 27.14688
100.00

VCT MEN 841.74


Lidar M. Canazn Vega
NUTRICIONISTA


Lidar M. Canazn Vega
NUTRICIONISTA
C.N.P. 3978




Lidar M. Canazn Vega
NUTRICIONISTA
C.N.P. 3978

Diciembre 5 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: VANILLA CON LECHE + PAN CON HUEVO SANCOCADO									
Vanilla	2.00	100.0	0.01	0.00	0.35	0	0.03	1.42	1.47
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.53	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	100.00	100.0	7.00	8.10	10.90	28	72.90	43.60	144.50
Huevo de gall	60.00	85.0	6.90	6.80	0.77	28	61.20	3.06	91.97
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	338.33
								% DIST REI	31.82
REFRIGERIO PIÑA									
Piña	140.0	89.00	0.90	0.25	12.21	2	2.24	48.84	53.08
								VC DES	53.08
								% DIST REI	4.87
ALMUERZO: ATOMATADA DE RES CON ARROZ + REFRESCO									
Carné de res	70.0	88.00	9.84	2.43	0.00	38	21.87	0.00	61.29
Arroz pilado c	70.00	100.00	0.49	0.21	16.03	2	1.89	64.12	67.97
Cebolla de ca	50.0	67.00	0.77	0.13	3.51	3	1.21	10.05	14.94
Tomate	30.00	89.00	0.24	0.06	1.28	1	0.53	5.11	6.58
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajo	3	80.00	0.13	0.03	0.75	1	0.17	2.92	3.83
Papa blanca	100.00	52.0	1.09	0.06	11.80	4	0.47	48.38	51.22
Azúcar rubia	30.00	100.00	0.00	0.00	19.00	0	0.00	78.64	78.64
								VC ALM	373.62
								%DIST AL	34.28
REFRIGERIO GRANADILLA									
Granadilla	140.0	85.00	3.62	2.36	18.56	10	21.42	74.26	106.15
								VC DES	106.15
								% DIST REI	9.73
CENA: CREMA DE VERDURAS									
Leche evapor	30.0	100.00	1.40	1.62	2.18	6	14.58	8.72	26.00
Queso paria	20.00	100.00	5.00	6.00	0.88	22	54.00	2.84	79.04
Ajo	2.00	75.00	0.01	0.00	0.07	0	0.03	0.39	0.38
Poro	2.00	60.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Zanahoria	30.00	75.00	0.14	0.13	2.18	1	1.07	6.72	10.36
Nabo	2.00	66.00	0.01	0.00	0.00	0	0.03	0.18	0.25
Zapallo macra	40.00	47.00	0.13	0.04	1.20	1	0.34	4.81	5.68
vainitas (2)	20.00	91.00	0.44	0.06	1.47	2	0.49	5.90	8.14
sal	4.00	100.00	0.05	0.03	0.33	0	0.18	1.31	1.88
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	40.00	0.00	40.00
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC CENA	219.36
								%DIST CE	20.11

VCT GR: 40.23 44.39 132.95
VCT KCAL: 160.00 397.04 521.79
VCT %: 14.75449 36.481128 48.78439

VCT MEN: 1090.53

Lider H. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 2877



Lic. Ingrid M. Díaz Rosales
NUTRICIONISTA
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viernes 5 de abril de 2018

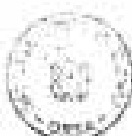
ALIMENTO	gr/por [g]	convertible %	PROT An (g)	GRASA (g)	CHO [g]	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE, PAN CON ACEITUNA									
Avena, hojuel	35.00	100.0	4.84	4.10	0.20	19	35.90	0.80	57.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.58	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	70.00	100.00	4.80	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de	20.00	80.0	0.14	5.71	1.30	1	51.42	5.20	57.15
Pan francés	35.00	100.0	2.79	0.80	15.21	11	8.10	60.64	80.15
Azúcar rubia	7.00	100.0	0.00	0.00	6.88	0	0.00	27.52	27.52
								VC DES	323.65
								% DIST RD	37.01
REFRIGERIO PLATANO									
Plátano de sa	140.0	75.00	1.47	0.29	30.58	6	2.65	82.32	90.85
								VC DES	90.85
								% DIST REI	7.58
ALMUERZO: MILANESA DE PESCADO CON ARROZ Y ENSALADA + REFRESCO									
Pescado jura	80.0	100.00	17.25	2.43	0.34	69	21.87	0.96	91.95
Pepinillo o per	25.00	88.00	0.09	0.02	0.44	0	0.15	1.77	2.26
Arroz pilado c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.96	58.20
tomate	10.00	89.00	0.08	0.02	0.43	0	0.18	1.75	2.20
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	10	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	5.00	85.00	0.05	0.02	0.35	0	0.19	1.39	1.79
Azúcar rubia	10.00	100.00	0.00	0.00	6.88	0	0.00	27.52	27.52
								VC ALM	286.28
								%DIST AL	24.05
REFRIGERIO PAPAYA									
Papaya	140.0	85.00	0.48	0.12	0.78	2	1.07	38.03	42.01
								VC DES	42.01
								% DIST REI	3.51
CENA: MATASGUITA DE POLLO CON ARROZ E INFUSIÓN									
Carne de pol	100.0	100.00	20.10	26.30	0.00	60	181.00	0.00	282.20
Arroz pilado c	40.00	79.00	0.22	0.09	7.24	1	0.65	28.99	30.68
Cebolla de co	10.00	67.00	0.15	0.03	0.55	1	0.24	2.51	2.87
Aj verde (2)	8.00	67.00	0.13	0.04	0.60	1	0.39	2.68	3.58
Arvejas fresca	15.00	94.00	0.88	0.04	8.30	3	0.36	25.21	28.23
Zanahoria	30.00	79.00	0.50	0.06	1.45	0	0.71	6.81	8.80
Papa blanca	60.00	82.00	1.83	0.55	10.97	4	0.44	43.80	48.48
Tomate	15.00	54.00	0.08	0.02	0.35	0	0.15	1.39	1.80
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	3.00	100.00	0.00	3.00	0.00	0	27.00	0.00	27.00
Azúcar rubia	10.00	100.00	0.00	0.00	6.88	0	0.00	27.52	27.52
								VC CENA	453.46
								%DIST CE	37.85

VCT GR. 53.04 125.01 125.01
VCT KCAL 477.37 500.08 500.08
VCT % 39.84206 41.73538 41.73538
100.00

VCT MEN 1198.16

[Firma]
Dra. V. Canazari Varga
NUTRICIONISTA

[Firma]
Lic. Elizabeth del Rosario Acosta Corpas
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Cecilia María Ballester
NUTRICIONISTA
C.N.P. 3979

sábado 7 de abril de 2018

ALIMENTO	gr/por lit	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SEMOLA CON LECHE, PAN CON SALCHICHA									
Sémola de m	20.00	100.0	3.60	2.14	10.78	16	19.26	43.04	77.90
Carnele entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	70.00	100.0	4.50	5.67	7.63	20	51.03	30.52	101.15
Salchicha "Ho	20.00	100.0	3.30	6.66	0.28	9	61.74	0.60	71.34
Pan francés	30.00	100.0	2.79	0.90	13.21	11	8.10	60.54	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	350.77
								% DIST REI	35.43
REFRIGERIO YOGURT CON FRUTA									
Pátano de s	40.0	85.00	0.51	0.10	7.14	2	0.02	28.58	31.52
Yogurt	125.0	94.00	3.02	1.23	6.37	20	11.00	23.48	56.80
								VC DES	88.11
								% DIST REI	8.90
ALMUERZO: CAU- CAU DE POLLO CON ARROZ + REFRESCO									
Carne de pol	100.0	85.00	17.09	2.43	0.00	68	21.87	0.00	90.21
Arroz pilado c	60.00	79.00	0.33	0.14	10.85	1	1.26	43.42	46.03
Cebolla de ca	20.0	67.00	0.31	0.06	1.01	1	0.48	4.02	5.74
Aji verde (2)	8.00	67.00	0.13	0.04	0.86	1	0.39	2.96	3.58
Anceles fresco	15.00	54.00	0.60	0.04	6.30	3	0.36	25.21	26.23
Zanahoria	15	79.00	0.07	0.06	1.09	0	0.63	4.38	5.18
Papa blanca	60.00	82.0	0.80	0.04	8.14	3	0.37	38.57	40.39
Tomate	10.00	60.00	0.09	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.00	60.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acetia vegetal	5.00	80.00	0.00	4.00	0.00	0	39.00	0.00	36.00
Sel	3.00	100.00	0.04	0.02	0.28	0	0.14	0.98	1.28
Azúcar rubia	6.00	100.00	0.00	0.00	5.90	0	0.00	23.59	23.59
								VC ALM	284.82
								%DIST AL	28.77
REFRIGERIO GRANADILLA									
Granadilla	140.0	75.00	2.31	2.10	16.38	9	18.90	63.52	93.60
								VC DES	93.66
								% DIST REI	9.46
CENA: SOPA DE ARROZ CON CARNE									
Arroz pilado c	40.0	100.00	0.20	0.12	8.18	1	1.09	36.64	38.04
Papa blanca	60.0	82.00	1.36	0.07	14.03	6	0.69	58.52	64.52
Ajo	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.36
Pero	3.00	75.00	0.09	0.02	0.17	0	0.16	0.66	1.09
Zanahoria	30.00	79.00	0.14	0.12	2.19	1	1.07	8.72	10.88
Nabo	1.00	66.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Carne de res	40.00	54.00	4.00	0.38	0.00	18	3.11	0.00	21.51
Ajos	2.00	60.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acetia vegetal	6.00	100.00	0.00	6.00	0.00	0	72.00	0.00	72.00
								VC CENA	211.31
								%DIST CE	21.34

VCT GR. 34.47 122.90 120.68

VCT KCAL 310.34 491.61 482.73

VCT % 31.23416 49.652802 48.75625

100.00

VCT MEN 990.99

Rosa
Lic. Rosa Canaza Vega
ADMINISTRADOR

Elizabeth
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979



Elizabeth
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

Domingo 8 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE , PAN CON MANJAR									
Avana hoquei	20.00	100.0	4.84	4.10	0.20	19	38.00	0.80	57.05
Canela entera	0.20	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	70.00	100.0	4.90	9.67	7.63	20	51.03	30.53	101.15
Manjar	7.00	100.0	1.90	3.57	1.18	8	32.13	4.73	44.45
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	203.84
								% DIST REI	27.88
REFRIGERIO: GELATINA									
Gelatina con y	35.0	70.00	2.70	0.00	21.27	11	0.00	85.00	95.84
								VC DES	95.84
								% DIST REI	8.82
ALMUERZO: POLLO BROSTER CON ARROZ Y ENSALADA + REFRESCO									
Carné de poli	120.0	88.00	20.50	2.40	0.00	82	21.87	0.00	103.88
Arroz pilado c	80.00	100.00	0.42	0.18	13.74	2	1.62	54.96	58.28
Cebolla de ca	15.6	67.00	0.23	0.04	0.75	1	0.38	3.02	4.30
Lechuga roja	25.00	67.00	0.22	0.03	0.38	1	0.30	1.41	2.58
Limón	3.00	54.00	0.01	0.00	0.10	0	0.03	0.63	0.69
Mandioca	10	100.00	0.64	0.04	7.71	3	0.36	30.64	33.76
Tomate	20.00	99.0	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acetate vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	3.63	3.37
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	488.31
								%DIST AL	42.17
REFRIGERIO: PINA									
Piña	140.0	85.00	0.48	0.34	11.06	2	2.14	48.65	50.69
								VC DES	50.69
								% DIST REI	4.66
CENA: CREMA DE ESPINACAS									
Espinaca neg	100.0	97.00	2.72	0.87	4.75	11	7.68	19.01	37.73
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa amarilla	50.00	98.00	1.18	0.24	13.70	5	2.12	54.80	61.62
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4	1.80	29.02	35.82
Margarine ve	10.00	100.00	0.08	8.20	0.00	0	73.80	0.00	74.04
Cebolla de ca	11.00	67.00	0.17	0.03	0.65	1	0.27	2.21	3.15
								VC CENA	251.91
								%DIST CE	23.10

VCT GR 45.69 121.95 121.63
VCT KCAL 411.25 487.81 488.12
VCT % 37.83851 44.882984 44.72841
100.00

VCT MEN 1086.85


Lider M. Canaza Vega
NUTRICIONISTA


Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979




Dr. [Name]
NUTRICIONISTA

lunes 9 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL.)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON MARACUYA, PAN CON QUESO									
Quinoa cruda	30.00	100.0	2.72	1.16	13.28	11	10.44	53.04	74.36
Canela entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.59	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Maracuya	20.00	90.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Queso fresco	20.00	100.0	4.00	3.46	0.20	16	31.14	0.80	48.02
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.88	19.88
								VC DES	222.78
								% DIST REI	34.26
REFRIGERIO MANDARINA									
Mandarina	140.0	90.00	0.61	0.40	11.58	3	3.60	46.23	53.09
								VC DES	53.09
								% DIST REI	5.78
ALMUERZO: GUISO DE PREJOL CON CHANCHO CON ARROZ Y ENSALADA + REFRESCO									
Frijol canario	50.0	100.00	10.95	2.43	36.10	44	21.87	120.40	186.07
Arroz pilado c	60.00	100.00	0.42	0.18	13.74	2	1.62	54.90	58.26
Cebolla de ca	15.0	85.00	0.26	0.00	0.98	1	0.45	3.83	5.48
Tomate	20.00	99.00	0.18	0.04	0.85	1	0.35	3.41	4.40
Acetate vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Ajos	2	80.00	0.09	0.01	0.49	0	0.12	1.95	2.43
Sal	2.00	100.0	0.02	0.01	0.16	0	0.09	0.66	0.84
Limon	3.00	85.00	0.01	0.01	0.25	0	0.05	0.88	1.09
Carne de cer	80.00	78.00	8.90	9.42	0.00	36	84.80	0.00	120.74
Papavito o pa	30.00	85.00	0.13	0.00	0.66	1	0.23	2.65	3.39
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.88	19.88
								VC ALM	447.33
								%DIST AL	48.71
REFRIGERIO PAPAYA									
Papaya	140.0	88.00	0.49	0.12	10.16	2	1.11	40.41	43.69
								VC DES	43.69
								% DIST REI	4.74
CENA: SOPA JULIANA									
Lecche evapor	15.00	100.00	1.05	1.23	1.64	4	10.94	6.54	21.63
Queso paria	8.00	100.00	2.24	2.40	0.28	9	21.60	1.06	31.62
Zanahoria	10.00	98.00	0.58	0.05	0.90	0	0.44	3.81	4.28
Ajos	3.00	84.00	0.09	0.01	0.49	0	0.12	1.97	2.46
Papa blanca	100.0	82.00	1.73	0.68	18.20	7	0.74	73.14	80.77
Agua	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.38
Porro	2.00	75.00	0.04	0.01	0.11	0	0.11	0.46	0.73
Nabo	1.00	75.00	0.00	0.00	0.03	0	0.01	0.11	0.14
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Acetate vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	12.00	85.00	0.23	0.04	0.77	1	0.37	3.06	4.37
								VC CENA	193.87
								%DIST CE	21.82

VCT GR. 32.03 121.04 116.88

VCT KCAL 288.17 484.15 467.88

VCT % 31.37847 52.718471 58.95787

100.00

VCT MEN 918.36


Lidar M. Canaza Vega
ADMINISTRADORA


Lic. Elizabeth del Rosario Alvarado Crego
NUTRICIONISTA
C.N.P. 3979




Lidar M. Canaza Vega
ADMINISTRADORA

martes 10 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: PONCHE DE HABAS CON LECHE, PAN CON OMELET									
Harina de hab	5.00	100.0	1.22	0.10	2.98	5	0.88	11.92	17.84
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.51	0	0.00	0.00	0.05
Leche evapor	70.00	100.0	4.90	5.67	7.63	20	51.03	30.52	101.15
Tomate	10.00	89.0	0.56	0.03	0.43	0	0.18	1.70	2.30
Huevo de gall	5.00	90.0	0.13	0.72	0.08	3	6.48	0.32	9.74
Aceite vegetal	3.00	100.0	0.00	3.00	0.00	0	27.00	0.00	27.00
Pan francés	30.00	100.0	2.79	0.80	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	258.18
								% DIST REI	25.34
REFRIGERIO:PLATANO									
Plátano de ca	140.0	89.00	2.08	0.41	28.81	8	3.70	115.25	127.18
								VC DES	127.18
								% DIST REI	12.48
ALMUERZO: SALTADO DE CARNE CON ARROZ Y REFRESCO									
Carne de res	80.0	100.00	17.04	3.43	0.08	68	21.87	0.00	90.03
Arroz pilado c	60.00	100.00	0.42	0.16	13.74	2	1.82	54.96	58.28
Papa blanca	60.0	85.00	1.07	0.95	11.37	4	0.46	45.49	50.24
Tomate	15.00	99.00	0.12	0.93	0.64	0	0.27	2.59	3.30
Cebolla de ca	20.00	89.00	0.39	0.03	1.38	1	0.81	5.10	7.28
Ajos	2	80.00	0.02	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	8.00	100.0	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.38	1.20
Azúcar rubia	0.00	87.00	0.00	0.00	2.80	0	0.00	11.21	11.21
								VC ALM	285.99
								%DIST AL	29.05
REFRIGERIO:VASO DE LECHE									
Leche evapor	60.0	100.00	4.20	4.66	6.54	17	43.74	26.18	68.70
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	108.38
								% DIST REI	10.44
CENA: REVUELTO DE ZANAHORIA CON ARROZ + INFUSION									
Huevo de gall	10.0	90.00	1.60	1.57	0.18	6	14.11	0.71	21.21
Queso paria	10.00	100.00	2.60	3.00	0.33	11	27.00	1.32	39.02
Cebolla de ca	20.00	87.00	0.31	0.05	1.01	1	0.48	4.03	5.74
Ajos	3.00	54.00	0.09	0.01	0.49	0	0.12	1.97	2.45
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.73	10.36
Arroz pilado c	40.00	100.00	0.28	0.12	9.16	1	1.08	58.84	59.84
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Aceite vegetal	3.00	100.00	0.00	3.00	0.00	0	27.00	0.00	27.00
Sal	5.00	100.00	0.08	0.03	0.41	0	0.23	1.84	3.11
Papa blanca	60.00	82.00	0.68	0.03	6.98	3	0.28	27.83	30.73
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.48	31.48
								VC CENA	231.66
								%DIST CE	22.68

VCT GR. 35.81 132.43 121.67
VCT KCAL 328.48 528.71 486.68
VCT % 31.45023 51.968381 47.77416
100.00

VCT MEMI 1018.71

Lider N. Canasua Vega
ADMINISTRADOR

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Dr. J. G. G. G.

miércoles 11 de abril de 2018

ALIMENTO	g/por [g]	concentración %	PROT An [g]	GRASA [g]	CHO [g]	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: LECHE CON COCOA, PAN CON ATUN									
Cocoa	2.00	100.0	0.38	0.34	0.98	2	3.06	3.82	6.42
Canola enterá	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	100.00	100.0	7.00	8.10	10.90	28	72.90	43.80	144.50
Tomate	10.00	99.0	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla	10.00	85.0	0.03	0.07	0.77	3	0.51	27.15	30.53
Atún en conserva	20.00	100.0	4.84	4.10	0.20	19	36.90	0.80	57.06
Pan francés	30.00	100.0	2.79	0.90	10.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	342.89
								% DIST REI	28.09
REFRIGERIO: GELATINA									
Gelatina con g	39.0	100.00	6.72	3.14	21.04	27	10.22	84.14	130.24
								VC DES	130.24
								% DIST REI	10.87
ALMUERZO: ARROZ A LA JARDINERA CON POLLO + REFRESCO									
Cama de pollo	70.0	75.00	10.95	2.40	0.00	42	21.87	0.00	84.08
Arroz pilado c	80.00	100.00	0.63	0.27	20.81	3	2.40	82.44	87.89
Zanahoria	20.0	85.00	0.10	0.09	1.56	0	0.77	6.26	7.43
Arvejas frescas	20.00	44.00	0.72	0.04	6.85	3	0.40	27.39	30.67
Acetate vegetal	0.00	100.00	0.00	0.00	0.00	0	45.00	0.00	45.00
Agua	3	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Sal	3.00	100.0	0.04	0.02	0.29	0	0.14	0.99	1.29
Tomate	30.00	91.00	0.22	0.06	1.17	1	0.49	4.70	6.08
Ají amarillo	2.00	87.00	0.01	0.01	0.12	0	0.08	0.47	0.80
Fideos	15.00	100.00	1.41	0.03	11.73	6	0.27	46.92	53.83
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	318.81
								%DIST AL	26.10
REFRIGERIO: MANZANA									
Manzana	130.0	96.00	0.97	0.12	18.03	1	1.11	72.12	74.72
								VC DES	74.72
								% DIST REI	6.12
CENA: VASO DE LECHE + HUEVO FRITO CON ARROZ									
Leche evapor	100.0	100.00	7.00	8.10	10.90	28	72.90	43.80	144.50
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Huevo de gall	50.00	98.00	7.99	7.84	0.88	32	70.56	0.63	106.04
Arroz pilado c	50.00	100.00	0.32	0.15	11.45	1	1.29	45.80	48.55
Acetate vegetal	5.00	70.00	0.00	3.99	0.00	0	35.55	0.00	35.55
								VC CENA	354.30
								%DIST CE	29.02

VCT GR. 43.79 154.68 154.68
VCT KCAL 384.68 618.70 618.70
VCT % 32.282 50.881914 50.68191
100.00

VCT MEMI 1220.75

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Coque
NUTRICIONISTA
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Dieta 12 de abril de 2018

ALIMENTO	g/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON VAINILLA, PAN CON PALTA								
Leche evapor	100.00	100.0	7.00	8.10	10.90	28	72.90	43.60	144.50
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.06	0.06
Vainilla	2.00	100.0	0.01	0.00	0.33	0	0.02	1.43	1.47
Palta	25.00	80.0	0.36	2.88	1.19	1	23.91	4.76	30.11
Pan francés	30.00	100.0	3.79	0.80	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	276.47
								% DIST REI	21.66
REFRIGERIO:	HUEVO SANCOCHADO								
Huevo de gall	80.0	98.00	12.75	12.34	1.41	51	112.60	5.04	169.66
								VC DES	169.66
								% DIST REI	13.25
ALMUERZO:	AJI DE CALAMAZA CON ARROZ + REFRESCO								
Leche evapor	20.0	100.00	1.40	2.43	2.18	6	21.87	8.73	36.19
Queso fresco	30.00	100.00	8.03	8.19	6.30	24	46.71	1.20	72.03
Arroz pilado c	60.0	100.00	0.42	0.18	13.74	3	1.02	54.96	58.26
Papa blanca	80.00	70.00	1.18	0.06	12.48	5	0.50	49.85	55.16
Huevo de gall	25.00	100.00	4.08	4.00	0.45	16	38.00	1.60	54.10
Ajo	2	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Acolla vegetal	8.00	100.0	0.00	8.00	0.00	0	72.00	0.00	72.00
Calabaza	200.00	72.00	0.88	0.14	8.06	1	1.30	32.28	37.01
Maiz fresco	30.00	57.00	1.15	0.46	13.65	5	4.16	54.58	63.32
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Huacatay	4.10	54.00	0.11	0.02	0.18	0	0.16	0.71	1.31
Habas frescas	10.00	35.00	0.40	0.03	0.91	3	0.25	3.63	5.48
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	480.29
								%DIST AL	37.63
REFRIGERIO:	GRANADILLA								
Granadilla	140.0	85.00	2.92	2.38	18.69	10	21.42	74.28	106.15
								VC DES	106.15
								% DIST REI	8.32
CENA:	MAZAMORRA DE SEMOLA CON FRUTA								
Sémola de tri	35.0	100.00	5.85	3.21	16.14	23	28.89	64.56	116.65
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.60
Manzana	100.00	95.00	0.39	0.10	14.31	1	0.88	57.23	58.20
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.96	58.96
								VC CENA	286.80
								%DIST CE	26.12

VCT GR. 63.29 159.66 157.53
VCT KCAL 479.88 802.99 630.13
VCT % 37.57277 47.206911 49.36627
100.00

VCT MEN 1279.41

Lider M. Canaza Vega
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C.N.R. 3979

Lic. Elizabeth del Rosario Alvarado Cordero
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viernes 13 de abril de 2018

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SOYA CON LECHE, PAN CON ACEITUNA									
Soya, harina	25.00	100.0	7.00	4.73	8.93	26	42.53	35.70	104.43
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	51.03	30.53	101.15
Canola entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceitunas de	25.00	100.0	0.20	8.03	1.83	1	72.23	7.30	80.33
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.86	19.86
								VC DES	287.13
								% DIST DES	28.97
REFRIGERIO MANDARINA									
Mandarina	140.0	90.00	0.78	0.35	10.84	3	3.40	43.34	49.77
								VC DES	49.77
								% DIST REI	5.02
ALMUERZO: PESCADO FRITO CON ARROZ, ENSALADA Y REFRESCO									
Pescado jumbo	100.0	96.00	14.26	2.43	0.20	57	21.87	0.79	79.89
Cebolla de ca	15.00	97.00	0.23	0.04	0.75	1	0.36	3.02	4.35
Arroz pilado c	60.0	100.00	0.43	0.18	13.74	2	1.62	54.98	58.26
Tomate	10.00	96.00	0.08	0.02	0.43	0	0.18	1.73	2.23
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	93.00	0.00	93.00
Ajos	3	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	82.8	0.01	0.00	0.15	0	0.03	0.61	0.69
Harina de trigo	16.00	72.00	1.21	0.29	8.82	5	2.07	34.47	41.38
Pepinillo o pe	30.00	72.00	0.11	0.02	0.55	0	0.19	2.35	2.67
Sal	2.00	100.00	0.02	0.01	0.16	0	0.00	0.66	0.64
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.86	19.86
								VC ALM	393.49
								%DIST AL	30.62
REFRIGERIO PLATANO									
Plátano de m	140.0	88.00	1.85	0.37	25.67	7	3.33	103.49	114.21
								VC DES	114.21
								% DIST REI	11.52
CENA: SOPA DE FIDEOS CON MENUDENCIA DE POLLO									
Fideos	30.0	100.00	2.82	0.06	23.96	11	0.54	93.84	105.66
Menudencia d	80.00	70.00	11.09	3.83	0.00	44	23.69	0.00	88.04
Papa blanca	50.00	96.00	1.03	0.05	10.93	4	0.44	43.71	48.27
Ajos	3.00	94.00	0.09	0.01	0.49	0	0.12	1.97	2.49
Apio	3.00	75.00	0.03	0.00	0.11	0	0.04	0.43	0.54
Peru	3.00	66.00	0.05	0.02	0.15	0	0.14	0.60	0.80
Nabo	2.00	66.00	0.01	0.00	0.09	0	0.02	0.19	0.25
Zanahoria	30.00	75.00	0.14	0.12	2.18	1	1.07	9.72	10.39
								VC CENA	236.51
								%DIST CE	23.86

VCT GR. 30.35 136.35 142.88
VCT KCAL 272.34 541.41 571.63
VCT % 27.46815 54.62667 57.70004
100.00

VCT MEN 991.11

Lidia Cnaza Vega
Lidia Cnaza Vega
ADMINISTRADORA

Lic. Elizabeth del Rosario Aberra Coipa
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NUTRICIONISTA
C.N.P. 3979



sábado 14 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SEMOLA CON LECHE, PAN CON CAMOTE FRITO									
Sémola de m	20.00	100.0	3.90	2.14	10.76	16	19.26	43.04	77.90
Camote entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.00
Leche evapor	70.00	100.0	4.90	5.67	7.63	20	51.03	90.52	101.15
Camote amar	30.00	80.0	4.27	0.05	0.24	17	0.43	0.96	18.48
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Acetite vegeta	5.00	100.0	0.00	9.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	342.91
								% DIST RES	26.36
REFRIGERIO GRANADILLA									
Granadilla	130.0	88.00	1.94	1.77	13.79	6	15.91	55.16	78.85
								VC DES	78.85
								% DIST RES	4.87
ALMUERZO: CAMOTE ARREBOZADO CON ARROZ, ENSALADA + REFRESCO									
Camote mora	100.0	80.00	1.26	2.40	23.13	5	21.87	82.52	119.43
Queso fresco	15.00	100.00	3.02	2.80	0.15	12	23.30	0.60	36.02
Arroz pilado c	80.0	100.00	0.42	0.18	13.74	2	1.62	54.96	58.26
Leche evapor	20.00	100.00	1.40	1.60	2.16	6	14.98	8.73	28.90
Huevo de gall	15.00	100.00	2.45	2.40	0.37	10	21.60	1.08	32.45
Tomate	20	98.00	0.16	0.04	0.85	1	0.35	3.41	4.40
Cebolla de ca	30.00	85.0	0.59	0.10	1.91	2	0.92	7.86	10.91
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.64	71.64
Limón	3.00	97.00	0.01	0.00	0.17	0	0.03	0.66	0.73
Lechuga ceda	60.00	80.00	0.70	0.11	1.13	3	0.87	4.54	8.32
Acetite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	0.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	627.18
								%DIST AL	40.56
REFRIGERIO FLAN									
Flan con gel y	25.0	100.00	0.04	0.00	19.74	0	0.00	78.66	79.12
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	98.78
								% DIST RES	7.60
CENA: ASADO DE RES CON ARROZ, + INFUSIÓN									
Carné de res	70.0	100.00	14.91	1.12	0.00	60	10.08	0.00	86.72
Arroz Pilado c	70.0	100.00	5.74	0.35	54.46	28	3.15	217.84	243.66
Cebolla de ca	40.00	85.00	0.76	0.14	2.55	3	1.22	10.20	14.55
Ajos	3.00	54.00	0.00	0.01	0.49	0	0.12	1.97	2.48
Papa blanca	50.00	75.00	0.79	0.04	8.36	3	0.34	33.43	36.94
Tomate	10.00	98.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Acetite vegeta	5.00	100.00	0.00	9.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.48	31.48
								VC CENA	487.53
								%DIST CE	34.43

VCT GR 46.91 172.39 196.63
VCT KCAL 422.21 689.58 798.50
VCT % 32.4811 63.660308 60.5071
100.00

VCT MEN 1299.85

Lider N. Conaza Vega
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Lic. J. W. Viquez
NUTRICIONISTA
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domingo 15 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE, PAN CON MARGARINA								
Avena hojuel	20.00	100.0	4.84	4.10	0.20	19	38.00	0.00	57.00
Canela entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	70.00	100.0	4.90	5.87	7.83	20	51.00	90.52	101.10
Margarina veg	7.00	100.0	0.06	0.04	0.74	0	0.32	2.54	3.40
Pan frances	30.00	100.0	2.79	0.90	15.21	11	8.10	60.64	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	202.07
								% DIST MEN	22.27
REFRIGERIO	HUEVO DURO								
Huevo de gall	50.0	90.00	7.34	7.20	0.81	29	64.60	3.24	97.38
								VC DES	97.38
								% DIST MEN	9.27
ALMUERZO:	TALLARIN SALTADO CON POLLO + REFresco								
Carnes de pollo	120.0	70.00	16.88	2.43	0.00	66	21.87	0.00	89.41
Fideos tallarin	80.00	100.00	7.52	0.18	62.56	30	1.44	250.24	261.76
Papa blanca	80.0	79.00	1.33	0.00	14.08	5	0.57	58.37	62.25
Tomate	30.00	99.00	0.16	0.04	0.85	1	0.35	3.41	4.40
Cebolla de ca	30.00	67.00	0.40	0.06	1.51	2	0.72	6.03	8.60
Ajos	2	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.68	1.20
Azúcar rubia	8.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	559.78
								%DIST AL	47.66
REFRIGERIO	GELATINA								
Gelatina con s	35.0	100.00	3.65	0.00	30.38	10	0.00	121.52	136.93
								VC DES	136.93
								% DIST MEN	11.63
CENA:	VASO DE LECHE								
Leche evapor	100.00	100.00	7.00	8.10	10.90	28	73.90	43.60	144.50
Azúcar rubia	25.00	100.0	0.00	0.00	24.56	0	0.00	98.30	98.30
								VC CENA	242.80
								%DIST CE	20.63

VCT GR. 38.38 157.23 340.67
VCT KCAL 327.40 628.53 942.68
VCT % 27.81773 53.437917 81.79521
100.00

VCT MEN 1176.94

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abama Crego
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Lider N. Canaza Vega
ADMINISTRADOR

Lunes 16 de abril de 2018

ALIMENTO	g/por 1g	convertible %	PROT An (g)	GRASA (g)	CHO 1g	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON MANZANA, PAN CON QUESO									
Quinoa cruda	20.00	100.0	2.72	1.16	13.26	11	10.44	53.04	74.36
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Manzana	25.00	100.0	0.08	0.03	3.63	0	0.33	14.60	15.13
Queso paria	20.00	100.0	5.60	8.00	0.68	22	54.00	2.84	79.04
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.02	0	0.00	16.66	19.66
								VC DES	266.91
								% DIST REI	24.73
REFRIGERIO PLATANO									
Platano de sa	130.0	60.00	1.33	0.27	18.56	5	2.30	74.36	81.95
								VC DES	81.95
								% DIST REI	7.35
ALMUERZO: GUIZO DE ARVEJITAS PARTIDAS CON ARROZ, ENSALADA + REFRESCO									
Arveja partida	60.0	100.00	8.64	2.43	25.76	35	21.67	103.04	159.47
Carné de res	30.00	76.00	8.06	0.36	0.50	30	3.41	0.60	23.81
Arroz blanco c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.96	58.26
Peperillo o pe	15.00	100.00	0.98	0.02	0.36	0	0.14	1.56	2.00
Cebolla de ca	15.00	67.00	0.23	0.04	0.75	1	0.36	3.02	4.30
Tomate	15	40.00	0.05	0.01	0.26	0	0.11	1.03	1.33
Papa blanca	30.00	60.0	0.60	0.02	5.49	2	0.22	21.94	24.23
Ajo	2.00	80.00	0.09	0.01	0.49	0	0.12	1.96	2.42
Limón	3.00	57.00	0.01	0.00	0.17	0	0.03	0.60	0.73
Sal	3.00	100.00	0.04	0.00	0.23	0	0.14	0.60	1.26
Azúcar rubia	5.00	100.00	0.00	0.00	4.02	0	0.00	16.66	19.66
								VC ALM	297.37
								%DIST AL	27.89
REFRIGERIO MANDARINA									
Mandarina	140.0	96.00	0.81	0.40	11.56	3	3.63	46.23	63.09
								VC DES	63.09
								% DIST REI	4.89
CENA: CAZUELA DE POLLO									
Carné de pol	70.0	88.00	13.79	13.86	0.00	55	124.71	0.00	179.87
Zapallo macre	25.00	47.00	0.08	0.02	0.75	0	0.21	3.01	3.55
Ajo	4.00	75.00	0.02	0.01	0.14	0	0.00	0.58	0.71
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.69	7.27	8.63
Fideos	40.00	100.00	3.76	0.06	31.25	15	0.72	125.12	140.88
Papa blanca	50.00	62.00	0.86	0.04	6.14	3	0.37	36.67	40.39
Sal	3.00	100.00	0.04	0.00	0.23	0	0.14	0.60	1.26
Harina fresco	15.00	35.00	0.36	0.04	1.36	2	0.38	5.44	8.16
								VC CENA	384.13
								%DIST CE	36.39

VCT GR. 26.64 166.01 161.75
VCT KCAL 234.37 660.03 636.89
VCT % 21.59446 66.814268 55.92728
160.00

VCT MEN 1085.33

Sorail
Lider N. Canaza Vega
ADMINISTRADOR

B3
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martes 17 de abril de 2018

ALIMENTO	grper (g)	carbohidr %	PROT An. 100	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: CEBADA CON LECHE, PAN CON HUEVO SANCOCHADO									
Cebada harin	20.00	100.0	3.76	0.46	13.48	15	4.14	53.92	73.10
Canola entero	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.06
Leche evapor	70.00	100.0	4.00	5.87	7.63	20	51.03	30.52	101.15
Huevo de gall	50.00	80.0	8.52	8.40	0.72	36	57.00	2.68	95.58
Pan francés	30.00	100.0	2.75	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	361.18
								% DIST RD	27.59
REFRIGERIO YOGURT									
Yogurt	125.0	100.00	5.13	1.25	6.50	21	11.25	26.00	57.75
								VC DES	57.75
								% DIST RD	4.41
ALMUERZO: SALTADO DE HIGADO CON ARROZ + REFRESCO									
Higado de res	50.0	70.00	7.00	2.43	0.35	26	21.87	1.40	51.27
Arroz pilado c	60.00	100.00	0.42	0.18	13.74	2	1.62	54.96	58.26
Papa blanca	100.0	70.00	1.68	0.08	17.62	7	0.71	70.47	77.82
Tomate	15.00	89.00	0.12	0.03	0.64	0	0.27	2.56	3.35
Cebolla de ca	20.00	67.00	0.31	0.00	1.01	1	0.48	4.02	5.74
Ajos	2	80.00	0.08	0.01	0.49	0	0.12	1.80	2.42
Aceite vegeta	25.00	100.0	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	10.00	100.00	0.12	0.05	0.02	0	0.45	3.28	4.21
Azúcar rubia	3.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	447.67
								%DIST AL	34.20
REFRIGERIO NAZAMORRA DE PIÑA									
Mandioca	45.0	100.00	2.88	0.18	34.70	12	1.62	138.78	151.02
Canola entero	0.5	100.00	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.5	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
Piña	15.0	90.00	0.05	0.03	1.32	0	0.24	5.29	5.75
Azúcar rubia	10.0	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC DES	199.22
								% DIST RD	15.22
CENA: CROQUETAS DE ATÚN CON ARROZ + INFUSIÓN									
Grated de car	60.0	100.00	0.66	0.00	9.54	3	0.00	38.10	40.80
Pan loco mol	10.00	100.00	1.10	0.28	6.25	4	2.92	33.00	39.90
Huevo de gall	10.00	95.00	1.00	1.57	0.18	6	14.11	0.71	21.21
Arroz pilado c	60.00	100.00	0.42	0.18	13.74	2	1.62	54.96	58.26
Cebolla de ca	10.00	67.00	0.15	0.00	0.50	1	0.24	2.01	2.67
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.80	2.42
Aceite vegeta	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.96	1.26
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.46	31.46
								VC CENA	306.19
								%DIST CI	23.38

VCT GR. 49.81 175.36 161.73
VCT KCAL 448.31 701.43 646.52
VCT % 34.24744 53.584331 49.41984
100.00

VCT MEN 1309.02

Lider N. Canaza Vega
PLANIFICADOR

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miércoles 18 de abril de 2018

ALIMENTO	gríper (g)	carbohidrato %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL, KCAL
						PROT	GRASAS	CHO	
DESAYUNO: COCOA CON LECHE, PAN CON ATÚN									
Cacao	2.00	100.0	0.38	0.34	0.00	2	3.08	3.82	8.42
Grasía entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	100.00	100.0	7.00	8.10	10.90	28	72.00	43.60	144.50
Atún en conserva	20.00	100.0	4.84	4.10	0.20	10	38.50	0.80	57.88
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	69.10
Tomate	10.00	96.0	0.08	0.02	6.43	0	6.18	1.70	2.20
Azúcar rubia	5.00	100.0	0.00	0.00	4.82	0	0.00	19.60	19.68
								VC DES	312.58
								% DIST REI	28.73
REFRIGERIO GRANADILLA									
Granadilla	130.0	68.00	1.94	1.77	13.79	8	15.91	55.16	78.85
								VC DES	78.85
								% DIST REI	7.25
ALMUERZO: ARROZ CON POLLO+ ENSALADA + REFRESCO									
Arroz pilado c	100.00	80.00	0.83	0.27	20.61	3	2.43	82.44	87.39
Carné de pol	100.00	70.00	14.07	14.14	0.00	56	127.26	0.00	183.54
Anchova fresca	15.00	54.00	0.86	0.04	0.38	3	0.36	25.21	28.23
Espinaca neg	15.00	85.00	0.38	0.11	0.62	1	1.03	2.50	4.00
Cilantro	20.00	67.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Zanahoria	20	78.00	0.58	0.88	1.45	0	0.71	5.81	6.90
Ajos	2.00	80.0	0.80	0.01	0.49	0	0.12	1.85	2.42
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Pimiento	3.00	50.00	0.03	0.01	0.12	0	0.07	0.49	0.62
Cebolla de ca	15.00	100.00	0.35	0.08	1.13	1	0.54	4.80	6.42
Tomate	25.00	100.00	0.20	0.06	1.08	1	0.45	4.30	5.55
Perejil	1.00	101.00	0.05	0.01	0.07	0	0.05	0.28	0.52
Azúcar rubia	5.00	100.00	0.00	0.00	4.82	0	0.00	19.60	19.68
								VC ALM	408.61
								% DIST AL	36.82
REFRIGERIO NARANJA									
Naranja	140.0	85.00	0.71	0.24	12.02	3	2.14	48.06	53.07
								VC DES	53.07
								% DIST REI	4.88
CENA: VASO DE LECHE									
Leche evapor	100.00	100.00	7.00	8.10	10.90	28	72.00	43.60	144.50
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC CENA	242.80
								% DIST CE	22.32

VCT GR. 43.64 132.27 132.27
VCT KCAL 391.85 629.06 629.06
VCT % 26.0192 48.631691 48.63169
100.00

VCT MEN 1067.90

Lider N. Cnaza Vega
Lider N. Cnaza Vega
ALIMENTISTA

Lic. Elizabeth del Rosario Alvarado Corpa
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Junio 19 de abril de 2013

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SIETE CEREALES, PAN CON TORTILLA								
Quinoa harina	5.00	100.0	0.46	0.13	3.61	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.0	1.21	1.03	0.05	5	9.25	0.20	14.27
Harina de hab	5.00	100.0	1.22	0.10	2.98	5	0.86	11.92	17.84
Cebada harin	5.00	100.0	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.0	0.44	0.33	3.55	2	2.93	14.24	18.91
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela enter	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Huevo de gall	15.00	100.0	2.45	2.40	0.27	10	21.80	1.08	32.88
Pan francés	30.00	100.0	2.79	0.50	15.21	11	0.19	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	219.33
								% DIST REI	14.93
REFRIGERIO:	PIÑA EN TROZOS								
Piña	140.0	95.00	0.90	0.25	12.95	2	2.27	49.39	53.68
								VC DES	53.68
								% DIST REI	3.46
ALMUERZO:	REVUELTO DE ACELGA CON ARROZ + REFRESCO								
Leche evapor	15.0	100.00	1.03	2.43	1.66	4	21.87	0.54	32.61
Queso fresco	15.00	100.00	3.03	2.60	0.15	12	23.38	0.00	36.03
Arroz pilado c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.96	56.28
Papa blanca	50.00	80.00	0.89	0.04	8.46	4	0.38	37.01	41.86
Sal	5.00	100.00	0.08	0.00	0.41	0	0.23	1.84	2.11
Aceitunas, hoja	60	80.00	1.19	12.10	10.38	5	108.88	65.45	179.08
Huevo de gall	10.00	80.0	1.47	1.44	0.18	6	12.96	0.60	19.48
Cebolla de ca	10.00	80.00	0.22	0.04	0.71	1	0.34	2.85	4.07
Zanahoria	15.00	80.00	0.08	0.06	1.17	0	0.07	4.89	5.57
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	536.11
								%DIST AL	38.60
REFRIGERIO:	NAZAMORRA DE MANZANA								
Mandioca	45.0	100.00	2.88	0.18	34.70	12	1.62	138.78	151.93
Canela enter	0.5	100.00	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.5	100.00	0.01	0.00	0.11	0	0.01	0.43	0.48
Manzana	40.0	98.00	0.12	0.04	0.61	0	0.36	23.43	23.23
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	197.64
								% DIST REI	13.42
CENA:	SALTADO DE CARNE CON ARROZ + INFUSION								
Carne de res	40.0	100.00	8.52	0.64	0.00	34	5.78	0.00	39.84
Arroz Pilado c	60.0	100.00	0.58	0.40	62.24	26	3.60	348.96	278.80
Papa blanca	60.00	80.00	1.13	0.05	12.04	5	0.48	48.17	53.18
Ajos	3.00	54.00	0.09	0.01	0.49	0	0.12	1.97	2.45
Tomate	15.00	80.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de ca	20.00	80.00	0.39	0.07	1.28	2	0.61	5.10	7.28
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.95	1.26
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.48	31.48
								VC CENA	462.67
								%DIST CE	31.48

VCT GR 45.61 226.22 197.00
VCT KCAL 410.49 994.89 768.12
VCT % 27.84877 61.61056 53.65997

VCT MEN 1468.73


Lidier N. Canaza Vega
NUTRICIONISTA


Lidia Elizabeth del Rosario Sierra Cagua
NUTRICIONISTA
C.N.P. 3079



viernes 26 de abril de 2018

ALIMENTO	grapes (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: HARINA DE HABAS CON LECHE, PAN CON ACEITUNA									
Harina de haba	5.00	100.0	1.22	0.10	2.98	5	0.88	11.93	17.84
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Aceitunas de	15.00	92.0	0.11	4.43	1.01	0	38.87	4.03	44.34
Pan francés	30.00	100.0	2.73	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	0.00	100.0	0.00	0.00	4.92	0	0.00	19.88	19.88
								VC DES	162.36
								% DIST REI	19.03
REFRIGERIO PAPAIA									
Papaya	140.0	90.00	0.50	0.13	10.33	2	1.13	41.33	44.48
								VC DES	44.48
								% DIST REI	5.21
ALMUERZO: CHICHARRON DE PESCADO CON ARROZ, ENSALADA, + REFresco									
Pescado jurel	80.0	98.00	11.40	2.43	0.16	48	21.87	0.63	68.12
Arroz pilado c	60.00	100.00	0.42	0.18	13.74	2	1.82	54.96	58.20
Papadillo o pap	30.0	78.00	0.12	0.52	0.83	6	0.21	2.46	3.15
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.10	1.70	2.20
Limón	3.00	52.00	0.01	0.00	0.15	0	0.00	0.61	0.66
Cebolla de ca	10	87.00	0.15	0.03	0.50	1	0.24	2.01	2.87
Ajos	2.00	80.0	0.08	0.01	0.48	0	0.12	1.85	2.42
Mandioca	8.00	100.00	0.32	0.00	3.88	1	0.18	15.43	16.88
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.29
Azúcar rubia	0.00	100.00	0.00	0.00	4.92	0	0.00	19.88	19.88
								VC ALM	286.48
								%DIST AL	31.13
REFRIGERIO DURAZNO									
Durazno	90.0	85.00	1.70	0.09	33.75	7	0.77	134.98	142.50
								VC DES	142.50
								% DIST REI	18.71
CENA: CALDILLO DE HUEVOS									
Leche evapor	15.0	90.00	1.00	1.22	1.64	4	10.84	6.54	21.88
Papa blanca	60.00	98.00	1.23	0.08	13.11	5	0.53	57.45	57.97
Apio	3.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.36
Porro	2.00	68.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Nabo	5.00	86.00	0.02	0.01	0.12	0	0.06	0.48	0.61
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Huevo de gall	25.00	100.00	4.08	4.00	0.48	16	38.00	1.80	54.10
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.85	2.42
								VC CENA	238.98
								%DIST CE	27.91

VCT GR 33.79 111.59 111.59
VCT KCAL 384.14 448.36 448.36
VCT % 38.68814 82.831304 82.8313
100.00

VCT MEN 682.86

Lider N. Canosa Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Coqui
NUTRICIONISTA
C.N.P. 3879



[Signature]
2018

sábado 21 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL, KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SIETE CEREALES CON LECHE, PAN CON HUEVO SANCOCHADO									
Quinoa harina	5.00	100.0	0.45	0.13	3.81	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.0	1.21	1.03	0.05	5	0.23	0.20	14.27
Harina de hab	5.00	100.0	1.22	0.10	2.98	5	0.09	11.92	17.64
Cebada harin	5.00	100.0	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.0	0.44	0.33	3.56	2	2.03	14.34	18.91
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.0	4.90	3.67	7.63	20	51.03	20.52	101.15
Huevo de gall	15.00	100.0	2.45	2.40	0.27	10	21.60	1.08	32.48
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	320.48
								% DIST REI	20.84
REFRIGERIO MANZANA									
Manzana	150.0	90.00	0.43	0.14	21.02	2	1.30	84.10	87.12
								VC DES	87.12
								% DIST REI	5.61
ALMUERZO: OLLUCOS CON HAMBURGUESA DE CARNE, + REFRESCO									
Ollucos	125.0	100.00	1.38	2.43	17.88	6	21.87	71.50	98.87
Papa amarilla	100.00	85.00	1.70	0.34	18.01	7	3.05	79.22	89.08
Merl crudo	12.5	95.00	0.05	0.00	1.89	0	0.21	7.55	7.96
Queso paria	25.00	100.00	26.60	00.00	3.30	112	270.00	13.20	395.20
Sal	10.00	100.00	0.12	0.06	0.02	0	0.45	3.28	4.21
Leche evapor	20	100.00	1.40	1.62	2.18	6	14.58	5.72	28.90
Carne de res	65.00	100.0	13.85	1.94	0.00	56	9.38	0.00	64.74
Huevo de gall	10.00	95.00	1.55	1.52	0.17	6	13.68	0.68	30.58
Cebolla de ca	13.00	85.00	0.29	0.05	0.96	1	0.40	3.60	5.48
Huacotay	5.00	86.00	0.22	0.00	0.34	1	0.31	1.38	2.53
perceji	2.00	87.00	0.08	0.01	0.11	0	0.11	0.45	0.90
Ajos	2.00	85.00	0.08	0.01	0.49	0	0.12	1.86	2.42
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	740.49
								%DIST AL	47.69
REFRIGERIO PUDIN									
Canela entera	1.0	100.00	0.00	0.01	0.04	0	0.00	3.37	3.54
Clavo de olor	0.5	100.00	0.01	0.00	0.11	0	0.01	0.43	0.48
Pudin de choc	10.0	100.00	0.08	0.00	14.40	0	0.00	57.60	57.84
Leche evapor	18.0	100.00	1.26	1.40	1.56	5	13.12	7.85	26.01
								VC DES	87.85
								% DIST REI	5.66
CENA: VASO DE LECHE									
Leche evapor	120.00	100.00	8.46	9.72	13.08	34	87.48	52.32	173.40
Cacao	6.00	100.00	1.14	1.03	2.67	5	9.23	11.47	25.27
Azúcar rubia	30.00	100.0	0.00	0.00	28.48	0	0.00	117.95	117.95
								VC CENA	316.63
								%DIST CE	20.38

VCT GR 60.15 170.37 168.36
VCT KCAL 541.38 713.47 673.45
VCT % 34.87021 45.86386 43.37931
100.00

VCT MEN 1862.57


Lider N. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Rosario Abama Coya
NUTRICIONISTA
C.N.R. 3579




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domingo 22 de abril de 2018

ALIMENTO	grupos (g)	carbohidratos (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE, PAN CON MERMELEDA									
Avena, hojuel	20.00	100.0	4.84	4.10	0.29	19	38.90	0.80	57.09
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.35	54.0	0.00	0.00	0.14	0	0.01	0.59	0.57
Leche evapor	70.00	100.0	4.90	5.87	7.63	20	51.03	30.52	101.15
Mermelada	7.00	100.0	1.39	0.33	0.00	6	2.90	0.00	8.51
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	287.10
								% DIST REI	24.78
REFRIGERIO: GELATINA									
Gelatina con	35.0	100.00	3.85	0.00	30.38	15	0.00	121.52	136.92
								VC DES	136.92
								% DIST REI	12.49
ALMUERZO: POLLO A LA CACEROLA CON ARROZ, ENSALADA, + REFRESCO									
Carne de pollo	100.0	100.00	20.10	2.43	0.00	80	21.87	0.00	102.27
Arroz pilado c	60.0	100.00	0.43	0.18	13.74	2	1.62	54.96	58.25
Sal	5.00	100.00	0.06	0.00	0.41	0	0.23	1.64	2.11
Aji colorado c	2	85.00	0.04	0.02	0.14	0	0.15	0.54	0.84
Cebolla de ca	10.00	85.00	0.22	0.04	0.71	1	0.34	2.85	4.07
Lechuga rinda	30.00	85.00	0.22	0.03	0.36	1	0.31	1.43	2.82
Tomate	15.00	85.00	0.12	0.03	0.64	0	0.27	2.55	3.39
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.43
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	330.63
								%DIST AL	36.64
REFRIGERIO: VASO DE LECHE									
Leche evapor	80.0	100.00	5.60	6.48	8.73	23	58.32	34.88	115.60
Azúcar rubia	3.0	100.00	0.40	0.00	2.93	0	0.00	11.80	11.80
								VC DES	127.40
								% DIST REI	11.81
CENA: DULCE DE CAMOTE									
Camote amas	100.0	85.00	15.13	0.17	0.85	61	1.53	3.40	65.43
Leche evapor	60.00	100.00	4.20	4.86	6.54	17	43.74	26.16	86.70
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC CENA	216.81
								%DIST CE	20.10

VCT GR 45.28 103.85 103.85
VCT KCAL 487.49 415.41 415.41
VCT % 37.77432 38.508211 38.50821
100.00

VCT MEN 1878.76

Lider N. Canaza Vega
ADMINISTRADORA

Lic. Elizabeth del Rosario Alvarado Cagua
NUTRICIONISTA
C.N.P. 3979



Lic. Elizabeth del Rosario Alvarado Cagua
NUTRICIONISTA
C.N.P. 3979

Jueves 23 de abril de 2018

ALIMENTO	g/por [g]	convertible %	PROT A= [g]	GRASA [g]	CHO [g]	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	CHOCOLATADA , PAN CON QUESO								
Chocolata am	5.00	100.0	0.02	0.00	0.15	0	0.00	0.59	0.65
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Lacte evapor	100.00	100.0	7.00	8.10	10.00	28	72.00	43.00	144.50
Queso de pan	20.00	100.0	4.02	9.48	0.20	18	31.14	0.80	48.02
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	7.00	100.0	0.00	0.00	0.68	0	0.00	27.52	27.52
								VC DES	301.41
								% DIST RE	35.65
REFRIGERIO	MANDARINA								
Mandarina	140.0	90.00	0.70	0.38	10.84	3	3.40	43.34	49.77
								VC DES	49.77
								% DIST RE	4.24
ALMUERZO:	ENSALADA DE PALLARES CON POLLO FRITO + REFRESCO								
Pallares sin c	50.0	85.00	0.28	2.43	6.20	1	21.87	25.16	46.05
Carne de pollo	120.00	79.00	19.05	19.15	0.00	75	172.35	0.00	248.57
Aroz pilado c	60.0	100.00	0.42	0.15	13.74	2	1.62	54.96	56.28
Sal	5.00	100.00	0.06	0.00	0.41	0	0.00	1.64	2.11
Tomate	30	88.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cebolla de ca	10.00	98.00	0.23	0.04	0.71	1	0.39	2.85	4.07
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.65	2.42
Acetate vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC ALM	481.72
								%DIST AL	38.31
REFRIGERIO	GRANADILLA								
Granadilla	140.0	85.00	2.02	2.30	15.56	10	31.42	74.20	106.15
								VC DES	106.15
								% DIST RE	9.04
CENA:	SOPA DE FIDEOS CON CARNE								
Carne de res	80.0	100.00	10.05	0.80	0.00	43	7.20	0.00	49.00
Fideos	30.00	100.00	3.82	0.00	23.48	11	0.54	30.84	105.00
Apio	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.35
Poro	1.00	85.00	0.00	0.01	0.05	0	0.05	0.20	0.32
Nebo	1.00	65.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Papa blanca	60.00	82.00	1.03	0.05	10.97	4	0.44	43.89	49.46
Acetate vegetal	2.00	100.00	0.00	2.00	0.00	0	18.00	0.00	18.00
Sal	2.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.25
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.40	31.40
								VC CENA	255.44
								%DIST CE	21.75

VCT GR 48.88 133.40 133.40
VCT KCAL 432.43 533.62 533.62
VCT % 36.81877 45.434009 45.43401
100.00

VCT MEN 1174.49


Lidier N. Lugo Vago
ADMINISTRADOR


Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.A. 3979




Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.A. 3979

marques 34 de abril de 2011

ALIMENTO	gr/per (g)	carbohidr %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCal
						PROT	GRASAS	CHO	
DESAYUNO: AVENA CON MANZANA, PAN CON HUEVO SANCOCHADO									
Avena, hojuel	20.00	100.0	4.84	4.10	0.20	19	36.90	0.80	57.08
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.00	0.03
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.56	0.57
Manzana	25.00	100.0	0.08	0.03	3.65	0	0.23	14.60	15.13
Huevo de gall	15.00	100.0	2.45	2.40	0.27	10	21.60	1.06	32.46
Pan francés	30.00	100.0	3.79	0.60	15.21	11	8.10	90.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC DES	208.03
								% DIST DES	21.04
REFRIGERIO PLÁTANO									
Plátano de es	140.0	90.00	1.89	0.38	26.46	8	3.40	105.84	116.80
								VC DES	116.80
								% DIST DES	11.89
ALMUERZO: HIGADO FRITO CON AJO, ENSALADA + REFRESCO									
Hígado de res	60.0	70.00	11.30	2.43	0.56	45	21.87	2.34	68.91
Ajoaz pilado c	60.0	100.00	0.42	0.18	13.74	2	1.62	54.90	58.25
Papirillo o pa	60.00	88.00	0.26	0.05	1.33	1	0.48	5.30	6.78
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.79	2.30
Cebolla de ca	20.00	67.00	0.31	0.05	1.01	1	0.49	4.02	5.74
Ajo	2.00	60.00	0.09	0.01	0.49	0	0.12	1.93	2.42
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	139.00	0.00	139.00
Sal	5.00	100.00	0.06	0.03	4.41	0	0.23	1.64	2.11
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	301.07
								%DIST AL	80.90
REFRIGERIO DURAZNO									
Durazno	45.0	85.00	1.53	0.08	30.37	6	0.89	121.48	128.29
								VC DES	128.29
								% DIST DES	13.17
CENA: VASO DE LECHE									
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
Leche evapor	100.0	100.00	7.00	6.10	10.90	28	72.90	43.60	144.50
								VC CENA	223.14
								%DIST CE	22.90

VCT GR.	33.75	134.88	134.88
VCT KCAL	303.78	538.61	538.61
VCT %	31.17833	55.279726	55.27973

WGT MEN: 874.33


Lic. Elizabet del Rosario Ayres Cappa
NUTRICIONISTA
C.N.P. 3075

Lider N. Canaza Vega



[Signature]
 J. M. Wood, Jr.
 J. M. Wood, Jr.
 J. M. Wood, Jr.

miércoles 25 de abril de 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: CEBADA CON LECHE, PAN CON ATÚN									
Cebada herva	5.00	100.0	0.94	0.13	3.37	4	1.04	13.48	18.29
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.0	4.80	5.07	7.63	20	01.63	30.52	101.15
Atún en gajos	20.00	100.0	4.84	4.50	0.20	19	38.50	0.80	57.06
Pan francés	30.00	100.0	2.79	0.90	15.21	11	8.10	60.54	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	276.87
								% DIST REI	24.69
REFRIGERIO GRANADILLA									
Granadilla	140.0	90.00	2.77	2.52	19.66	11	32.68	78.82	112.59
								VC DES	112.59
								% DIST REI	10.02
ALMUERZO: AJI DE POLLO CON ARROZ + REFRESCO									
Corte de pollo	100.0	85.00	17.09	2.43	0.00	68	21.87	0.00	90.21
Leche evapor	10.00	100.00	0.75	0.81	1.09	3	7.29	4.38	14.45
Queso para	15.0	90.00	3.78	4.05	0.45	15	38.45	1.75	53.35
Mami crudo	3.00	71.00	0.01	0.00	0.34	0	0.04	1.35	1.43
Arroz pilado c	50.00	95.00	0.40	0.17	13.05	2	1.54	52.21	55.35
Papa blanca	40	82.00	0.89	0.09	7.31	3	0.30	39.25	32.31
Cebolla de ca	15.00	95.00	0.30	0.06	1.67	1	0.51	4.39	6.10
Agua	3.00	80.00	0.09	0.01	0.49	0	0.13	1.55	2.42
Sal	3.00	100.00	0.06	0.00	0.41	0	0.23	1.64	2.11
Aceto vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Pan seco med	2.00	100.00	0.23	0.06	1.65	1	0.00	6.80	7.95
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Aji verde (2)	3.00	67.00	0.05	0.02	0.25	0	0.14	1.00	1.34
								VC ALM	331.70
								%DIST AL	29.58
REFRIGERIO MANZANA									
Manzana	140.0	96.00	0.40	0.13	19.62	2	1.21	78.40	81.31
								VC DES	81.31
								% DIST REI	7.25
CENA: TORTILLA DE VERDURAS CON ARROZ+ INFUSIÓN									
Huevo de gall	5.0	100.00	0.63	0.80	0.00	3	7.20	0.36	10.82
Arroz pilado c	50.00	100.00	0.35	0.15	11.45	1	1.35	45.80	48.55
Harina de trigo	20.00	100.00	2.10	0.40	14.90	8	3.60	59.94	71.54
Espinaca negr	50.00	60.00	0.84	0.27	1.47	3	2.43	0.88	11.87
Zanahoria	30.00	90.00	0.16	0.14	2.48	1	1.22	9.94	11.60
Queso para	15.00	90.00	3.78	4.05	0.45	15	38.45	1.75	53.35
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.88	1.20
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CENA	318.95
								%DIST CE	28.43

VCT GR. 41.98 137.83 134.31
VCT KCAL 377.33 551.33 537.36
VCT % 33.65353 49.172103 47.91696
100.00

VCT MEMI 1121.23

Leon
Lidia M. Linares Vega
ADMINISTRADOR



Elisabeth
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Jueves 28 de abril de 2016

ALIMENTO	grises g/g	convertible %	PROT An (g)	GRASA g/g	CHO g/g	VALOR CALÓRICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: GUINUA CON PIÑA, PAN CON JAMONADA									
Guinua cruda	20.00	100.0	2.72	1.16	13.26	11	10.44	53.04	74.36
PIÑA	25.00	100.0	0.90	0.65	2.45	0	0.00	9.80	10.55
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.55	0.57
Jamonada	20.00	100.0	3.14	5.90	0.20	13	53.10	0.80	66.44
Pan francés	30.00	100.0	2.78	0.90	15.21	11	8.10	60.84	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC DES	291.85
								% DIST REI	22.30
REFRIGERIO PLATANO									
Platano de sa	140.0	90.00	1.89	0.38	35.46	8	3.40	100.84	116.80
								VC DES	116.80
								% DIST REI	10.34
ALMUERZO: REVUELTO DE ZANAHORIA CON ARROZ, + REFRESCO									
Lleche evapor	10.0	100.00	0.70	2.43	1.00	3	21.87	4.38	29.00
Queso fresco	5.00	100.00	1.01	0.87	0.06	4	7.79	0.20	12.01
Arroz pilado c	60.0	100.00	0.42	0.13	13.74	2	1.62	54.96	56.26
Papa blanca	40.00	85.00	0.71	0.03	7.08	3	0.31	30.30	33.49
Sal	2.00	100.00	0.03	0.01	0.16	0	0.09	0.68	0.84
Zanahoria	60	72.00	0.28	0.22	3.97	1	1.94	15.90	18.88
Huevo de gall	5.00	57.0	0.46	0.46	0.05	2	4.10	0.21	6.17
Cebolla de ca	10.00	95.00	0.22	0.04	0.71	1	0.34	2.80	4.07
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.89	2.42
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC ALM	319.82
								%DIST AL	28.32
REFRIGERIO MAZAMORRA DE PIÑA									
Mandioca	45.0	100.00	2.88	0.16	34.70	12	1.62	138.78	161.82
Canela entera	6.5	100.00	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.5	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
PIÑA	40.0	85.00	7.11	0.78	6.34	28	7.04	1.38	38.82
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC DES	218.63
								% DIST REI	18.65
CENA: ARROZ CHAIFA CON POLLO Y HUEVO + INFUSIÓN									
Carné de pollo	40.0	70.00	5.03	5.06	0.00	23	50.90	0.00	73.42
Huevo de gall	15.00	88.00	2.40	2.35	0.26	10	21.17	1.06	31.81
Arroz pilado c	40.00	100.00	0.28	0.12	9.16	1	1.08	36.64	38.04
Ajos	3.00	54.00	0.09	0.01	0.48	0	0.12	1.97	2.45
Cebolla china	10.00	71.00	0.08	0.01	0.42	0	0.06	1.88	1.97
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Siliao	2.00	100.00	0.23	0.19	0.02	1	1.73	0.68	2.71
Piniento	8.00	83.00	0.16	0.03	0.51	0	0.30	3.05	3.74
Azúcar rubia	8.00	100.00	0.00	0.00	7.88	0	0.00	31.46	31.46
								VC CENA	230.39
								%DIST CE	20.40

VCT GR. 41.97 154.62 138.56
VCT KCAL 377.76 618.48 554.24
VCT % 33.44496 54.756857 49.67001
100.00

VCT MENI 6129.58

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viernes 27 de abril de 2018

ALIMENTO	gr/per [g]	concentr %	PROT An [g]	GRASA [g]	CHO [g]	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SOYA CON LECHE, PAN CON ACEITUNA									
Soya	25.00	100.0	0.48	0.13	2.03	2	1.13	8.10	11.13
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.09	0.09
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.50	0.57
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceituna	20.00	96.0	0.14	5.52	1.36	1	40.99	5.02	55.20
Pan francés	30.00	100.0	2.79	0.80	15.21	11	8.10	60.54	80.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	267.62
								% DIST REI	28.47
REFRIGERIO MANDARINA									
Mandarina	140.0	90.00	0.70	0.38	10.84	5	3.40	43.34	49.77
								VC DES	49.77
								% DIST REI	4.92
ALMUERZO: PESCADO FRITO CON ARROZ Y ENSALADA + REFRESCO									
Pescado [unl]	80.0	75.00	12.00	2.43	0.18	53	21.07	0.72	74.43
Arroz pilado c	60.0	100.00	5.42	0.18	13.74	2	1.62	54.99	58.20
Cebolla de ca	15.00	85.00	0.29	0.05	0.96	1	0.46	3.83	5.46
Sal	2.00	100.00	0.02	0.01	0.18	0	0.09	0.66	0.84
Tomate	10	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Limón	3.00	75.0	0.01	0.00	0.22	0	0.04	0.87	0.90
Cebolla de ca	10.00	95.00	0.22	0.04	0.71	1	0.34	2.80	4.07
Harina de trigo	15.00	100.00	1.88	0.30	11.22	0	2.70	44.88	55.88
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.90	2.42
Ácido vegeta	16.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Peperillo o pep	30.00	80.00	0.14	0.03	0.70	1	0.24	2.81	3.59
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	360.76
								%DIST AL	35.64
REFRIGERIO VASO DE LECHE									
Leche evapor	70.0	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	120.81
								% DIST REI	11.93
CENA: CREMA DE ESPINACAS									
Espinaca neg	100.0	75.00	2.16	0.68	3.40	8	6.08	14.70	28.18
Ajos	3.00	80.00	0.09	0.01	0.49	0	0.12	1.89	2.42
Papa amarilla	100.00	90.00	1.80	0.30	20.97	7	3.24	83.88	94.32
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.15
Harina de trigo	10.00	100.00	1.00	0.20	7.48	4	1.80	28.82	30.92
Margarina veg	10.00	100.00	0.08	0.03	1.05	0	0.45	4.20	6.27
Cebolla de ca	15.00	85.00	0.29	0.05	0.96	1	0.46	3.83	5.46
Sal	5.00	100.00	0.10	0.04	0.66	0	0.38	2.82	3.37
								VC CENA	213.06
								%DIST CE	21.05

VCT GR 38.75 126.28 124.25
VCT KCAL 357.77 805.13 496.99
VCT % 36.3421 49.896813 49.09408

VCT MEN 1012.32


Lider N. Canaza Vega
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elaborado 28 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: LECHE, PAN CON CAMOTE FRITO									
Leche evapor	100.00	100.0	7.00	8.10	10.90	28	72.90	43.60	144.50
Camote mone	50.00	80.0	0.72	0.04	12.03	3	0.38	48.11	51.38
Pan francés	30.00	100.0	2.79	0.80	15.21	11	8.10	60.84	80.10
Acete vegetal	8.00	100.0	0.00	8.00	0.00	0	72.00	0.00	72.00
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	387.64
								% DIST REI	25.00
REFRIGERIO: HUEVO DULCE									
Huevo de gall	50.0	100.00	8.15	8.00	0.90	33	72.00	3.60	108.20
								VC DES	108.20
								% DIST REI	7.37
ALMUERZO: DULCE DE TRIGO CON QUESO Y ARROZ + REFRESCO									
trigo resbalad	60.00	75.00	5.13	0.81	32.31	21	7.29	120.24	157.95
Arroz Pilado c	60.00	100.00	4.92	0.30	46.86	20	2.70	180.72	209.10
ajos	2.00	75.00	0.08	0.01	0.48	0	0.11	1.62	2.27
sal	8.00	82.00	0.09	0.04	0.61	0	0.33	2.40	3.11
cebolla de ca	30.00	80.00	0.37	0.08	1.20	1	0.58	4.80	6.85
queso para	30.00	100.00	5.60	6.00	0.86	22	54.00	2.84	79.04
leche evapora	10.00	95.00	0.67	0.77	1.04	3	8.93	4.14	13.73
limon	5.00	90.00	0.03	0.02	0.27	0	0.16	1.08	1.23
aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	10.0	82.00	0.17	0.01	1.03	1	0.07	7.91	8.08
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	635.21
								%DIST AL	43.24
REFRIGERIO: MANDARINA									
Mandarina	150.0	90.00	0.81	0.41	11.61	3	3.65	46.44	53.33
								VC DES	53.33
								% DIST REI	3.60
CENA: MAZAMORRA DE CHANCACA									
harina de trigo	50.0	100.00	3.15	0.60	22.44	19	5.40	89.76	107.76
leche evapora	45.00	100.00	3.15	3.65	4.81	13	32.81	19.62	65.59
Clevo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	50.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
vainilla	1.00	100.00	0.01	0.00	0.10	0	0.01	0.71	0.74
chancaca	40.00	100.00	0.20	0.00	1.90	1	0.00	7.84	8.64
canela entera	1.00	100.00	0.02	0.01	0.04	0	0.08	3.37	3.54
								VC CENA	304.58
								%DIST CE	20.73

VCT GR 52.72 205.53 205.56
VCT KCAL 474.51 822.19 822.19
VCT % 32.30243 66.97137 66.97133
100.00

VCT MEN 1468.95


Lider M. Canaza Vega
ADMINISTRADOR


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domingo 29 de abril de 2018

ALIMENTO	gr(g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL.)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE, PAN CON MANJAR								
Avena, hojuel	20.00	100.0	4.54	4.10	0.29	19	36.90	0.80	57.09
Leche evapor	70.00	100.0	4.90	5.87	7.83	20	51.03	30.53	121.16
Clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.35	54.0	0.00	0.00	0.14	0	0.01	0.56	0.57
Manjar	7.00	100.0	1.90	3.57	1.18	8	32.13	4.73	44.45
Pan francés	30.00	100.0	3.79	0.90	15.21	11	8.10	65.84	85.10
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC DES	303.04
								% DIST REI	26.68
REFRIGERIO:	PLATANO								
Platano de sa	140.0	95.00	1.99	0.38	26.46	8	3.40	105.34	115.50
								VC DES	115.50
								% DIST REI	10.28
ALMUERZO:	PAPA RELLENA, ARROZ, ENSALADA + REFRESCO								
Carné de res	30.0	100.00	6.39	2.43	0.00	26	21.87	0.00	47.43
Arroz pilado c	60.0	100.00	0.42	0.16	12.74	2	1.62	54.96	58.28
Papa blanca	150.00	52.00	1.54	0.05	17.39	7	0.70	68.55	76.83
Sal	5.00	100.00	0.03	0.03	0.41	0	0.23	1.64	2.11
Tomate	25	99.00	0.30	0.05	1.06	1	0.45	4.28	5.49
Huevo de gall	10.00	90.0	1.47	1.44	0.16	6	12.96	0.05	19.48
Cebolla de ca	25.00	95.00	0.95	0.10	1.78	2	0.86	7.13	10.17
Zanahoria	15.00	85.00	0.08	0.08	1.17	0	0.57	4.09	5.57
Ajos	2.00	80.00	0.03	0.01	0.49	0	0.12	1.95	2.45
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	337.41
								%DIST AL	29.71
REFRIGERIO:	GELATINA								
Gelatina con s	35.0	100.00	3.65	0.00	30.35	13	0.00	121.02	136.92
								VC DES	136.92
								% DIST REI	12.06
CENA:	MAZAMORRA MORADA								
mazamorra m	35.00	95.00	0.20	0.00	32.26	1	0.00	129.14	129.94
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
madera	15.00	100.00	0.09	0.03	13.01	0	0.27	52.02	52.65
								VC CENA	241.57
								%DIST CE	21.27

VCT GR. 29.02 187.39 187.39
VCT KCAL 261.21 749.15 749.15
VCT % 22.99918 65.961107 65.96111

VCT MEN 1135.75

Lider M. Canazn Vega
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lunes 30 de abril de 2018

ALIMENTO	grapar (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: SOYA, PAN CON TORTILLA DE HUEVO									
Harina de soy	25.00	97.0	2.11	1.58	17.37	8	14.19	69.08	91.69
Canela entera	0.30	54.0	0.00	0.00	0.14	0	0.01	0.65	0.67
clavo de olor	0.10	54.0	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebrar	30.00	100.0	2.89	0.09	21.54	12	0.81	88.18	99.49
Huevo	30.00	80.0	1.29	0.20	2.04	5	1.84	8.18	15.10
aceite	8.00	100.0	0.00	0.01	1.31	0	0.07	5.23	5.55
								VC DES	211.47
								% DIST RD	16.40
REFRIGERIO DURAZNO									
durazno	50.0	85.00	1.70	0.09	33.75	7	0.77	134.98	142.66
								VC DES	142.66
								% DIST RD	11.06
ALMUERZO: SALTADO DE ATUN, ARROZ Y REFRESCO									
Atun en aceite	100.0	100.00	21.40	1.90	61.00	80	17.10	247.60	350.50
arroz	60.00	100.00	0.42	0.18	13.74	2	1.62	54.96	58.26
Aceite vegetal	12.0	100.00	0.00	13.00	0.00	0	105.00	0.00	105.00
Ajos	4.00	100.00	0.22	0.03	1.22	1	0.29	4.89	6.05
Sal	3.00	67.00	0.02	0.01	0.18	0	0.09	0.69	0.85
papa blanca	40	88.00	0.72	0.03	7.67	3	0.31	30.65	33.88
cebolla	20.00	45.0	1.31	0.14	13.55	5	1.22	54.20	60.66
tomate	15.00	91.00	0.11	0.03	0.69	0	0.25	2.35	3.03
aji amarillo	2.00	100.00	0.04	0.01	0.29	0	0.09	0.93	1.18
fidessa	15.00	100.00	1.00	0.03	12.51	6	0.79	50.05	56.35
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	499.29
								%DIST AL	54.13
REFRIGERIO GRANADILLA									
granadilla	150.0	70.00	2.31	2.10	16.38	3	18.90	65.53	83.68
								VC DES	83.68
								% DIST RD	7.26
CENA: ARROZ CON LECHE									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	59.32	34.88	115.80
Arroz Pilado c	60.00	100.00	6.56	0.40	62.24	26	3.60	248.96	278.80
Azúcar rubia	10.00	100.00	0.00	0.00	8.83	0	0.00	39.32	39.32
canela entera	0.30	100.00	0.01	0.00	0.29	0	0.02	1.01	1.06
clavo de olor	0.10	100.00	0.00	0.00	0.02	0	0.00	0.09	0.09
								VC CENA	434.87
								%DIST CE	33.72

VCT GR. 21.46 204.61 289.98
VCT KCAL 194.92 638.46 1159.93
VCT % 15.11288 72.7584 89.9303

VCT MEN 1289.81

Elder N Canaza Vega
ALIMENTISTA

Lic. Elizabeth del Rosario Alarcos Canga
NUTRICIONISTA
C.N.P. 3975



Dr. Jovanny Alarcos Canga
NUTRICIONISTA
C.N.P. 3975

domingo, 01 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
martes, 03 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 05 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de abril de 2018	INFUSION + 02 PANES + FRUTA	HIRRO DE ZAIPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCOMO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 10 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de abril de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 12 de abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO,ARROZ, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 14 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
lunes, 16 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
martes, 17 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAJUELA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de abril de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOSO A LA TACNEÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MERMELADA	FRUOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 24 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMÓN, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 26 de abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 28 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMEHRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO

Lider N. Canessa Vega
Lider N. Canessa Vega
 ADMINISTRADOR



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[Signature]
Lic. Elizabeth del Socorro Rojas Ortega
 NUTRICIONISTA
 C.N.P. 3979

DIETA: HIPERTENSION ARTERIAL

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domingo, 01 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Semola de Tri	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.60
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.50	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mermelada Da	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.64

23.12

Almuerzo: Caldo de gallina + refresco y fruta									
Carne de galli	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.665	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chuflo blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	68.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Nabo	18.00	68.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kón	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13336	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.65	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	1170.18
								% Dist	49.01

CENA Matasquita de pollo , arroz , infusion									
Carne de Polk	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.67	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4808	7.78	9.66
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.38	1.21	2.13
								VC DES.	665.56
								%DIST. D	27.87
			79.34	31.07	447.81				
			316.95	279.60	1791.23				
			13.3	11.7	75.0				
					100.00		V.C.T. MENU		2387.78

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarco Corp
NUTRICIONISTA
C.N.R. 3979



Lic. Elizabeth del Rosario Alarco Corp
NUTRICIONISTA
C.N.R. 3979

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									580.55
									22.71
Almuerzo:	Guiso de arvejita con charcho, arroz ,ensalada, fruta y refresco								
Came de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partido	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado cocido	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rodada	60.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.46	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de caudex	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1432.07
								%DIST. D	58.02
CENA:	Caldillo de huevos								
Huevo de gallina	20.00	99.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macerado	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.16	1	1.07	8.72	10.36
								VC CENA	543.79
								%DIST CENA	21.27
			70.62	61.83	429.91				
			282.10	554.66	1719.65				
			11.03	21.70	67.27				
					100.00			VCT MENU	2556.42

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cova
NUTRICIONISTA
C.N.R. 3979



Lic. Elizabeth del Rosario Alvarado Cova
NUTRICIONISTA
C.N.R. 3979

martes, 03 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	60.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.90
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	25.77
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Papinito o Pa	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Cebolla de cal	80.00	92.00	1.03	0.15	6.32	4	1.32	33.27	38.71
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6496	64.18	73.89
								VC ALMU	1478.26
									58.97
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.48	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada Di	30.00	100.00	0.12	0.06	21.93	0	0.64	87.72	88.74
Pan de libran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.26
			78.41	48.44	439.30				
			313.62	435.98	1757.19				
			12.51	17.39	70.10				
					100.00			VCT	2506.80

AB
Lic. Elizabeth del Rosario Abreu Caspa
NUTRICIONISTA
C.N.P. 33076

Lider M. Canaza Vega
ADMINISTRADOR



[Signature]
N. [Signature]
[Signature]

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote moro	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	48.67	25	1.78	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				50.33
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Barro Cordero
NUTRICIONISTA
C.N.P. 5879



Lic. Elizabeth del Rosario Barro Cordero
NUTRICIONISTA
C.N.P. 5879

jueves, 05 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	653.65
								%DIST. D	25.77
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.66	4	1.25	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	164.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	180.00	98.00	1.76	0.29	18.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.05
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.08	21.54	11.52	0.81	88.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.68
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12

EL
Lc. Elizabeth del Rosario Almona Coqui
NUTRICIONISTA
C.N.P. 3979

EL
Lider M. Canaza Vega
ADMINISTRADOR



EL
Lc. Elizabeth del Rosario Almona Coqui
NUTRICIONISTA
C.N.P. 3979

DIETA: HIPERTENSION ARTERIAL

1/R

viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + fruta									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.87
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
									441.78
									16.97
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	66.80
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo maore	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacalay	8.00	100.00	0.40	0.06	0.84	2	0.58	2.56	4.74
Habes frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	60.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	60.00	98.00	0.82	0.12	6.84	3	1.06	26.58	30.63
Naranja	150.00	99.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1318.74
							% DIS ALM.		50.66
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	96.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.06	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas frescas	25.00	54.00	0.96	0.09	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de cal	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.37
			70.74	45.99	476.56				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00		V.C.T. MENU		2603.09

[Firma]
Lic. [Nombre]

[Firma]
Lic. Elizabeth del Rosario Abreu Corp
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. [Nombre]

sábado, 07 de abril de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Aji verde (2)	10.00	67.00	0.17	0.06	0.83	1	0.48	3.32	4.48
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.86	13.58	16.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	80.00	87.00	2.80	0.11	8.08	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC Alm
									1385.27
									% Dist
									54.98
CENA: Infusion + 01 pan + margarina									
Harbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ves	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
									VC DES.
									440.29
									%DIST. D
									17.47
			81.42	61.73	409.61				
			325.70	555.61	1838.43				
			12.9	22.1	65.0				
					100.00			VCT	2519.74

[Firma]

[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3319



[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3319

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.05	23	1.82	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.04
ALMUERZO: Locro de res, arroz , fruta y refresco									
Arroz Filado c	150.0	100.00	12.38	0.75	115.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res	100.00	85.00	18.11	1.36	0.00	72.42	12.24	0.00	84.66
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.85	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.81	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.25	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1325.85
								%DIS ALM.	51.43
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	89.00	0.12	0.10	1.90	0	0.03	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.06	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.06	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.62	579.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79


Lidar N. Canaza Vega
ADMINISTRADOR


Lid. Elizabeth del Rosario Alarcos Cerna
NUTRICIONISTA
C.N.P. 1979




Lid. Lidar N. Canaza Vega
18/04/2018
11:14

DIETA: HIPERTENSION ARTERIAL

15

lunes, 09 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada Da	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de frejol con chanchó + ensalada + arroz + fruta y refresco								
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de cal	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aji colorado si	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1613.09
								% DIS ALM.	60.10
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.87
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.98
								%DIST. D	26.38
			74.99	48.83	444.68				
			299.61	439.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.79

[Firma]

[Firma]
Lic. Elizabeth del Rosario Rivas Cagua
NUTRICIONISTA
C.N.P. 3879



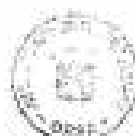
[Firma]
Lic. Elizabeth del Rosario Rivas Cagua
NUTRICIONISTA
C.N.P. 3879

martes, 10 de abril de 2018

AUMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Cama de Pollo	180.00	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado d	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	687.00
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negr	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Ancejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.68	0.09	5.30	3	0.84	21.20	24.67
Lechuga rede	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	180.0	86.00	2.08	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1536.99
								%DIST. D	60.79
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.86	68.69	392.35				
			339.44	618.17	1568.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99

[Firma]
Lic. Elizabeth del Rosario Alvarez Corpa
NUTRICIONISTA
C.N.P. 3879

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C.N.P. 3879



[Firma]
Lic. Elizabeth del Rosario Alvarez Corpa
NUTRICIONISTA
C.N.P. 3879

miércoles, 11 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.03	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.28	0.28	23.64	5	2.48	94.58	102.21
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									556.44
									21.40
ALMUERZO:	Gau gau de pollo , arroz, fruta y refresco								
Came de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.88	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.68	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.15	1	2.58	8.64	12.25
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cal	90.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
					V.C. ALMUERZO				1341.92
					% DISTR. ALMUERZO				51.71
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									26.88
			78.37	49.48	459.06				
			313.49	445.29	1838.25				
			12	17	71				
					100.00			VCT MEN	2595.03

Lider R. Canaza Vega
ADMINISTRADOR

Lic. Elisaveth del Rosario Alvarado Corra
NUTRICIONISTA
C.N.P. 2879



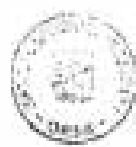
Wlma Serrano
C.N.P. 2879

jueves, 12 de abril de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	8.84	95.36	141.08
Canola entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	539.13
								%DIST. D	21.53
Almuerzo:	Sudado de pescado , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	60.83	2.28	233.62
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.87	9.29	11.99
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	28.99	9	1.28	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Orégano fresc	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES.	1528.03
								%DIST. D	61.02
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	64.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	40.27	432.20				
			332.00	443.39	1726.79				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17

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[Firma]
Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3979

DIETA: HIPERTENSION ARTERIAL

141

viernes, 13 de abril de 2018

ALIMENTO	grifer (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 82 panes + huevo sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola entera	0.10	100.0	0.00	0.00	0.00	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	36.38	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.55
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.28	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Tomate	30.00	79.00	0.18	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.48	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.15	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1324.81
									%DIST. D 50.53
CENA:	Camote arrebozado, arroz, infusion								
Camote moro	100.00	84.00	1.18	0.25	21.69	5	2.27	86.35	90.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	8.30	2.7	44.88	53.89
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C . CENA 758.39
									% DIST.CENA 28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal)		328.63	470.46	1822.94				
	VCT (%)		13	18	79				
					100.00				V.C.T. MENU 2622.03

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 Lic. Elizabeth del Rosario Alvarado Cordero
 nutricionista
 C.N.P. 3979



[Handwritten signature]
 Lic. Jocelyn Wika Berríos
 nutricionista
 C.N.P. 3979

sábado, 14 de abril de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	35.00	100.00	4.65	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.07
									27.04
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	6.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado s	0.50	87.00	0.03	0.03	0.28	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC ALMU	1472.64
									57.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Mermelada Di	35.00	100.00	0.14	0.07	25.68	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.66	53.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05


Lider N. Canazn Vega
ADMINISTRADOR


Lic. Elizabeth del Razon Alvarado Corp
NUTRICIONISTA
C.N.P. 1879




Lic. Elizabeth del Razon Alvarado Corp
NUTRICIONISTA
C.N.P. 1879

domingo, 15 de abril de 2018

AUMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mermelada									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546.74

21.23

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.18	36.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.28
Ajos	6.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.05	3	0.98	24.23	28.19
Anjeas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.18	2.01	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.63	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74

VC DES. 1294.09

%DIST. D 50.25

CENA: Pollo dorado, arroz + infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Pan saco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64

VC DES. 734.39

% DIS ALM. 28.52

			77.03	57.66	437.02				
			308.13	518.90	1748.09				
			12.0	20.2	67.9				
					100.00				
								VCT	2575.12


Lider N. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Rosario Flores Cordero
AUTENTICADORA
C.N.P. 3979



lunes, 15 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	84.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									584.64
									22.21
Almuerzo:	Guiso de arvejiña partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arvejiña partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cas	80.00	85.00	0.71	0.10	5.76	3	0.02	23.05	26.83
Aji colorado si	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.40	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DES ALM.	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porri	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	20.59
			78.63	70.04	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81

Dr. Carlos
Dr. Carlos

Lic. Elizabeth del Rosario Alvarez Ortega
Lic. Elizabeth del Rosario Alvarez Ortega
NUTRICIONISTA
C.N.P. 1979



Vicente
Vicente

martes, 17 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancocado									
Cebada harina	30.00	100.00	5.54	0.69	20.22	23	5.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.07	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60
ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta									
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	180.00	100.00	14.78	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga rojo	55.00	50.0	0.36	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Papa blanca	190.0	82.00	3.10	0.15	32.91	12	1.33	131.66	146.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de col	100.00	87.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Cominos	0.2	100.00	0.01	0.00	0.10	0	0.00	0.64	0.67
									1467.87
								% DIS ALM.	58.26
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero

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Lic. Elizabeth del Rosario Alvarado Cordero
Nutricionista
C.N.R. 3579



[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero

miércoles, 18 de abril de 2018

ALIMENTO	griper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote moro	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	449.58
								%DIST. D	18.29
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carné de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	65.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Calgua Samar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aj colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	8.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.06	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.08
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	99.00	1.76	0.29	18.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			1285.35
						% DISTR. ALMUERZO			52.30
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carné de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
salita	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.41
			68.93	47.37	439.15				
			275.73	425.42	1756.60				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarce Caza
NUTRICIONISTA
C.N.P. 3979



Lic. Jovanna Patricia Gander
NUTRICIONISTA
C.N.P. 3979

jueves, 19 de abril de 2018

AUMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 62 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	100.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo:	Sudado de pescado, papa, arroz, refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomato	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Aceite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapor	15.00	100.00	1.05	1.22	1.54	4	10.94	6.54	21.68
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1651.45
								%DIST. D	62.08
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00087	0.05	0.05
Pan de labran	35.00	100.00	3.35	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	436.90
								%DIST. D	16.42
			84.32	66.01	432.22				
			337.28	694.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				

[Firma]
Lic. Elizabeth del Rosario Alarcón Cordero
NUTRICIONISTA
C.M.P. 3875

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[Firma]
Lic. Elizabeth del Rosario Alarcón Cordero
NUTRICIONISTA
C.M.P. 3875

viernes, 20 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.99	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.05	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de libran	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	196.96
Plátano	240.00	93.00	0.89	0.45	21.87	4	4.02	87.49	95.08
									446.73
									18.12
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.80	6.00	0.86	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	80.88	23	2.46	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacotay	8.00	100.00	0.40	0.06	0.54	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.89
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1266.50
							% DIS ALM.		51.36
CENA Matasquita de pollo , arroz , infusion									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.85	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		752.58
							%DIST. D		30.52
			70.56	21.12	498.38				
			282.25	190.06	1993.51				
			11.4	7.7	89.8				
					100.00		V.C.T. MENU		2465.82

Real

Bo
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3579



Bo
Lic. Jacobo Alca Saez
NUTRICIONISTA
C.N.P. 3579

sábado, 21 de abril de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.98	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									656.46
									26.11
ALMUERZO:	Adobo a la tacueña de cerdo , arroz, papa + refresco y fruta								
Carne de Cerdo	150.00	88.00	19.01	19.80	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	228.00	0.00	228.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Cebolla de col	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.68	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1415.03
								% DIS ALM	56.28
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				
			256.23	740.22	1508.70				
			10.2	29.8	60.8				
					100.00			VCT	2514.15

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.M.P. 3919



Lider N. Canaza Vega
ADMINISTRADOR

domingo, 22 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.73
								%DIST. D	28.72
ALMUERZO: Aguadito con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	70.00	100.00	8.74	0.36	54.48	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas frescas	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	80.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negr	35.00	97.00	0.95	0.31	1.68	4	2.75	6.65	13.21
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	858.56
								%DIST. D	39.79
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	8.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.89
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetate vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajl colorado si	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									679.44
								%DIST. D	31.49

67.53 60.64 335.47

270.11 545.75 1341.88

12.52 25.29 62.19 100

100.00

VCT 2157.74

[Firma]
ACTUACIONES DE ALIMENTOS

[Firma]
T. en. Elizabeth del Rosario Abasco Cepa
NUTRICIONISTA
C. N. P. 30/73



[Firma]
Lic. Jhony V. Riquelme
NUTRICIONISTA

lunes, 23 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 62 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.26	0	0.45	73.10	73.95
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo:	Frejol a la chilena con chancha, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.76	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o	150.0	100.00	12.30	0.75	118.70	48.20	6.75	495.80	522.75
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	50.00	0.52	0.08	0.84	2.06	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.06	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.28
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.05	11.20	0.96	24.23	30.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC DES.	1507.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	129.10	135.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27

[Firma]

[Firma]
Lic. Elizabeth del Rosario Alvarado Carpio
Nutricionista
C.N.P. 3975



[Firma]
C. de la Cruz y M. de la Cruz
Nutricionistas
C.N.P. 3975

DIETA: HIPERTENSION ARTERIAL

168

martes, 24 de abril de 2018

ALIMENTO	grper (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	108.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.44
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de so	150.0	92.00	2.07	0.41	28.98	8	3.73	115.97	127.89
									1424.17
								% DIS ALM.	54.99
CENA:	Infusión + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.06	21.54	12	0.01	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.57
			82.00	69.31	409.54				
			328.01	623.80	1638.17				
			12.7	24.1	83.3				
					100.00			VCT	2589.97


Lidier A. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Socorro Nolasco
NUTRICIONISTA
C.N.P. 3975




Lidier A. Canaza Vega
ADMINISTRADOR

miércoles, 25 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de leban	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	527.26
								%DIST. D	26.03
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	38.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	154.13	181.24
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Naranja	160.00	98.00	1.89	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82
						V.C. ALMUERZO			1328.26
						% DISTR. ALMUERZO			50.47
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	50.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
patillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.58	62.51	450.73				
			206.33	562.56	1802.93				
			19	21	69				
					100.00			VCT MEN	2631.82

Escrit
Fátima M. GARCÍA
NUTRICIONISTA

ES
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979



ES
Lic. José María Wiza Benítez
NUTRICIONISTA
C.N.P. 3979

jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Habas	35.00	100.00	8.51	0.07	20.08	34	5.99	83.44	123.45
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.31	196.08
								VC DES.	595.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado o	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.89
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aceite vegetal	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.91	3.63
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1505.99
								%DIST. D	59.34
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									17.21
			84.17	44.05	451.23				
			336.67	396.43	1804.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01

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viernes, 27 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.05	32	44.45	4.23	80.44
									418.12
									16.13
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	8.88	0.28	62.22	23	2.81	248.87	274.82
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado si	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1395.57
					% DISTR. ALMUERZO				53.84
CENA:	Camote arrebozado, arroz, infusion								
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado d	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.80	6.00	0.66	22	54.00	2.64	79.04
Leche evapori	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Huevo de gall	15.00	98.00	1.98	1.23	0.28	8	11.11	1.05	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			778.27
						% DIST. CENA			30.03
	VCT (Gr.)		73.86	54.96	450.48				
	VCT (Kcal.)		295.43	494.62	1801.91				
	VCT (%)		11	19	70		V.C.T. MENU		2591.97
					100.00				

Lider M. Canaza Vega
ADMINISTRADOR

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sábado, 28 de abril de 2018

ALIMENTO	gr/por (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									26.87
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado d	160.00	100.00	13.12	8.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.00	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	10.00	95.00	2.29	4.58	1.65	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.88	43.28	47.03
								VC Alm	1486.15
								% Dist	59.78
CENA:	Infusion + 61 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.15	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada de	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST, D	13.35
			78.09	45.49	448.06				
			316.34	409.40	1760.25				
			12.72	16.47	70.81				
					100.00			VCT	2486.00

Dr. Roberto
Roberto Martínez
FARMACIA S.A.

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Lic. Roberto del Rosario Abrego Crego
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Lic. Roberto del Rosario Abrego Crego
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domingo, 29 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.82
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	530.83
								%DIST. D	20.28
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.86
Zanahoria	15.00	79.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1369.21
								%DIST. D	51.94
CENA: Arroz con huevo frito + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	349.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98

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lunes, 30 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	84.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.35	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo:	Guiso de arvejiña partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejiña partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cer	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de ca	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.08	0.01	0.48	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	59.28
CENA:	Sopa de semola con pollo								
Carne de Pol	100.00	85.00	17.61	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	18.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	17.77
			89.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

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DIETA: GASTRITIS CRONICA Y CANCER PARA POBLACION PENAL - MES DE ABRIL 2018

domingo, 01 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
martes, 03 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCADO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VARIAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 05 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de abril de 2018	INFUSION + 02 PANES + JAMONADA	PIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARINES REJOS CON CARNE MOIDA + INFUSION
lunes, 09 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
martes, 10 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCADO
miércoles, 11 de abril de 2018	INFUSION + 02 PANES + CAMOTE SANCOCADO	CAJ CAJ DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 12 de abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	POLLO CURSADO, ARROZ + INFUSION
sábado, 14 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCADO , ARROZ + INFUSION
lunes, 16 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
martes, 17 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCADO	POLLO SANCOCADO,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAJUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de abril de 2018	INFUSION + 02 PANES + MORTADELA	AJO DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES REJOS CON CARNE MOIDA + INFUSION
lunes, 23 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
martes, 24 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCADO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 26 de abril de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	POLLO CURSADO, ARROZ + INFUSION
sábado, 28 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCADO+ INFUSION
lunes, 30 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO

Lider N. Canaza Vega
ADMINISTRADOR



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NUTRICIONISTA
C.N.P. 3979

DIETA: GASTRITIS CRONICA Y CANCER

92

domingo, 01 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de Isbran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
Mermelada Di	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

23.16

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.82	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.60	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC Alm	1203.04
								% Dist	50.34

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anchoas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	150.0	85.00	2.68	0.13	26.43	10.71	1.1475	113.73	125.59
Tomato	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES	634.74
								%DIST. D	26.56
			77.71	30.90	459.21				
			310.86	278.11	1800.05				
			13.0	11.6	75.4				
					100.00		V.C.T. MENU		2389.81

Foral
Firma de la Nutricionista

EL
Lic. Elizabeth del Rosario Alvarado Crespo
NUTRICIONISTA
C.N.F. 3979



lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	30.00	100.00	2.61	1.95	21.36	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									628.36
									24.76
Almuerzo:	Guiso de acelga, arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado o	180.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	13	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.86	24.23	36.38
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	50.08
CENA:	Caldillo de huevos								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Fideos	80.00	100.00	7.52	0.18	82.56	30	1.44	250.34	281.76
Zapallo macra	50.00	47.00	0.16	0.05	1.50	1	9.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.53	13.81
								VC CENA	638.31
								%DIST CENA	25.16
			66.46	66.83	431.01				
			265.84	547.43	1724.83				
			16.48	21.58	67.95				
					100.00		VCT MENU		2537.30

[Firma]

[Firma]
Lic. Elizabeth del Rosario Riera Cepe
NUTRICIONISTA
C.N.P. 3975



[Firma]
Lic. VILLARREAL
1975

martes, 03 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DEBAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.68	20.22	23	8.21	80.88	109.05
Leche evapora	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	26.55
Almuerzo:	Pollo al horno , arroz ,papa + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.33	181.24
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.84	0	0.00	158.56	158.56
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC ALMU	1405.47
									57.74
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	362.41
								%DIST. D	15.71
			74.67	48.05	425.72				
			298.70	432.41	1702.89				
			12.27	17.77	69.96				
					100.00			VCT	2434.09


Lidier N. Luna Vega
ADMINISTRADOR


Lidier N. Luna Vega
NUTRICIONISTA
C.N.P. 3870



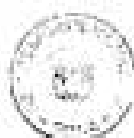

Lidier N. Luna Vega
NUTRICIONISTA
C.N.P. 3870

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.87	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.65
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4306	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	0.00	87.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
						V.C. ALMUERZO			1221.24
						% DISTR. ALMUERZO			49.19
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.60
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
salillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									30.16
			73.43	47.55	440.30				
			293.72	427.96	1761.20				
			11.83	17.24	70.93				
					100.00			VCT MEN	2482.88


Lidia M. Candia
C.N.P. 3979


Lidia M. Candia
C.N.P. 3979



jueves, 05 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	9.49	17.85	6.92	38	160.65	23.56	222.25
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	768.33
								%DIST. D	32.52
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.99	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1135.86
								%DIST. D	48.01
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.65
									19.47
			77.81	28.64	440.20				
			311.25	257.78	1796.81				
			13.2	10.9	75.9				
					100.00				2365.04

[Firma]
Lic. Elizabeth del Rosario Abasco Corpa
NUTRICIONISTA
C.N.R. 3979

[Firma]
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C.N.R. 3979



[Firma]
Lic. Elizabeth del Rosario Abasco Corpa
NUTRICIONISTA
C.N.R. 3979

viernes, 06 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.02
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
									478.77
									18.21
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.60	0.83	28	67.50	9.30	98.80
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.48	0.21	47.39	18	1.91	189.55	209.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco. *	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	89.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acorte vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.08	26.58	30.93
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia:	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1307.65
							% DIS ALM.		49.74
CENA Guiso de fideos con pollo, arroz , infusion									
Carné de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acorte vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Ancejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	30.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.29	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.05
			73.69	54.54	469.83				
			294.76	490.89	1843.34				
			11.2	18.7	70.1				
					100.00		V.C.T. MENU		2628.99

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Rivera Corpa
NUTRICIONISTA
C.N.P. 3975



DIETA: GASTRITIS CRONICA Y CANCER

86

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DEBAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.86	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.58
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carne de Polv	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ancejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Ancejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	2.80	0.11	6.08	11	0.98	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC Alm	1384.88
								% Dist	54.97
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.87
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	440.29
								%DIST. D	17.48
			80.12	64.21	405.25				
			320.48	577.86	1621.01				
			12.7	22.9	84.3				
					100.00			VCT	2519.35

[Firma]
Lic. Elizabeth del Rosario Abanca Coipa
NUTRICIONISTA
C.N.P. 3979

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C.N.P. 3979

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Lic. Elizabeth del Rosario Abanca Coipa
NUTRICIONISTA
C.N.P. 3979

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	23.65
ALMUERZO: Matasquita de pollo, arroz , fruta y refresco									
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Arvejas frescas	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	98.00	0.24	0.08	1.26	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1346.89
								% DIS ALM.	51.83
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallerin	120.0	90.00	10.28	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	60.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceto vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.11
								%DIST. D	24.32
			72.43	66.10	428.52				
			289.71	594.88	1714.06				
			11.15	22.89	68.96				
					100.00				
								VCT	2598.66

Brual

B
 Lic. Elizabeth del Rosario Abama Cruz
 NUTRICIONISTA
 C.N.P. 3970



[Signature]

lunes, 09 de abril de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	86.00	0.47	0.06	1.58	2	0.63	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1064.33
								% DIS ALM	50.33
CENA:	Sopa de fideos con pollo								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Papa	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	558.90
								%DIST. D	26.43
			67.06	45.16	368.04				
			268.24	406.45	1440.17				
			12.68	19.22	68.10				
					100.00			VCT	2114.86


Lidar M. Canaza Vega
ADMINISTRADOR


Lidar M. Canaza Vega
NUTRICIONISTA
C.N.P. 3979




Lidar M. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

martes, 10 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.76
Almuerzo:	Arroz con pollo + fruta y refresco								
Carne de Polv	160.00	85.00	28.02	4.80	0.00	112	44.08	0.00	156.13
Arroz Pilado o	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresco	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	92.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.64	21.20	24.67
Lechuga rojo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1530.06
								%DIST. D	60.30
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.39
								%DIST. D	12.94
			84.96	68.55	395.14				
			339.85	616.97	1589.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.38

[Firma]
 Lic. en Nutrición y Dietética
 ALVARO SANTANA-DON

[Firma]
 Elvira del Rosario Noriega Cordero
 ALICIA PÉREZ
 10-4-2018



[Firma]
 W. Viera Bantón
 Lic. en Nutrición y Dietética
 10-4-2018

miércoles, 11 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCal
DESAYUNO: Infusion + 02 panes + camote sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Camote morado	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									21.34
ALMUERZO: Gau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1319.49
					% DISTR. ALMUERZO				51.45
CENA: Arroz a la jardinera con pollo+ infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.66	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									27.20
			79.66	34.42	484.00				
			318.66	309.81	1936.01				
			12	12	75				
					100.00			VCT MEN	2564.48

Brav

Dr.
Lic. Elizabeth del Rosario Alvarez Cope
NUTRICIONISTA
C.N.P. 3979



Dr.
Lic. Elizabeth del Rosario Alvarez Cope
NUTRICIONISTA
C.N.P. 3979

jueves, 12 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panas + jamonada								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	8.65	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	641.77
								%DIST. D	28.65
Almuerzo:	Pollo sazonado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.93	1	1.91	15.64	18.57
Papa blanca	200.0	94.00	3.95	0.19	41.92	16	1.69	167.70	185.18
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	79.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1137.83
								%DIST. D	50.79
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapora	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.65
									20.56
			75.28	19.49	440.94				
			301.12	175.37	1763.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25


Lidar N. Canaza Vega
 ADMINISTRADOR


Lid. Elisbeth del Rosario Alvarado Corp
 NUTRICIONISTA
 C.N.P. 3579




 Lid. Lidar N. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3579

viernes, 13 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + huevo sancocado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	36.39	0.00	0	141.55	141.55
Pan de lebrán	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									423.92
									17.34
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.89
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Anjeles fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.16	1	1.07	8.72	10.36
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1292.58
									%DIST. D 52.88
CENA: Pollo guisado, arroz, infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA 727.84
									% DIST.CENA 29.78
	VCT (Gr.)		85.72	38.84	437.89				
	VCT (kcal.)		342.88	349.52	1751.94				
	VCT (%)		14	14	72		V.C.T. MENU		2444.34
					100.00				

Brad
 Lic. Elizabeth del Rosario Alvarado Coops
 NUTRICIONISTA
 C.N.P. 3979

Elizabeth
 Lic. Elizabeth del Rosario Alvarado Coops
 NUTRICIONISTA
 C.N.P. 3979



[Signature]
 Pro. [illegible]

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.80	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.07
									27.58
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	66.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.86	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1422.65
									57.11
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.31
			76.46	53.07	427.89				
			301.84	477.65	1711.57				
			12.1	19.2	68.7				
					100.00			VCT	2491.66

[Firma]

[Firma]
T. Elizabeth del Rosario Abreu Corpe
14/04/2018

[Firma]

domingo, 15 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan , mermelada								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clovo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546.74

22.75

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74

VC DES. 1282.92

%DIST. D 53.98

CENA:	Pollo sancochado, arroz + infusion								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62

VC DES. 573.76

% DIS ALM. 23.87

			74.73	37.50	441.76				
			298.92	337.46	1767.03				
			12.4	14.0	73.5				
					100.00				
								VCT	2403.41

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 35779

Willy Escobar
C.N.P. 35779

lunes, 16 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.28	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									650.30
									26.40
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6	1.88	15.52	23.94
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	487.92	557.60
Acelite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.83	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.46	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.38
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.59
CENA:	Sopa de arroz con pollo								
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acelite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	22.91
			74.34	62.02	401.85				
			297.35	558.20	1607.39				
			12.07	22.66	65.26				
					100.00			VCT	2462.95

[Firma]
Nutricionista

[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3975



[Firma]
Nutricionista

martes, 17 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	61.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	26.98
ALMUERZO: Pollo sancochado , arroz,papa, refresco y fruta									
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	180.00	100.00	14.78	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Agua	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Peru	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1245.85
								% DIS ALM.	54.22
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	18.80
			81.95	43.11	398.47				
			327.82	387.95	1581.87				
			14.27	16.88	68.85				
					100.00			VCT	2297.64

Scrad

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979

miércoles, 18 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	449.56
								%DIST. D	18.44
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				51.90
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.30	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.26
									722.85
									29.65
			67.57	47.06	435.96				
			270.27	423.51	1743.83				
			11.09	17.37	71.54				
					100.00			VCT MEN	2437.61

Lider M. Canaze Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 3879



Lider M. Canaze Vega
ADMINISTRADOR

jueves, 19 de abril de 2018

ALIMENTO	gr/per	comesub le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	637.53
								%DIST. D	26.15
Almuerzo:	Pollo sancochado , papa , arroz , refresco y fruta								
Cama de Pati	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	657.60
Zanahoria	60.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.84	0.12	46.82	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.76
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	55.26
CENA:	Mazamorra de maizana con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de lebran	40.00	100.00	3.84	0.12	28.72	15.38	1.08	114.88	131.32
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	453.31
								%DIST. D	18.59
			77.16	20.48	496.27				
			398.63	184.30	1945.10				
			12.66	7.56	79.78			VCT MEN	2438.02
					100.00				

[Firma]
D.S. 145 de 2014
Artículo 13

[Firma]
Lic. Elizabeth del Rosario Alvarado Cely
NUTRICIONISTA
C.N.P. 3979

[Firma]
D.S. 145 de 2014
Artículo 13

viernes, 20 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + mortadela									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	80.00	100.0	7.68	0.24	57.44	30.72	2.16	229.76	262.64
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
									506.24
									20.47
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.88	23	2.46	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Aceite vegetal	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.16
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1218.29
							% DIS ALM.		49.25
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.84	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	60.0	67.00	0.58	0.08	4.54	2	0.72	18.17	21.16
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.88
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		749.12
							%DIST. D		30.28
			71.08	27.35	485.78				
			284.33	246.19	1943.13				
			11.5	10.0	78.6				
					100.00		V.C.T. MENU		2473.65

[Firma]

[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3579



[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3579

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	84.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.98	118.66
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.18	229.78	282.64
									722.12
									29.09
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acido vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1301.58
								% DIS ALM.	82.42
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	469.08
								%DIST. D	18.49
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Socorro Alvarado Ceja
NUTRICIONISTA
C.M.P. 3979



Lic. Elizabeth del Socorro Alvarado Ceja
NUTRICIONISTA
C.M.P. 3979

DIETA: GASTRITIS CRONICA Y CANCER

71

domingo, 22 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	619.75
								%DIST. D	27.32
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	70.00	100.00	5.74	0.35	54.48	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chufa blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	978.82
								%DIST. D	43.15
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.18	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	670.00
								%DIST. D	29.53
			71.60	60.79	358.75				
			286.42	547.14	1435.01				
			12.63	24.12	63.26	100			
					100.00				
							VCT	2268.56	

[Firma]
Lic. M. C. Calles V. S.
NUTRICIONISTA

[Firma]
Lic. Elizabeth del Rosario Alvarez Coque
NUTRICIONISTA
C. R. P. 3975



[Firma]
Lic. M. C. Calles V. S.
NUTRICIONISTA

lunes, 23 de abril de 2018

ALIMENTO	gr/per (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.68
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	80.00	100.00	7.88	0.24	67.44	31	2.16	229.76	262.64
									594.50
									25.02
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6.44	1.98	15.52	23.84
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.23	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1099.18
							%	DIS ALM.	46.26
CENA:	Sopa de fideos con pollo								
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.76
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	88.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.69	4.64
Aceita vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	682.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			296.57	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32

[Firma]

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
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[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST.CAL %	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.68
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado a	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carns de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Carnote morse	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1411.04
								% DIS ALM.	54.76
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.66
			81.65	69.05	407.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.84

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3915



[Signature]
NUTRICIONISTA

miércoles, 25 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.07	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.2
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	302.26
								%DIST. D	12.64
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	8.28	2	3.06	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso para	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacalay	5.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1312.25
					% DISTR. ALMUERZO				54.89
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									32.47
			65.29	37.48	448.07				
			261.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82


Lic. N. Carrasco
NUTRICIONISTA
C.N.P. 3879


Lic. Elizabeth del Rosario Abreu
NUTRICIONISTA
C.N.P. 3879


Centro Nacional de Nutrición
Ministerio de Salud Pública
Caracas, Venezuela

jueves, 26 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Habas	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	613.26
								%DIST. D	25.58
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.84	0.12	48.82	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.56	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									18.22
			77.55	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34

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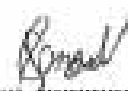
[Firma]
Lic. Elizabeth del Rosario Alvarez Correa
NUTRICIONISTA
C.N.P. 3979



[Firma]
VCT MEN

viernes, 27 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancocado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	186.86
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									16.62
ALMUERZO:	Matasquita de pollo, arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.62
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1369.17
CENA:	Pollo guisado, arroz, infusion								
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.26	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			727.84
						% DIST.CENA			28.94
	VCT (Gr.)		83.70	44.04	445.99				
	VCT (kcal.)		334.79	396.37	1783.97				
	VCT (%)		13	16	71	V.C.T. MENU			2515.13
					100.00				


Lidier N. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Rosario Llorca Cordero
NUTRICIONISTA
C.N.P. 3579



sábado, 28 de abril de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Lleche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									27.58
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	5.06	7.05
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.66	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.65	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	88.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1396.58
								% Dist	58.28
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	82.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.84
			76.00	40.56	431.64				
			303.98	365.08	1727.37				
			12.68	15.23	72.08				
					100.00			VCT	2396.43

Fiscal
Lic. Elizabeth del Rosario Abame Coque
NUTRICIONISTA
C.N.R. 39/92

EL
Lic. Elizabeth del Rosario Abame Coque
NUTRICIONISTA
C.N.R. 39/92

[Firma]
Lic. Elizabeth del Rosario Abame Coque
NUTRICIONISTA
C.N.R. 39/92

domingo, 29 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla, pan , mermelada								
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	21.53
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Came de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	36.57	14	1.48	146.29	161.54
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceita vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Pistano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1348.13
								%DIST. D	54.69
CENA:	Arroz con huevo sancochado + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	586.28
								%DIST. D	23.78
			71.83	28.82	479.63				
			287.31	259.39	1918.51				
			11.65	10.52	77.82				
					100.00			VCT	2465.21

[Firma]

[Firma]
Liz. Elizabeth del Socorro Alvario Coope
NUTRICIONISTA
C.N.R. 3579

[Firma]
NUTRICIONISTA
C.N.R. 3579

DIETA: GASTRITIS CRONICA Y CANCER

63

lunes, 30 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									566.01
									25.38
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Polk	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	5	1.98	15.52	23.94
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Acelga vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.60	0.11	6.06	11.20	0.98	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	55.04
CENA:	Sopa de semola con pollo								
Carno de Polk	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acelta vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.58
			74.51	59.91	367.87				
			298.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.68

Lider N. Camasa Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alaraz Caza
NUTRICIONISTA
C.N.R. 3979



DIETA: VIH Y TBC - POBLACION PENAL - MES DE ABRIL

FECHA	DESAYUNO	ALMUERZO	COMIDA
domingo, 01 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA, CON CHANCHOLARROZ + ENSALADA + REFRESCO + FRUTA	CALDELO DE HUEVOS
martes, 03 de abril de 2018	QUESADA CON LECHE + 02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 05 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
viernes, 06 de abril de 2018	TE + 02 PANES + JAMONADA	HINO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
sábado, 07 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	LOCO DE PANDA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
lunes, 09 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHOLARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CEBIZA
martes, 10 de abril de 2018	QUESADA CON LECHE + 02 PANES + JAMONADA	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 11 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
jueves, 12 de abril de 2018	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
viernes, 13 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ASNEBOLADO, ARROZ + INFUSION
sábado, 14 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	HIGADO FRITO, ARROZ + INFUSION
lunes, 16 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHOLARROZ, ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON MENDUGA DE POLLO
martes, 17 de abril de 2018	QUESADA CON LECHE + 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMPAINITA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
viernes, 20 de abril de 2018	TE + 02 PANES + JAMONADA	AJÍ DE CALABAZA, ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACUÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	AGUACIDO CON MENDUGA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
lunes, 23 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRIJOL A LA CHILINA CON CHANCHOLARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CEBIZA
martes, 24 de abril de 2018	QUESADA CON LECHE + 02 PANES + JAMONADA	ESCABECHE DE POLLO A LA LIVERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 26 de abril de 2018	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
viernes, 27 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ASNEBOLADO, ARROZ + INFUSION
sábado, 28 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHOLARROZ, ENSALADA, ARROZ, REFRESCO Y FRUTA	SOPA DE SEMOLA CON MENDUGA DE POLLO

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domingo, 01 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 paces , mortadela									
Semola de Trigo	40.00	100.00	7.90	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.14
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.80	0	0.00	138.74	138.74
Pan de latrancia	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	199.98
Mortadela	30.00	100.00	2.94	8.91	2.62	11.78	53.19	11.28	70.23

569.11

21.82

REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

Almuerzo: Caldo de gallina + refresco y fruta									
Carné de gallina	100.00	87.00	16.63	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.06	2.60	2.15	0.8912	11.87	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	362.20
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	10.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china (2	10.00	85.00	0.20	0.03	0.84	0.78	0.306	2.50	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.98	23.94	2.589	254.22	280.79
Apio	18.00	75.00	0.09	0.03	0.65	0.39	0.243	2.59	3.21
Chufa blancos	80.00	98.00	0.38	0.00	3.84	1.57	0	15.37	16.93
Peru	18.00	86.00	0.30	0.10	0.90	1.28	0.85538	3.81	5.75
Nabo	18.00	68.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Cebolla de cabe	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kiwi	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.16	0.13336	0.32	0.80
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0.00	0	157.28	157.28
Naranja	150.00	82.00	1.88	0.28	15.04	6.62	2.484	80.17	89.28
								VC Alm	1181.22
								% Dist	45.28

REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	8.48	8.72	32	58.32	34.88	115.60
								VC DES.	115.60

CENA: Matasquita de pollo , arroz , infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	90.0	100.00	7.38	0.46	70.02	30	4.06	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	84.00	1.15	0.10	3.05	5	0.87	12.18	17.60
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.65	0.13	28.45	16.71	1.1475	113.73	125.59
Cebolla de cabe	80.0	87.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.85	1.43	0.4608	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	669.02
								%DIST. D	25.85
			95.39	40.20	448.39				
			381.34	433.77	1793.58				
			14.6	16.6	68.8				
					100.00			V.C.T. MENU	2608.69

[Firma]



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lunes, 02 de abril de 2018

ALIMENTO	grupos (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con pifa + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.30	94.53
Pifa	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evaporat	20.00	100.00	1.40	1.62	2.18	6	14.58	8.71	26.80
Margarina vege	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.88
									609.45
									21.91
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	55.00	85.00	6.12	8.42	0.00	34	57.78	0.00	82.24
Arvejita partida	120.00	100.00	25.92	1.32	77.28	104	11.88	909.12	424.68
Arroz Pilado o p	190.00	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.50	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redond	80.00	80.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.48	0.08	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabe	80.00	57.00	2.80	0.11	6.06	11.20	0.96	34.33	38.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	6.70	2.16	52.32	60.24
								VC DES.	1437.27
								%DIST. D	51.67
REFRIGERIO:	Vaso de leche								
Leche evaporat	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Caldillo de huesos								
Huevo de gallin	20.00	98.00	2.65	1.65	0.35	11	14.82	1.43	26.61
Leche evaporat	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Zapallo maore	60.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Ajo	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.00	62.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Sal	4.10	100.00	0.00	0.02	0.36	0	0.20	1.44	1.86
								VC CENA	545.64
								%DIST. CENA	19.62
			84.86	74.40	443.06				
			339.85	669.60	1772.24				
			12.22	34.07	63.71				
					100.00			VCT MENU	2781.70


Lidier N. Canaza Vega
ADMINISTRADOR


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Lidier N. Canaza Vega
ADMINISTRADOR

martes, 03 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRABA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.88	20.22	23	6.21	80.88	108.65
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de chanc	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de lebreros	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	195.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	697.71
								%DIST. D	23.83
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	55.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Almendra molid	0.3	100	0.03	0.02	0.19	0	0.22	0.75	1.08
Lechuga redond	80.00	82.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Papadillo o Papil	80.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Cebolla de cabe	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.206	55.50	64.01
								VC ALMU	1466.19
									54.80
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	6.60	6.48	8.72	22	58.32	34.58	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.48	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.45	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De t	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de lebreros	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	14.29
			88.84	59.68	445.78				
			355.38	537.15	1783.12				
			13.28	20.88	66.64				
					100.00			VCT	2675.65


Lider N. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979




Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	concentra- do %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.95
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebrano	65.00	100.00	6.24	0.20	46.67	25	1.78	186.58	213.40
								VC DES.	511.67
								%DIST. D	18.92
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	95.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado , arroz ,papa + refresco y fruta								
Higado de res	120.0	87.00	23.28	5.35	1.16	93.17	48.1898	4.66	145.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.05	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Sal	16.00	100.00	0.22	0.09	1.48	0.06	0.81	5.90	7.58
Pan seco molido	15.00	100.00	1.85	0.42	12.38	6.60	3.78	49.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de cabe	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.15
Naranja	150.00	98.60	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	78.64
						V.C. ALMUERZO			1257.33
						% DISTR. ALMUERZO			46.50
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	25.00	98.00	3.31	2.06	0.44	13	16.52	1.76	33.52
Salchicha "hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla china (2	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.86
Pimiento	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Sillao	5.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	745.38
								%DIST. D	27.57
			79.21	73.83	430.38				
			316.85	645.33	1721.53				
			11.72	24.81	63.67				
					100.00			VCT	2763.71

Edith de Guzmán
Nutricionista
C.M.A. 1979

Lic. Elizabeth del Rosario Abreu Corp
NUTRICIONISTA
C.M.A. 1979



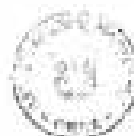
Lic. Jovana Viquez
Nutricionista
C.M.A. 1979

jueves, 05 de abril de 2018

ALIMENTO	grupos	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 92 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	30.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.00	3.38	22	91.80	13.52	127.00
Pan de lebranos	60.00	100.00	5.76	0.18	43.00	23	1.62	172.32	195.88
								VC DES.	571.87
								%DIST. D	20.68
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	65.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	632.75
Tomate	60.00	80.00	0.36	0.09	1.94	1	0.81	7.74	8.99
Pepinillo o Pepi	80.00	72.00	0.28	0.00	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.66	0.16	30.84	10	1.44	123.36	135.04
Aceite vegetal	38.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Aji colorado sec	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	40.00	100.00	4.20	0.80	29.62	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1614.54
								%DIST. D	58.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0.00	0.00087	0.05	0.05
Pan de lebranos	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									14.50
			98.15	72.72	432.89				
			392.61	654.50	1731.57				
			14.1	23.6	62.3				
					100.00				2778.68

Dr. G. G. G.

Dr. Elizabeth del Rosario Alarín Corp
NUTRICIONISTA
C. N. P. 3979



Dr. Juanita W. de Sotomayor
NUTRICIONISTA
C. N. P. 3979

viernes, 06 de abril de 2018

ALIMENTO	graber	comestible	PROTE	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROTE	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.82
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Cebolla de cabe	85.00	82.00	1.08	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	3	1.07	10.72	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labranza	85.00	100.0	8.24	0.23	48.87	24.98	1.755	188.88	213.40
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.98
									527.43
									18.70
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.60	0.83	28	67.90	3.30	98.80
Arroz Pilado o p	100.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.0	100.00	0.14	0.06	0.98	1	0.84	3.94	5.06
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco, Cl	40.00	80.00	1.06	0.26	8.80	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.98	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.18	5.28	8	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.06	0	0.13	2.24	2.78
Tomate	38.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	136.00	0.00	136.00
Cebolla de cabe	60.00	98.00	0.82	0.12	6.84	3	1.08	26.58	30.93
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1323.79
								% DIS ALM.	46.94
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.78	0	0.00	58.98	58.98
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Anchovas frescas	25.00	54.00	0.98	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de cabe	20.0	87.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.83	5.11	6.58
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	779.57
								%DIST. D	27.64
			87.85	60.63	485.53				
			366.11	511.50	1942.51				
			13.0	18.1	68.9				
					100.00	V.C.T. MENU			2820.12

Rosel
Lider N. Canaza Vega
ADMINISTRADOR

AB
Lic. Elizabeth del Rosario Alvarado Corpa
NUTRICIONISTA
C.N.P. 3979



AB
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NUTRICIONISTA
C.N.P. 3979

sábado, 07 de abril de 2018

ALIMENTO	g/g	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	PCR NUMJ
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuelas	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.00	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	6.00	0.90	34	51.00	3.06	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranca	60.00	100.00	5.76	0.16	43.06	23	1.62	172.32	195.98
									686.95
									25.51
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res picado	150.00	67.00	27.60	2.09	0.00	111.19	18.79	0.00	129.98
Anchoas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.24
Arroz Pilado e p	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Papa blanca	200.00	86.00	3.67	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.32	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta entera	0.3	100	0.00	0.02	0.19	0	0.22	0.75	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.46	3.32	4.48
Anchoas frescas	35.00	74.00	1.34	0.16	4.67	7	1.40	19.48	28.23
Zanahoria	80.00	82.00	0.39	0.33	6.04	2	2.95	24.14	28.67
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	100.00	0.00	180.00
Cebolla de cabe	80.00	67.00	2.80	0.11	6.05	11	0.86	24.23	28.39
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.00	7	2.65	64.00	73.79
								VC Alm	1392.88
								% Diet	51.72
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Herbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.81	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de lebranca	30.00	100.00	2.88	0.09	21.54	12	0.81	85.15	98.40
								VC DES.	423.88
								%DIST. D	15.74
			93.51	72.28	417.11				
			374.06	650.53	1868.45				
			13.9	24.2	62.0				
					100.00			VCT	2693.66

[Firma]
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 NUTRICIONISTA
 C.N.P. 3979

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 Lic. Elizabeth del Rosario Alarcón Coops
 NUTRICIONISTA
 C.N.P. 3979

domingo, 08 de abril de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	29	1.62	172.32	196.95
								VC DES.	547.99
								%DIST. D	26.34
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.07	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Locro de panza, arroz , fruta y refrescos								
Arroz Pilado a p	150.0	100.00	12.30	0.75	115.70	49	8.75	466.80	522.75
Ajos	4.00	90.00	0.18	0.03	0.07	1	0.20	3.89	4.84
Mondongo de res	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceite vegetal	25.00	100.00	0.00	23.00	0.00	0	226.00	0.00	226.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.91	5.90	7.58
Papa blanca	300.0	62.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de cabe	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1324.65
								% DIS ALM.	49.17
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Tallarines rojos con carne molida + infusion								
Carne de res m	60.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	130.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	89.00	0.12	0.10	1.90	0	0.00	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	136.00	0.00	136.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.06	0.00	0	78.64	78.64
									632.11
								%DIST. D	23.46
			83.65	66.25	440.80				
			334.99	596.21	1763.20				
			12.42	22.13	65.45				
					100.00				
								VCT	2693.99


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Alvarado Cueva
 NUTRICIONISTA
 C.R.P. 3879




 Lic. Elizabeth del Rosario Alvarado Cueva
 NUTRICIONISTA
 C.R.P. 3879

lunes, 09 de abril de 2018

ALIMENTO	griper (g)	conestUD le %	PROT Aa (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 92 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.30	94.53
Piña	10.00	64.00	0.03	0.01	0.03	0	0.12	2.51	2.73
Canola entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	59.16
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frijol con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	456.80	522.75
Frijol caballero	120.00	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.86
Carne de Cerdo	50.00	85.00	8.12	8.42	0.00	24	57.76	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.68
Cebolla de cabe	80.00	86.00	0.86	0.14	7.68	4	1.22	30.74	35.77
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Peperillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.06	0.01	0.48	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de soda	180.00	85.00	1.91	0.38	26.78	8	3.44	107.10	118.18
									1524.62
								% DIS ALM	55.97
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	5.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	86.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.00	86.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.02
			88.18	59.99	457.60				
			352.72	538.90	1830.41				
			12.95	19.83	67.22				
					100.00			VCT	2723.02

Dr. [Firma]
Médico Generalista
HOSPITAL GENERAL

[Firma]
Lic. Elizabeth del Rosario Abasco Cordero
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Lic. Elizabeth del Rosario Abasco Cordero
NUTRICIONISTA
C.N.R. 3979

martes, 10 de abril de 2018

ALIMENTO	g/por (g)	comestib le (%)	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL.%
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	13	5.18	67.40	91.38
Leche evaporac	70.00	100.00	4.90	5.67	7.63	20	51.33	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	90.60
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	166.90
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	588.12
								%DIST. D	21.65
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carné de Pollo	100.00	85.00	28.00	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o p	200.0	100.00	18.40	1.00	155.60	65	9.00	622.40	607.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	9.19	6.03
Espinaca negra	30.00	87.00	0.81	0.28	1.43	3	2.36	5.70	11.32
Pimienta molida	0.3	100	0.03	0.03	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anchovy frescas	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Cebolla de cabe	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga redond	60.00	50.00	0.39	0.08	0.63	2	0.54	2.52	4.82
Tomato	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
Plátano de soda	160.0	68.00	2.08	0.41	28.90	8	3.72	115.58	127.65
								VC DES.	1542.22
								%DIST. D	56.77
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	138.75
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	396.99
								%DIST. D	14.61
			93.98	81.55	401.70				
			378.93	733.94	1606.78				
			13.8	27.6	59.1				
					100.00			VCT	2716.66


Lidier N. Canaza Vega
ADMINISTRADOR


Lid. Elizabeth del Rosario Alamo Caza
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Dr. Cristian M. Vaca Zambrano

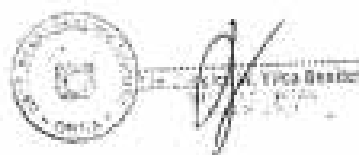


miércoles, 11 de abril de 2018

ALIMENTO	grape	consistib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.00	0.10	0.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Claro de color	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.48	0	0.00	117.96	117.96
Camote molido	100.0	92.00	1.28	0.28	23.64	5	2.48	94.58	102.21
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.93
									19.82
REFRIGERIO:	Huevo sancocado								
Huevo de gallin	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES	73.74
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Came de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.46	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.48	7.78	9.68
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	87.00	0.07	0.14	7.88	4	1.25	31.46	36.61
Arvejas frescas	36.00	54.00	1.34	0.11	3.85	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
						V.C. ALMUERZO			1337.24
						% DISTR. ALMUERZO			47.92
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.82	34.88	115.60
								VC DES	115.60
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	30	4.50	311.20	346.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha 'hot c	30.00	100.00	3.30	10.29	0.30	13	82.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.90	23	1.08	187.68	211.32
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.06	0.18	4.84	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.03	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.10
Azúcar rubia	5.00	100.00	0.00	0.00	4.82	0	0.00	19.66	19.66
cañillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									25.46
			76.94	67.51	468.67				
			387.74	607.55	1874.68				
			11	22	67				
					100.00			VCT MEN	2789.97

Escal
+ 01/04/2018
NUTRICIONISTA
C.N.P. 3979

Escal
Lic. Elizabeth del Rosario Alvarado Coiro
NUTRICIONISTA
C.N.P. 3979



jueves, 12 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	DIST.CAL %
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.28	0.57	17.88	29	5.13	71.52	105.81
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebranza	60.00	100.00	5.76	0.16	49.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	18.82
REFRIGERIO: Huevo sancocado									
Huevo de gallina	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito, ensalada, arroz, refresco y fruta								
Pescado	280.00	68.00	41.33	7.43	0.57	165	86.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.15	7.99
Pepino o Pepi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetate vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandoca	35.00	100.00	2.24	0.14	28.89	9	1.28	107.94	118.16
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.93	3.63
Harina de trigo	35.00	100.00	3.08	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	138.74	138.74
								VC DES.	1802.60
								%DIST. D	58.89
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebranza	30.00	100.00	2.88	0.09	21.54	11.62	0.81	86.18	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									426.48
									15.43
			100.41	64.50	435.85				
			401.62	580.48	1743.38				
			14.74	21.30	63.87				
					100.00			VCT MEN	2725.48

[Firma]

[Firma]
Lic. Elizabeth del Rosario Aberra Crego
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Elizabeth del Rosario Aberra Crego
NUTRICIONISTA
C.N.P. 3979

viernes, 13 de abril de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 92 panes + huevo sancochado								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.03	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Pan de lebreros	60.00	100.0	5.78	0.18	43.05	23.04	1.62	172.32	196.98
Huevo de gallina	60.00	98.00	7.94	4.94	1.08	32	44.45	4.23	80.44
									424.46
									15.72
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	50.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo, arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Fideos	70.00	100.00	8.58	0.14	64.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	26.43	11	1.15	113.73	125.50
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.76	466.80	522.76
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.35	0.05	1.96	1	0.46	7.73	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.75	0.29	15.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.45	59.45
								VC DES.	1328.18
								%DIST. D	48.18
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
CENA:	Camote amobozado, arroz, infusion								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o p	90.00	100.00	7.58	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	8.30	98.80
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallina	20.00	98.00	2.65	1.63	0.35	11	14.82	1.41	28.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
								V.C. CENA	758.39
								% DIST. CENA	28.08
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (kcal)		366.52	568.65	1765.19				
	VCT (%)		14	21	65		V.C.T. MENU		2700.36
					100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Corpa
NUTRICIONISTA
C.N.F. 2879



Elvira J. J. P. P. P.
NUTRICIONISTA
C.N.F. 2879

sábado, 14 de abril de 2018

ALIMENTO	grifer (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	35.00	100.00	4.86	1.40	25.20	19	12.60	100.80	132.02
Leche evaporad	70.00	100.00	4.90	5.67	7.63	29	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	5.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.67
									25.20
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Carné de Pollo	160.0	85.00	26.02	4.90	0.00	112	44.68	0.00	156.13
Acidito vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.34	63.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.48
Lchuga redond	80.00	92.00	0.96	0.15	1.55	4	1.32	6.38	11.33
Tomate	80.00	89.00	0.40	0.10	2.12	2	0.88	8.51	10.99
Aji colorado sec	0.50	87.00	0.00	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC ALML	1468.26
									53.86
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	98.00	0.31	0.10	0.89	1.23	0.88	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.63
Pan de labranza	35.00	100.00	3.36	0.11	26.13	13	0.85	100.52	114.81
								VC DES.	381.34
								%DIST. D	13.99
			90.21	64.22	446.80				
			360.33	577.98	1787.20				
			13.2	21.2	65.6				
					100.00			VCT	2728.61

Bozal
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.A. # 3979

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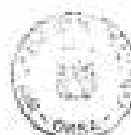
Bozal
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.A. # 3979

domingo, 15 de abril de 2018

ALIMENTO	grapar	conestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Semola de Tripa	35.00	100.00	6.83	3.75	18.83	27	33.71	75.37	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de lebranco	60.00	100.00	5.76	0.16	43.08	23	1.62	172.32	198.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	75.23
									546.02
									19.97
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.55	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	88.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	145.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.06
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.06	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	67.00	0.75	0.11	6.05	3	0.96	24.23	28.19
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.67	12.38	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.70	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1299.06
								%DIST. D	47.25
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	0.48	6.72	32	58.32	34.38	115.60
								VC DES.	115.60
CENA: Higado frito , arroz + infusion									
Higado de res	80.0	70.00	11.20	2.58	0.58	44.80	23.184	2.24	70.22
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.64	2.11
Pan seco molid	15.00	100.00	1.85	0.42	12.38	6.90	3.78	49.50	59.88
Pimienta molid	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0084	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.65	0.00	0	78.64	78.64
								VC DES.	711.71
								% DIS ALM	25.89
			86.71	74.16	433.70				
			345.83	687.48	1734.62				
			12.6	24.3	83.1				
					100.00				
								VGT	2748.12


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Alvarado Cagua
 NUTRICIONISTA
 C.N.P. 3879




Lic. Josefa M. Paredes
 NUTRICIONISTA

lunes, 16 de abril de 2018

ALIMENTO	grapo (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 92 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.83
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.00
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									584.64
									20.87
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arveja partida	120.0	100.00	25.82	1.32	77.28	104	11.88	309.32	424.88
Cerdo de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.90	23.05	26.83
Aji colorado sec	2.00	88.00	0.10	0.11	0.80	0	0.96	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Papit	80.00	98.00	0.36	0.07	1.83	1	0.63	7.32	9.26
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	89.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	85.00	1.81	0.38	26.78	8	3.44	107.10	118.19
									1614.66
								% DIS ALM.	54.07
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.00	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con merendancia de pollo								
Merendancia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado o p	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.62
Sal	15.00	100.00	0.18	0.08	1.23	1	0.88	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	812.72
								%DIST. D	18.30
			84.46	80.52	434.68				
			337.83	724.68	1738.74				
			12.68	25.87	82.07				
					100.00			VCT	2801.26

[Firma]
 Lic. Elizabeth del Rosario Alarcos Coops
 NUTRICIONISTA
 C.R.P. 3979



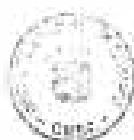
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 Lic. Ana María Alarcos Coops
 NUTRICIONISTA
 C.R.P. 3979

martes, 17 de abril de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	0.21	80.88	109.60
Leche evaporac	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.76	0.10	43.08	23	1.62	172.32	196.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.60
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	96.00	7.20	4.53	0.97	29	40.75	9.88	73.74
								VC DES.	73.74
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Cama de Pollo	160.00	85.00	26.02	4.90	0.00	113	44.06	0.00	156.13
Salchicha hot d	30.00	100.00	9.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado e p	160.00	100.00	14.76	0.90	140.04	59	8.10	360.36	627.30
Acetate vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.69	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.16	0.12	5	10.37	0.48	16.27
Cebolla de cafe	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.70	0.29	16.0	7	2.66	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1448.02
								% DIS ALM.	53.89
REFRIGERIO:	Vaso de leche								
Leche evaporac	60.00	100.00	5.60	6.46	6.72	22	58.30	34.38	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	6.13	15.30	0.07	33	137.70	20.28	190.60
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.15	98.49
								VC DES.	431.90
								%DIST. D	16.07
			97.67	86.16	380.45				
			390.70	775.44	1521.80				
			14.54	28.85	56.62				
					100.00			VCT	2687.94

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alaraz Canga
NUTRICIONISTA
C.N.P. 3979



Lic. Elizabeth del Rosario Alaraz Canga
NUTRICIONISTA
C.N.P. 3979

miércoles, 18 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.60	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de lebranos	60.00	100.00	5.76	0.18	43.08	23	1.62	172.52	186.60
								VC DES.	543.71
								%DIST. D	19.77
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res.	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.63	151.64	167.45
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	89.00	0.32	0.08	1.70	1	0.71	5.81	6.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.64	3.94	5.06
Ajos	5.00	80.00	0.22	0.03	1.32	1	0.29	4.86	6.06
Aji colorado sec	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.06
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillas	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.88
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.64	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	84.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.00	73.79
					V.C. ALMUERZO				1289.86
					% DISTR. ALMUERZO				46.89
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Carne de Pollo	100.00	85.00	17.91	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.06
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	30.00	87.00	0.28	0.04	2.27	1.13	0.56	9.09	10.57
Ancejas frescas	30.00	84.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.98
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
patillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									727.90
									26.46
			91.61	59.38	462.49				
			366.46	534.40	1849.94				
			13.32	19.43	67.23				
					100.00			VCT MEN	2750.80

[Firma]
Lic. Elizabeth del Rosario Alarcon Cordero

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NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Elizabeth del Rosario Alarcon Cordero

jueves, 19 de abril de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	20.66
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito, ensalada, arroz, refresco y fruta								
Pescado	200.00	66.00	39.92	7.21	0.56	160	64.88	2.22	226.75
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	80.00	0.58	0.14	3.10	2	1.30	13.38	15.90
Papinillo o Papa	95.00	72.00	0.32	0.06	1.68	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aji colorado sec	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabe	60.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.58
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandoca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	6.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1585.94
								%DIST. D	57.30
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Macamora de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.98	0.72	136.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00067	0.05	0.06
Pan de lebranza	30.00	100.00	2.88	0.59	21.54	11.52	0.81	88.16	96.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.19
			96.18	76.36	423.91				
			384.74	687.26	1695.64				
			13.90	24.83	61.27			VCT MEN	2767.63
					100.00				

DIETA: VIH Y TBC

Dr. Blasdel del Rosario Alvarado Corp
NUTRICIONISTA
C.N.R. 3975



Dr. Blasdel del Rosario Alvarado Corp
NUTRICIONISTA
C.N.R. 3975

viernes, 20 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FORM MENU
DESAYUNO: Té + 02 panes + jamonada									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	37.38	0.00	0	149.42	149.42
Pan de libranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	166.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									399.30
									14.96
REFRIGERIO: Huevo sancocado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.80	6.00	0.68	22	54.00	3.64	79.04
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	345.19	271.66
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.18	9.21	4	1.48	35.85	42.28
Maíz Fresco, Co	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.65
Huastlay	8.00	100.00	0.40	0.06	0.54	2	0.58	2.56	4.74
Habos frescos	35.00	68.00	2.68	0.19	6.16	11	1.71	24.66	37.13
Ajoa	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.95	7.69
Acido vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.75	0.23	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1406.51
								% DIS ALM.	52.47
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.46	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	88.00	17.81	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	59.95	59.95
Arvejas frescas	40.00	54.00	1.93	0.13	4.06	6	1.17	15.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.05	15.54
Papa blanca	150.0	86.00	2.68	0.13	26.43	10.71	1.1475	113.73	125.59
Cebolla de cabe	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.38	0.05	1.93	1.43	0.4608	7.70	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.51	0.29	0.73000	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	680.09
								%DIST, D	25.48
			89.83	51.58	463.94				
			357.71	435.46	1878.15				
			13.4	16.3	70.3				
					100.00			V.C.T. MENU	2669.32

Lider N. Canaza Vega
ADMINISTRADOR



Elisabeth del Rosario Alarcon Corp
NUTRICIONISTA
C.N.P. 3979

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche, pan, queso								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporac	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.05	0.07
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	5.40	8.00	0.89	34	81.00	3.99	118.60
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	168.98
									656.46
									34.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.83	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Adobo a la tasneña de cerdo, arroz, papa + refresco y fruta								
Cama de Cerdo	150.00	88.00	19.01	19.93	0.00	75	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.64
Sal	0.00	100.00	0.11	0.06	0.74	0	0.41	2.95	3.79
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado sec	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado o p	160.0	100.00	12.30	0.76	116.70	49	6.75	466.80	622.78
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.06	0.02	0.25	0	0.14	0.59	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.66	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1418.82
								% DIS ALM.	52.41
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.82	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de libranza	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	442.66
								%DIST. D	16.35
			77.04	94.30	387.60				
			308.17	848.69	1550.41				
			11.4	31.3	57.3				
					100.00			VCT	2787.27

[Firma]
NUTRICIONISTA

[Firma]
Lic. Elizabeth del Rosario Alvarez Corzo
NUTRICIONISTA
C.N.P. 3979

[Firma]
Lic. Elizabeth del Rosario Alvarez Corzo
NUTRICIONISTA
C.N.P. 3979

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Trigo	35.00	100.00	6.83	3.75	18.83	27	23.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.75	63.19	11.28	78.23
Pan de lebranz	60.00	100.00	5.76	0.10	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. D	23.92
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	28	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia de	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado o p	70.00	100.00	5.74	0.35	54.66	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	69.00	0.21	0.18	3.28	1	1.60	13.10	15.96
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Avejas frescas	40.00	65.00	1.86	0.16	4.89	7	1.40	19.55	28.34
Glándula	25.00	69.00	0.73	0.29	1.66	3	2.60	6.23	11.77
Espinaca negra	35.00	87.00	0.86	0.31	1.66	4	2.75	6.65	13.21
Sal	10.00	100.00	0.12	0.05	0.02	0	0.45	3.28	4.21
Orégano seco	1.00	80.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajo	5.00	80.00	0.32	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	854.61
								%DIST. D	37.30
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	8.60	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	60.0	68.00	0.25	0.21	3.81	1	1.66	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado sec	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									699.10
								%DIST. D	30.52

80.41 61.61 353.72

321.63 554.45 1414.96

14.64 24.20 81.76

100.00

100

VCT 2290.94

[Firma]



[Firma]
Lic. Elizabeth del Rosario Abasco Correa
NUTRICIONISTA
C.N.P. 3079

[Firma]
Lic. Elizabeth del Rosario Abasco Correa
NUTRICIONISTA
C.N.P. 3079

lunes, 23 de abril de 2018

ALIMENTO	gruper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canola entera	0.30	85.00	0.00	0.00	0.18	0	0.02	0.65	0.69
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De l	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza	60.00	100.00	5.75	0.18	43.08	23	1.62	172.52	195.88
									514.05
									18.95
REFRIGERIO:	Huevo sancocado								
Huevo de gallin	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frijol a la chilena con chanchito, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.75	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	89.98	109.92	16.20	279.84	409.96
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	9.75	468.80	522.75
sal	10.00	100.00	0.12	0.06	0.52	0.48	0.45	3.28	4.21
Acetate vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	96.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.08	0.27	0.48
Lechuga redonda	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	25.00	100.00	2.36	0.06	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.80	0.39	0.25	3.61	4.28
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de cabe	80.00	67.00	2.80	0.11	6.08	11.20	0.96	24.23	38.39
Aji colorado soc	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	95.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1512.14
								%DIST. D	55.74
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.69	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	88.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.00	155.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.15	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.67
Papa blanca	150.0	92.00	2.90	0.14	30.77	13	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. D	18.33
			93.71	52.78	465.74				
			374.84	475.06	1862.97				
			13.82	17.51	68.67				
					100.00			VCT	2712.67


Lider N. Canaza Vega
 ADMINISTRADOR


Lic. Elizabeth del Rosario Abanto Cojo
 NUTRICIONISTA
 C.N.P. 3979




 Lic. Elizabeth del Rosario Abanto Cojo
 NUTRICIONISTA
 C.N.P. 3979

ALIMENTO	g/grm	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.68	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.95	1.20	99.89
Pan de lebranza	90.00	100.00	5.76	0.18	43.08	23	1.62	172.52	196.90
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	646.71
								%DIST. D	23.77
REFRIGERIO:	Huevo sancóchado								
Huevo de gallina	55.00	56.00	7.26	4.53	0.97	29	40.75	3.86	73.74
								VC DES.	73.74
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado coc	190.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Aceitunas de bol	8.00	92.00	0.06	2.36	0.54	0	21.28	2.15	23.65
Ajón	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aj verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.06	0.74	0	0.41	2.95	3.79
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aj colorado sec	5.00	53.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote morado	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	92.00	2.97	0.41	25.98	8	3.73	115.92	127.83
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1461.80
								% DIS ALM.	53.45
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	56.32	34.88	114.60
								VC DES.	114.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de lebranza	30.00	100.00	2.86	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	429.28
								%DIST. D	15.80
			91.62	76.27	415.60				
			386.48	686.46	1663.20				
			13.5	25.3	61.2				
					100.00			VCT	2716.13

Royal


Liceo Elisabetta del Ravenna Nuova Cooper
NUTRIZIONISTA
C.N.P. 3979


 U.S. DISTRICT COURT, DISTRICT OF COLUMBIA
 RECEIVED
 MAY 10 1966

mércoles, 25 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Camote morado	100.0	92.00	1.39	0.28	23.64	5	2.48	94.58	102.21
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de bonifaz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	524.81
								%DIST. D	18.75
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encobillado , arroz, papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	45.1896	4.66	145.97
Arroz Pilado c p	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.08	1	0.83	7.91	10.21
Ajos	5.00	95.00	0.24	0.00	1.29	0.95	0.306	0.17	6.43
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.59	0.54	3.94	5.05
Pan seco molido	25.00	100.00	2.76	0.70	20.63	11.00	8.30	82.50	99.80
Cebolla de cabe	80.00	87.00	0.97	0.14	7.66	4	1.25	31.46	38.61
Pimienta molid	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.83
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	95.00	1.76	0.29	15.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1491.99
					% DISTR. ALMUERZO				50.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	0.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	30.00	98.00	3.97	2.47	0.53	16	22.23	2.17	40.22
Salsicha Hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.88
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	24.38
			81.82	91.98	410.80				
			327.28	827.78	1643.19				
			91.70	29.58	58.72				
					100.00			VCT	2796.26

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elisaveth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 1975



[Signature]
Lic. Elisaveth del Rosario Alvarado Cordero

jueves, 26 de abril de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.18	0.30	24.12	48.71	1.20	72.03
Pan de lebreros	90.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	18.67
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	68.83	2.28	233.62
Arroz Pilado c/p	150.00	100.00	12.30	0.75	118.70	45	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.05	6.19	7.90
Pepinillo o Pepi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Acidita vegetal	35.00	85.00	0.00	20.75	0.00	0	287.75	0.00	287.75
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Ajo	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	126.72
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.60	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.60	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	138.74	138.74
								VC DES.	1628.55
								%DIST. D	59.14
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	6.60	6.48	8.72	22	58.32	34.68	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01342	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00007	0.05	0.05
Pan de lebreros	90.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evaporad	35.00	100.00	2.15	2.43	3.27	8	21.87	13.08	43.35
									428.48
									15.30
			106.63	59.29	453.19				
			402.10	533.59	1812.74				
			14.63	19.41	65.66				
					100.00			VCT MEN	2748.43

Foral
 Lic. Elizabeth del Rosario Abama Coapa
 NUTRICIONISTA
 C.N.P. 3075

EB
 Lic. Elizabeth del Rosario Abama Coapa
 NUTRICIONISTA
 C.N.P. 3075



Alma Solter
 Lic. Alma Solter
 NUTRICIONISTA
 C.N.P. 3075

viernes, 27 de abril de 2018

ALIMENTO	gr/gpr	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancocado								
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de lebranco	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	198.99
Sal	18.00	100.00	0.22	0.09	1.48	1	0.51	5.90	7.58
Huevo de gallin	60.00	88.00	7.94	4.94	1.05	32	44.45	4.23	80.44
									554.39
									18.97
REFRIGERIO:	Huevo sancocado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	80.00	5.86	0.28	62.22	23	2.51	248.87	274.62
Arroz Pilado a p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	78.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	3	0.69	11.67	14.62
Aji colorado sec	5.00	82.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anéjulas frescas	35.00	84.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1490.63
						% DISTR. ALMUERZO			47.92
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	6.72	22	68.32	34.88	115.60
								VC DES.	115.60
CENA:	Camote arrabozado, arroz, infusión								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.37	86.35	90.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado a p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.68	22	54.00	2.64	78.04
Leche evaporad	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gallin	15.00	98.00	1.98	1.23	0.26	8	11.11	1.05	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.45	59.45
Hierbas	5.00	84.00	0.13	0.04	0.30	1	0.30	1.21	2.13
						V.C. CENA			778.27
						% DISTR. CENA			28.63
	VCT (Gr.)		90.77	66.18	490.98				
	VCT (Kcal.)		363.08	595.63	1963.91				
	VCT (%)		12	20	67	V.C.T. MENU			2922.62
					100.00				

Lider R. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.R. 3919



[Signature]
[Illegible text]

sábado, 28 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.62	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									668.09
									24.93
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res pe	150.00	85.00	27.18	2.04	0.00	108.65	18.36	0.00	126.99
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	51	7.20	457.92	587.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.98	24.23	28.19
Aji colorado sec	5	68.00	0.24	0.27	2.00	1	2.38	7.98	11.32
Pan seco molido	30.00	100.00	3.30	0.84	34.75	13.20	7.56	59.00	119.76
Papa blanca	260.0	82.00	4.31	0.21	45.72	17	1.86	182.86	201.93
Ajos	8.00	80.00	0.36	0.08	1.85	1	0.48	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, cor	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1481.29
								% Dist	55.63
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.69	6.46	8.72	22	56.32	34.68	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.54	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.85
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST, 0	12.38
			92.11	58.58	450.74				
			368.42	509.91	1802.95				
			13.73	18.99	67.26				
					100.00			VCT	2680.38

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domingo, 29 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan, mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	53.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.04	5.91	2.82	11.78	53.19	11.28	76.23
Pan de lebranca	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. D	19.25
REFRIGERIO:	Huevo sancachado								
Huevo de gallina	55.00	99.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo, arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.62	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	38.57	14	1.48	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.66	1.96	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.28	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	160.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.54	39.54
								VC DES.	1362.58
								%DIST. D	47.67
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	5.49	5.72	22	58.32	34.53	115.60
								VC DES.	115.60
CENA:	Arroz con huevo frito + infusion								
Huevo de gallina	55.00	99.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Cebolla de cabe	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Silao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	18.27
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	746.58
								%DIST. D	26.23
			90.29	66.83	470.72				
			361.15	602.37	1882.87				
			12.69	21.16	66.15				
					100.00			VCT	2846.39

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Lunes, 30 de abril de 2018

ALIMENTO	g/por (g)	carbohid to %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con pita + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pita	30.00	64.00	0.00	0.04	1.85	0	0.36	7.53	9.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	18.40	0.00	0	147.80	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.61
									21.62
REFRIGERIO:	Huevo sancocado								
Huevo de gallin	56.00	98.00	7.28	4.53	0.07	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arveja partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carna de Cerdo	50.0	70.00	5.94	5.20	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.60	23.06	26.63
Aji colorado sec	2.00	88.00	0.10	0.11	0.80	0	0.06	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papirillo o Papi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.90
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de soda	100.0	85.00	1.81	0.38	26.78	8	3.44	107.10	118.19
									1614.56
								% DIS ALM.	55.08
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de semola con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.87
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	54.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	2.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. D	15.52
			86.49	78.44	414.66				
			345.96	700.96	1658.64				
			12.8	26.0	61.2				
					100.00			VCT	2710.59

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DIETA-DIABETES MELLITUS - POBLACION PENAL - MES DE ABRIL 2018

domingo, 01 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA,ARROZ + REFRESCO + FRUTA	CALDELO DE HUEVOS
martes, 03 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + HUEVO SANCOCHADO
miércoles, 04 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 05 de abril de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de abril de 2018	TE + 02 PANES + ATUN	GUISO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO ,ARROZ + INFUSION
sábado, 07 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
lunes, 09 de abril de 2018	SOYA CON PÍÑA + 02 PANES + HUEVO SANCOCHADO	CARNA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARNEZA
martes, 10 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
jueves, 12 de abril de 2018	HARINA DE MAÍZ + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
sábado, 14 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO CORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
domingo, 15 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
lunes, 16 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	CARNA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
martes, 17 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 18 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMPAÑITA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de abril de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de abril de 2018	TE + 02 PANES + ATUN	AJÍ DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO,ARROZ + INFUSION
sábado, 21 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACÑERA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
lunes, 23 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	CARNA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARNEZA
martes, 24 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCAROPE DE POLLO A LA LINEA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 25 de abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 26 de abril de 2018	HARINA DE MAÍZ + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
sábado, 28 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
lunes, 30 de abril de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	CARNA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO


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 ADMINISTRADOR




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DIETA: DIABETES MELLITUS

domingo, 01 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mortadela									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lócan	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

430.37

26.39

Almuerzo:	Caldo de gallina + refresco y fruta								
Carné de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.8912	11.67	14.52
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	156.40	176.10
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.908	2.55	3.64
Papa blanca	100.0	95.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.89	3.21
Chuflo blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	86.00	0.32	0.10	0.90	1.28	0.85836	3.61	5.75
Nabo	18.00	86.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Cebolla de ca	5.00	85.00	0.06	0.01	0.48	0.24	0.0765	1.92	2.24
Pimienta enta	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kión	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13336	0.32	0.60
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	613.46
								% Diet	37.62

CENA	Matasquita de pollo , arroz , infusion								
Carné de Polv	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Arvejas fresco	50.00	54.00	1.92	0.18	5.08	8	1.46	20.30	29.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.785	75.82	83.73
Cebolla de ca	60.0	87.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.06	1.95	1.43	0.4808	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	586.86
								%DIST. D	35.99
			73.68	31.99	262.01				
			294.71	287.93	1048.04				
			18.1	17.7	64.3				
					100.00		V.C.T. MENU		1630.68


Lidia N. Caraza Vega
 ADMINISTRADOR


Lidia Elizalde del Rosario Alvarado Ortega
 NUTRICIONISTA
 C.N.P. 3979




 Lic. Lidia Elizalde del Rosario Alvarado Ortega
 NUTRICIONISTA
 C.N.P. 3979

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.10	1.63	17.80	9	14.83	71.20	84.53
Piña	20.00	84.00	0.05	0.03	1.25	0	0.23	5.02	5.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapori	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.86
									474.56
									21.87
Almuerzo:	Guiso de arvejita , arroz ,fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.62	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de cal	80.00	87.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Aji colorado si	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1299.65
								%DIST. D	58.90
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evapori	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Zapallo musco	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.56	1	2.13	17.44	20.71
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	395.43
								%DIST. CENA	18.23
			69.61	57.47	343.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00		VCT MENU		2169.64

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.P. 3979



Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.P. 3979

martes, 03 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chancho									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.43
								%DIST. D	25.72
Almuerzo: Pollo al horno , arroz , ensalada, + fruta y refresco									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.82
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Papinito o Pe	60.00	82.00	0.25	0.06	1.28	3	0.44	5.12	6.54
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cal	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1171.00
									62.68
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canola entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de libran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.38	131.32
								VC DES.	216.83
								%DIST. D	11.61
			83.46	44.65	283.13				
			333.86	401.87	1132.54				
			17.87	21.51	60.62				
					100.00			VCT	1868.27

Sever
 Lic. Elizabeth del Rosario Abasco Crego
 NUTRICIONISTA
 C.R.P. 20279

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 NUTRICIONISTA
 C.R.P. 20279



Elizabeth
 Lic. Elizabeth del Rosario Abasco Crego
 NUTRICIONISTA
 C.R.P. 20279

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote moro	100.0	96.00	1.34	0.29	24.67	5	2.59	96.69	106.66
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.78	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.86
ALMUERZO: Guiso de vainitas , arroz + refresco y fruta									
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.18	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.99	0.308	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.08	0.38	10.32	12.23	3.4398	41.28	56.85
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Cebolla de col	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
					V.C. ALMUERZO				1180.13
					% DISTR. ALMUERZO				54.70
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha Hot	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.66
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	45.00	83.00	0.56	0.19	2.88	2	1.68	11.50	16.43
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	656.78
								%DIST. D	30.44
			62.94	60.85	339.55				
			251.78	547.66	1358.29				
			11.67	25.38	62.95				
					100.00			VCT	2157.64


Licet N. Canaza Vega
ADMINISTRADOR


Lic. Elizabeth del Rosario Rivera Cordero
NUTRICIONISTA
C.N.P. 9479




Lic. Jacinto
NUTRICIONISTA
C.N.P. 9479

Jueves, 05 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + mortadela									
Cebada harina	35.00	100.00	8.58	0.81	23.58	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	35.00	100.00	3.43	6.90	3.29	13.72	62.055	13.16	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	414.46
								%DIST. D	25.31
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescado	250.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomata	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papinito o Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.66
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redon	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cal	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	69.00	0.28	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	925.68
								%DIST. D	56.54
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									18.15
			79.77	20.76	282.94				
			319.10	188.82	1131.74				
			19.5	11.4	69.1				
					100.00				1637.66

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Ceja
NUTRICIONISTA
C.N.P. 3979



viernes, 06 de abril de 2018

AUMENTO	gr/per	comestib- le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + alun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.28	0	0.45	1.00	1.45
Pimienta molé	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Acete vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	65.00	100.0	8.24	0.20	46.67	24.96	1.755	186.68	213.40
Grated de Sar	30.00	100.00	8.72	2.70	0.30	27	24.30	1.20	52.38
									370.15
									16.73
ALMUERZO: Hino de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	96.80
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	100.0	88.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.26	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		1093.74
							% DIS ALM.		49.45
CENA Guiso de fideos con pollo, arroz , infusion									
Cama de Poli	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	8.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acete vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Anrejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		747.95
							%DIST. D		33.82
			76.88	40.86	384.13				
			307.53	307.77	1536.53				
			13.9	16.6	69.5				
					100.00		V.C.T. MENU		2211.84

[Firma]

[Firma]
Lic. Elizabeth del Rosario Moreno Cordero
NUTRICIONISTA
C.N.P. 3979



[Firma]
Lic. Elizabeth del Rosario Moreno Cordero
NUTRICIONISTA
C.N.P. 3979

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojua	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.62	101.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Ciavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									28.06
Almuerzo:	Estofado de res , arroz , refresco y fruta								
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.23	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	300	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	300	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.06	0.83	1	0.48	3.32	4.48
Arvejas fresco	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.30	1	1.66	13.58	16.13
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	13	0.96	24.23	36.39
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.69	73.79
								VC Alm	1082.91
								% Dist	56.38
CENA:	Infusion + 01 pan + margarina								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Margarina vej	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	323.28
								%DIST. D	16.53
			79.08	56.44	285.05				
			316.34	498.99	1140.19				
			16.2	26.6	68.3				
					100.00			VCT	1955.53


Lic. Elizabeth del Rosario Guerra Céspedes
NUTRUCIONISTA
C.R.N. 3478



John J. ...

DIETA: DIABETES MELLITUS

domingo, 08 de abril de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tr	35.00	100.00	6.83	3.75	16.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.81	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.36
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Carne de Polv	100.00	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado d	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Acelga vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.83	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.66
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.59	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cal	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.36
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	56.87
CENA: Tallarines rojos con carne molida + infusion									
Carne de res i	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.06
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acete vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
								%DIST. D	24.77
			77.72	46.00	377.39				
			310.89	414.03	1589.54				
			13.91	18.53	67.56				
					100.00				
								VCT	2234.46

Handwritten signature
 Lic. Elizabeth del Rosario Abreu Cordero
 NUTRICIONISTA
 C.R.T. 2575

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 NUTRICIONISTA
 C.R.T. 2575



Handwritten signature
 Lic. Elizabeth del Rosario Abreu Cordero
 NUTRICIONISTA
 C.R.T. 2575

terça, 09 de abril de 2014

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + huevo sancochado									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	80.00	98.00	7.84	4.94	1.08	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	173.32	196.98
									375.29
								%DIST. D	24.14
ALMUERZO: Cagueta rellena, arroz , refresco y fruta									
Carne de res	80.00	85.00	14.48	1.09	0.00	58	8.79	0.00	67.73
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Cagueta Serran	200.00	97.00	2.91	0.19	8.15	12	1.78	32.59	45.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.28	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Anrejas fresco	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Valinitas (2)	40.00	91.00	0.87	0.11	2.95	3.49	0.5828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.66	64.08	73.79
									V.C. ALMUERZO
									1177.13
									% DISTR. ALMUERZO
									56.85
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	6.82	1.81	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	78.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	25.02
			71.59	52.31	328.33				
			286.36	470.78	1313.33				
			13.83	22.74	63.43				
					100.00			VCT	2070.46

Lider
Lider N. Gonzalez Vega
ADMINISTRADOR


 Lic. Elizabeth del Rosario Alvarez Cordero
 MULTICORRENTA,
 C. N.º 3979



11c. *James H. Wilson*

martes, 10 de abril de 2018

ALIMENTO	grifer	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 62 panes + jamonada									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	489.62
								%DIST. D	23.11
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	36.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.06
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anvejas fresc	40.00	62.00	1.76	0.15	4.66	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de cal	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	26.19
Lechuga redol	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Platano de se	180.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1421.85
								%DIST. D	67.09
CENA: Infusion + 91 pan + huevo sancocado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	9.80
			83.44	62.51	306.76				
			333.75	562.61	1223.03				
			15.7	26.6	57.7				
					100.00			VCT	2119.39

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3977



Lider N. Canaza Vega
ADMINISTRADOR

miércoles, 11 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Café+ 02 panes + carrote sancochado									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Carrote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.2
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									299.97
									14.97
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				989.87
					% DISTR. ALMUERZO				49.49
CENA Arroz a la jardinera con salchicha + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha "hot	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.84	5.28
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									714.16
									35.64
			63.68	26.91	375.77				
			254.71	242.19	1597.09				
			13	12	75				
					100.00			VCT MEN	2003.99

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Canga
NUTRICIONISTA
C.H. 3579



Lic. Josselyn Vela Becerra
NUTRICIONISTA
C.H. 3579

DIETA: DIABETES MELLITUS

19

jueves, 12 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 62 panes + queso de chanche								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.53	105.81
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de cha	30.00	100.00	5.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
								VC DES.	375.44
								%DIST. D	23.48
Almuerzo:	Pescado al horno, ensalada, arroz, refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	88.83	2.28	293.62
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomato	50.00	90.00	0.35	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.88	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cal	80.00	87.00	0.87	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.86	64.09	73.79
								VC DES.	940.57
								%DIST. D	68.83
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.08	0.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									17.69
			83.25	18.08	275.79				
			333.02	162.69	1103.16				
			20.83	10.18	69.00				
					100.00			VC MEN	1598.87

[Firma]
Lider N. Canaza Vega
ADMINISTRADOR

[Firma]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3879



[Firma]
Lic. Jairo del Valle Barrantes
NUTRICIONISTA
C.N.P. 4924

viernes, 13 de abril de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancocado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									262.91
									12.31
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.99
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1234.78
								%DIST. D	53.75
CENA: Guiso de pollo con verduras ,arroz,infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Acelgas. hojas	120.00	61.00	1.81	0.22	3.88	6	1.98	15.52	23.04
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
								V.C. CENA	779.79
								% DIST.CENA	33.94
	VCT (Gr.)		90.77	34.48	406.09				
	VCT (kcal)		363.08	310.05	1624.35				
	VCT (%)		16	13	71		V.C.T. MENU		2297.48
					100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abama Caya
NUTRICIONISTA
C.R. 3979



Lider N. Canaza Vega
ADMINISTRADOR

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Pan de habon	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
									549.45
									28.41
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Filado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	98.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.05
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga rizada	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	60.00	99.00	0.40	0.10	2.13	2	0.88	8.51	10.89
Aji colorado si	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	99.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALMU	1197.35
									61.92
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.46
Pan de habon	35.00	100.00	3.36	0.11	25.13	13	0.95	100.32	114.91
								VC DES.	186.99
								%DIST. D	9.67
			80.57	44.08	303.79				
			322.28	396.71	1214.81				
			16.7	20.5	62.8				
					100.00			VCT	1933.80

[Firma]

[Firma]
Lic. Elizabeth del Rosario Rivera Cordero
NUTRICIONISTA
C.N.A. 9979



[Firma]
Lic. J. J. Rivera Cordero
NUTRICIONISTA
C.N.A. 9979

domingo, 15 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.33	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

410.28

22.71

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	0.96	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Anvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.00	73.70

VC DES. 962.16

%DIST. D 52.72

CENA: Pollo sancochado, arroz, ensalada + infusion									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.66
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Papinillo o Po	80.00	72.00	0.29	0.06	1.50	1	0.82	5.99	7.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.70

VC DES. 443.80

% DIS ALM. 24.57

			77.86	28.44	309.70				
			311.45	255.98	1238.80				
			17.2	14.2	68.5				
					100.00				
								VCT	1806.23

Lider N. Canessa Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA



Lic. Mónica Sotolongo
NUTRICIONISTA

lunes, 16 de abril de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrón	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									447.02
									19.91
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carné de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serrat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.81	6.39	9.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
					V.C. ALMUERZO				1288.36
					% DISTR. ALMUERZO				57.25
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DISTR. D	22.84
			58.61	69.17	347.02				
			234.45	622.55	1388.09				
			10.44	27.73	61.83				
					100.00			VCT	2245.09

Beach
Lugar de origen: ...
Fecha de elaboración: ...
Firma: ...

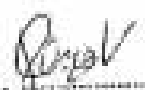
EL
Lic. Elizabeth del Rosario Alamo Caza
NUTRICIONISTA
C.N.P. 3579



K
Lic. ...
Firma: ...

martes, 17 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	24.32
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Salchicha Ho	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1310.90
								% DIS ALM	66.35
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.48	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	184.22
								%DIST. D	9.32
			84.61	64.79	263.53				
			338.43	583.13	1054.13				
			17.13	29.52	53.36				
					100.00			VCT	1975.68


Lidier R. Cordero Vega
ADMINISTRADOR


Lid. Elizabeth del Rosario Alarcos Cordero
NUTRICIONISTA
C.N.P. 3875




Lid. Jeyson E. Pineda Becerra
NUTRICIONISTA
C.N.P. 3875

miércoles, 18 de abril de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de lebrón	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	306.48
								%DIST, D	14.54
ALMUERZO: Chanfainita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.50	99.24
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	98.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.08
Ají colorado s	4.00	68.00	0.19	0.21	1.60	1	1.81	6.39	9.06
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	5.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1171.90
					% DISTR. ALMUERZO				55.59
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									629.60
									29.87
			75.86	48.28	342.51				
			303.43	434.53	1370.62				
			14.39	20.61	64.99				
					100.00			VCT MEN	2107.98

[Firma]
Dra. Elizabeth del Socorro Alvarado Caza

[Firma]
Dra. Elizabeth del Socorro Alvarado Caza
NUTRICIONISTA
C.N.P. 3879



jueves, 19 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	381.05
								%DIST. D	23.75
Almuerzo: Pescado al horno, ensalada, arroz, refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.98
Pecino o Po	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.88
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga red	100.00	92.00	1.20	0.18	1.93	5	1.86	7.73	14.17
Zanahoria	50.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.08
Aj colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.62
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.48
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	282.86
								%DIST. D	17.63
			77.34	13.30	293.85				
			309.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1694.48
					100.00				


Lidar M. Camacho
ADMINISTRADOR


Lidar M. Camacho
ADMINISTRADOR
C.N.P. 3979


Lidar M. Camacho
ADMINISTRADOR
C.N.P. 3979

viernes, 20 de abril de 2018

AUMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de lebrar	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	198.98
Grated de Ser	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									14.49
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	84.09	73.79
							VC DES.		1108.87
							% DIS ALM.		54.75
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.65
Anvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.83	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.23	2.13
							VC DES.		621.11
							%DIST, D		39.75
			75.32	27.60	367.50				
			301.27	248.44	1470.01				
			14.9	12.3	72.8				
					100.00		V.C.T. MENU		2019.72

[Firma]
 Lic. Elizabeth del Rosario Alvarado Coops
 NUTRICIONISTA

[Firma]
 Lic. Elizabeth del Rosario Alvarado Coops
 NUTRICIONISTA



[Firma]
 Lic. Elizabeth del Rosario Alvarado Coops
 NUTRICIONISTA

capturado el 21 de abril de 2018.

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	25.00	100.00	3.33	1.00	18.00	13	9.00	73.00	94.30
Leche evaporada	75.00	100.00	5.25	8.09	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.51
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									518.84
									24.44
ALMUERZO:	Adobo a la tacña de cerdo , arroz, ensalada + refresco y fruta								
Cerdo de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado e	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Pepinito o Pe	80.00	52.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	50.00	79.00	0.32	0.06	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	1.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.87
									1298.69
								% DIS ALM.	61.18
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	305.04
								%DIST. D	14.37
			64.81	83.44	278.10				
			259.24	750.93	1112.40				
			12.2	35.4	52.4				
					100.00			VCT	2122.57


 Lic. Elizabeth del Encino Alarcon Cooper
 NUTRICIONISTA
 C.M.M. 1979



10/10/2014 10:10:10 AM

domingo, 22 de abril de 2018

ALIMENTO	gr/por (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tri	35.00	100.00	6.83	3.75	16.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	410.28
								%DIST. D	23.66
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Ajo	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.80	13.10	15.56
Papa blanca	100.0	86.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Avejas fresca	40.00	66.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	95.00	1.76	0.29	16.0	7	2.85	64.08	73.79
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.35
								%DIST. D	43.96
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	89.80	38	0.90	278.40	317.30
Zanahoria	60.0	60.00	0.25	0.21	3.81	1	1.86	15.24	18.08
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cul	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									561.48
								%DIST. D	32.38

65.78 60.76 253.54

263.11 456.84 1014.15

15.17 26.34 58.48 100

100.00

VCT 1734.11

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Lia Elisbeth del Rosario Alarcón Céspedes
NUTRICIONISTA
C.N.P. 3979



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lunes, 23 de abril de 2018

ALIMENTO	grper (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con pifia + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.03	17.80	9	14.63	71.20	84.53
Pifia	30.00	80.00	0.10	0.05	2.36	0	0.43	9.41	10.22
Canela entera	0.30	85.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	66.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									487.58
									21.67
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	89.00	1.00	0.14	5.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.28	4.86	6.05
Acolla vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.08	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				56.23
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	82.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DISTR. D	22.10
			59.39	62.47	362.58				
			237.56	562.25	1450.32				
			10.66	24.99	64.45				
					100.00			VCT	2250.13

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 Lic. Elizabeth del Rosario Abarré Orope
 NUTRICIONISTA
 C.N.P. 3979



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 Lic. Elizabeth del Rosario Abarré Orope
 NUTRICIONISTA
 C.N.P. 3979

DIETA: DIABETES MELLITUS

7

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 62 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	508.09
								%DIST. D	25.44
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceitunas de l	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.06	0.83	1	0.48	3.32	4.49
Sal	9.00	100.00	0.11	0.06	0.74	0	0.41	2.95	3.78
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
								% DIS ALM.	65.80
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	174.89
								%DIST. D	8.76
			77.89	54.49	298.80				
			311.56	490.43	1195.18				
			15.6	24.6	59.8				
					100.00			VCT	1997.17


Lidar N. Canaza Vega
ADMINISTRADOR


Lidar N. Canaza Vega
NUTRICIONISTA
C.H.P. 1979




Lidar N. Canaza Vega
NUTRICIONISTA
C.H.P. 1979

mércoles, 25 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Café+ 02 panes + camote sancochado									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morao	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	299.81
								%DIST. D	14.50
ALMUERZO: Guiso de vainitas , arroz + refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70.04	27.54	0.00	97.58
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	80.00	92.00	0.69	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Platano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
								V.C. ALMUERZO	1164.13
								% DISTR. ALMUERZO	56.31
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha 'ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.48	0.09	1.80	3	0.77	6.39	9.12
Pimiento	20.00	83.00	0.26	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	603.51
								%DIST. D	29.19
			62.69	51.53	338.24				
			259.75	403.73	1352.96				
			12.13	22.43	65.44				
					100.00			VCT	2067.44

[Firma]
Lic. Elizabeth del Rosario Alvarado Correa
NUTRICIONISTA
F. N. N. 34719

[Firma]
Lic. Elizabeth del Rosario Alvarado Correa
NUTRICIONISTA
F. N. N. 34719



[Firma]
Lic. Elizabeth del Rosario Alvarado Correa
NUTRICIONISTA
F. N. N. 34719

jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de cancho								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	376.44
								%DIST. D	22.98
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.61	7.74	9.98
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.62	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lchuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	67.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.56	78.71
								VC DES.	991.52
								%DIST. D	58.25
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapori	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									306.50
									18.76
			94.28	18.59	282.26				
			337.14	167.27	1129.06				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.46

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Herrera Corpa
NUTRICIONISTA
C.R.P. 34795



[Signature]
Lic. Elizabeth del Rosario Herrera Corpa
NUTRICIONISTA
C.R.P. 34795

viernes, 27 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.86
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									285.45
									13.06
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	180.0	93.00	2.93	0.14	31.11	32	1.26	124.43	137.41
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.38	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1124.48
					% DISTR. ALMUERZO				51.45
CENA:	Guiso de pollo con verduras ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.60	77.80	33	4.50	311.20	348.50
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	19.95
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.26	0.08	1.38	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
					V.C. CENA				776.80
					% DIST.CENA				35.48
	VCT (Gr.)		85.10	44.75	360.64				
	VCT (kcal)		340.38	402.79	1442.66				
	VCT (%)		16	18	66	V.C.T. MENU			2185.73
					100.00				

[Firma]
Lic. Elizabeth A. ...

[Firma]
Lic. Elizabeth A. ...
NUTRICIONISTA
C. N. P. 3072



[Firma]
Lic. Elizabeth A. ...

sábado, 28 de abril de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.00	86.40	113.18
Leche evapor	70.00	100.00	4.80	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso porla	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									530.47
									30.49
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Tomato	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.38	7.98	11.32
Pan seco mol	30.00	100.00	3.50	0.84	24.75	13.20	7.56	98.00	119.76
Lechuga redol	60.00	50.00	0.38	0.06	0.63	2	0.54	2.52	4.62
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Tomato	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	10.00	95.00	2.29	4.58	1.88	9	41.21	6.73	57.10
Plátano	160.00	89.00	0.44	0.22	10.62	2	1.99	43.28	47.03
								VC Alm	989.46
								% Dist	56.87
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	219.68
								%DIST. D	12.64
			80.40	34.32	277.33				
			321.60	308.91	1109.30				
			18.43	17.76	63.76				
					100.00			VGT	1739.81


Lidier N. Canaza Vega
ADMINISTRADOR


Lidia Elizabeth del Socorro Alarco Cordero
NUTRICIONISTA
11/04/2018




Lidia Elizabeth del Socorro Alarco Cordero
NUTRICIONISTA
11/04/2018

DIETA: DIABETES MELLITUS

domingo, 29 de abril de 2018

ALIMENTO	grupos	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.04
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	82.58	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
								VC DES.	1197.17
								%DIST. D	52.65
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga rojo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	666.54
								%DIST. D	28.31
			76.65	51.00	377.10				
			306.61	458.99	1508.38				
			13.48	20.18	66.33				
					100.00			VCT	2273.95

[Firma]

[Firma]
Lic. Elizabeth del Rosario Alvarado Coiro
NUTRICIONISTA
C.N.P. 5979



[Firma]
Lic. Elizabeth del Rosario Alvarado Coiro
NUTRICIONISTA
C.N.P. 5979

DIETA: DIABETES MELLITUS

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lunes, 30 de abril de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.53	17.80	9	14.63	71.20	84.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									448.39
									20.81
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.66	0.52	0.00	43	7.34	0.00	50.60
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Capolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.83	8.79
Caligua Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.06	1.45	0	0.71	5.83	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	99.00	1.76	0.29	16.0	7	2.85	64.09	73.79
						V.C. ALMUERZO			1285.35
						% DISTR. ALMUERZO			59.66
CENA:	Sopa de semola con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	26.69	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Paro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. D	19.52
			60.64	67.09	327.99				
			242.57	603.82	1307.99				
			11.3	28.0	60.7				
					100.00			VCT	2154.36

Lider M. Canasa Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Rivera Cova
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