



SISTEMA INTEGRAL PENITENCIARIO

OFICINA DE TRAMITE DOCUMENTARIO
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VERSIÓN 1.3.0.12

INSTITUTO NACIONAL PENITENCIARIO
INPE - CHICLAYO
RECIBIDO
05 FEB 2019
Registro N° *Ref* Hora: 3:36
JEFEATURA DE LOGISTICA

GUIA DESTINO N° 2019-005-002906

Documento : Carta 023-2019-TUMBES

Documento : Carta 023-2019-TUMBES
Fecha Doc. : 05/02/2019 Confidencialidad : Normal
Tipo Atencion : Normal Folio : 0
Remitido por : Consorcio Dayann Brigh Eirl - Lauriano Garcia Idrogo/ (M/P Doc. Externos)
Dirigido a : Oficina Regional Norte Chiclayo/Equipo de Logistica Orn-Ch./Sanchez Flores, Dante Alejandro
Asunto : RELACION DE MENUS
Obs. :

OFICINA REGIONAL NORTE CHICLAYO

17	Dirección Regional Chiclayo	17.04/RRHH	Jefatura de Equipo de Recursos Humanos Orn	17.ESI	Jefatura de Equipo de Sistemas de Informació
17.01	Unidad Control Regional Orn-Ch	17.05	Subdirección de Tratamiento Penitenciario Orn	17.PRENSA	Prensa e Imagen Institucional
17.02	Unidad de Planeamiento y Presupuesto Orn-Ch	17.05.FR	Subdirección de Tratamiento/Farmacía Region	17.TRAM	Oficina de Trámite Documentario Orn-Ch
17.03	Unidad de Asesoría Jurídica Orn-Ch	17.06/	Sub Dirección de Registro - Antecedentes Par	17/07	Subdirección de Seguridad Penitenciaria Orn-
17.04	Unidad de Administración Orn-Ch	17.06/RSJ	Sub Dirección de Registro Penitenciario - Reso ORN/AR		Archivo Regional Inpe Orn-Ch
17.04/ARRC	Revisión y Rendición de Cuentas	17.07/UPO	Planes y Operaciones Seguridad Penitenciaria		
17.04/LOG	Equipo de Logística Orn-Ch.	17.08	Subdirección de Medio Libre Orn-Ch		

ACCION

01 Conocimiento y Fines	05 Ejecución	09 Proyectar Resolución	13 Para Custodia
02 Evaluación	06 Verificación	10 Archivo	14 Autorizar
03 Informe	07 Investigar	11 Otros	15 Procesar
04 Opinión	08 Proyectar Respuesta	12 Atender Urgente	16 Resolver Directamente

TRAMITE

N° Doc.	De	Para	Env.	Accion	Fecha	V°B° y Sello
023-2019-TUMBES	/M/P Doc. Externos	Oficina Regional Norte Chiclayo/Equipo de Logística Orn-Ch.	Orig.	001	05/02/2019 14:44:13	

INSTITUTO NACIONAL PENITENCIARIO
OFICINA REGIONAL NORTE-CH.
EQUIPO DE LOGISTICA
PASE A: *Kelly Saquecha*
PARA: *Ruiz y Barate*
05/02/19
FECHA

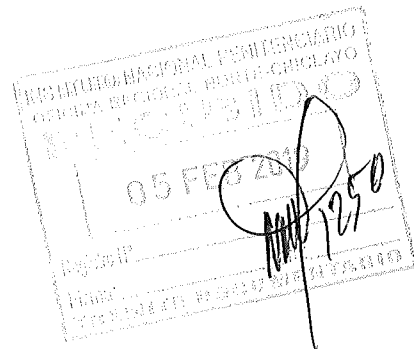
V°B°
JEFATURA DE LOGISTICA
V°B°
INPE - CHICLAYO

INSTITUTO NACIONAL PENITENCIARIO
OFICINA REGIONAL NORTE-CHICLAYO
EQUIPO DE LOGISTICA
RECIBIDO
13 FEB 2019
Registro N°
Firma: *SP* Hora: 08:40
NUTRICION

LGI: LAURIANO GARCIA IDROGO

CARTA N° 023 - 2019 – TUMBES.

Lic. DANTE A. SANCHEZ FLORES.
JEFE DE EQUIPO DE LOGISTICA – INPE CHICLAYO



ASUNTO: Relación de menús

REFERENCIA: CONTRATO N° 001 -2018-INPE/17

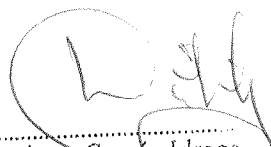
Presente.

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos (as), niños y personal de seguridad que labora 24x48 horas, que se brindaran desde **el 21 de FEBRERO del 2019** hasta el **20 de MARZO del 2019** en relación con el **contrato N° 001-2018.-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24x48 horas del Establecimiento Penitenciario del departamento de Tumbes **(de la Oficina Regional Norte – Chiclayo).**

Hago propicia la oportunidad para reiterarle mi consideración y estima personal.

Chiclayo, 04 de Febrero del 2019.

FOLIOS (48)
Atentamente:


Lauriano Garcia Idrogo
DNI: 26641889
CONTRATISTA

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TUMBES
DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

48

MENÚS CON APOORTE CALÓRICO MAYOR A 2,750 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
	21/02/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
2	VIERNES	CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
	22/02/2019	ENTRADA	ENSALADA
3	SABADO	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
	23/02/2019	DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
4	DOMINGO	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
	24/02/2019	CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
5	LUNES	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
	25/02/2019	SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
6	MARTES	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSIÓN
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
	26/02/2019	ENTRADA	CEVICHE DE TOYO
7	MIERCOLES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
	27/02/2019	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
8	JUEVES	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
	28/02/2019	CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
9	VIERNES	DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA MIXTA
	01/03/2019	SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PIÑA)
10	SABADO	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
	02/03/2019	ENTRADA	ENSALADA MIXTA
11	DOMINGO	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN
	03/03/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
12	LUNES	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
	04/03/2019	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
13	MARTES	DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
		ENTRADA	ENSALADA FRESCA
	05/03/2019	SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
14	MIERCOLES	CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	06/03/2019	ENTRADA	ENSALADA FRESCA

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jonathan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TUMBES
DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

MENÚS CON APOORTE CALÓRICO MAYOR A 2,750 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
15	JUEVES	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
	07/03/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
16	VIERNES	CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
		DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
17	08/03/2019	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE VERDURAS
18	SABADO	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
19	DOMINGO	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
20	10/03/2019	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
21	LUNES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
22	MARTES	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
23	MIERCOLES	DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)
24	13/03/2019	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA MIXTA
25	JUEVES	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
		DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
26	VIERNES	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
27	SABADO	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE VERDURAS
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
28	16/03/2019	CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
29	DOMINGO	SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
30	LUNES	ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
31	MARTES	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
32	MIERCOLES	CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA MIXTA
33	20/03/2019	SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PIÑA)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION

CONTRATISTA

Lauriano García Idrogo
 DNI: 26641889
 CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P. 5897

FORMATO - B

46

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

21/02/2019 07/03/2019

MENÚ N° 1 15

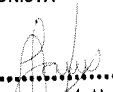
ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITUNA	60.00	156.86	0.48	19.26	4.38	1.92	173.34	17.52	192.78
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		708.36	16.34	26.56	110.59	65.36	239.04	442.32	746.72
						V.C. DESAYUNO			746.72
						% DIST. DESAYUNO			27%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGOITO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
PAPA BLANCA	200.00	184.30	4.20	0.20	44.60	16.80	1.80	178.40	197.00
TOMATE	60.00	11.29	0.48	0.12	2.58	1.92	1.08	10.32	13.32
CEBOLLA	60.00	26.46	0.84	0.12	6.78	3.36	1.08	27.12	31.56
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1179.25	45.25	20.90	209.56	180.99	188.02	838.23	1207.24
						V. C. ALMUERZO			1207.24
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
CARNE DE PAVITA	100.00	241.20	20.10	20.20	0.00	80.40	181.80	0.00	262.20
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
PIMINETO MORRON	18.00	5.23	0.27	0.09	1.39	1.08	0.81	5.54	7.43
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LIMON	2.00	0.31	0.01	0.00	0.90	0.04	0.04	0.78	0.86
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		719.11	28.76	23.94	103.66	115.03	278.51	411.76	805.30
						V. C. CENA			805.30
						% DIST. CENA			29%
VCT (Gr.)			90.35	71.40	423.81				
VCT (Kcal.)			361.38	705.57	1692.31				
VCT (%)			13%	26%	61%				
						V. C. T. MENU		100%	2759

CONTRATISTA



 Lauriano García Idrogo
 DNI: 26641889
 CONTRATISTA

NUTRICIONISTA



 Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

22/02/2019 08/03/2019

MENÚ N° 2 16

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)									
SOYA	25.00	100.25	7.05	4.73	8.93	28.20	42.53	35.70	106.43
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO SIN HUESO	50.00	80.75	9.10	5.10	0.00	36.40	45.90	0.00	82.30
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		627.30	23.71	20.01	90.93	94.84	180.05	363.68	638.57
						V.C. DESAYUNO			638.57
						% DIST. DESAYUNO			23%

ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	150.00	174.15	32.40	5.85	0.45	129.60	52.65	1.80	184.05
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	93.30	93.30
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1316.06	60.57	28.10	198.87	242.29	252.86	790.45	1285.60
						V. C. ALMUERZO			1285.60
						% DIST. ALMUERZO			47%

CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ACEITE VEGETAL	13.00	114.92	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		816.46	31.66	17.46	137.50	126.65	157.14	549.99	833.78
						V. C. CENA			833.78
						% DIST. CENA			30%
VCT (Gr.)			115.94	65.57	427.30				
VCT (Kcal.)			463.78	590.05	1704.12				
VCT (%)			17%	21%	62%				
						V. C. T. MENU		100%	2758

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

24

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

23/02/2019 09/03/2019

MENÚ N° 3 17

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.68	3.43
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.73	7.84
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		699.02	19.66	21.15	112.40	78.60	190.31	449.55	718.46
						V.C. DESAYUNO			718.46
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
CEBOLLA	26.00	11.47	0.36	0.05	2.94	1.46	0.47	11.75	13.68
CAMOTE	100.00	116.00	1.20	0.20	27.60	4.80	1.80	110.40	117.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
ACEITE VEGETAL	8.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
SUB TOTAL		1233.87	40.93	33.81	199.41	163.73	304.31	797.61	1265.65
						V. C. ALMUERZO			1265.65
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	26.00	99.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
AJOS	3.00	2.32	0.17	0.02	0.91	0.67	0.22	3.65	4.54
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
SUB TOTAL		754.38	27.95	13.91	132.17	111.79	125.23	528.68	765.70
						V. C. CENA			765.70
						% DIST. CENA			28%
						VCT (Gr.)		88.54	68.87
						VCT (Kcal.)		354.12	619.85
						VCT (%)		13%	23%
						V. C. T. MENU		100%	2750

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

24/02/2019 10/03/2019

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA									
MACA	25.00	78.50	2.95	0.40	16.60	11.80	3.60	66.40	81.80
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
SUB TOTAL		728.93	22.30	21.16	117.27	89.18	190.44	469.02	748.64
						V.C. DESAYUNO			749
						% DIST. DESAYUNO			27%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + ZARZA + REFRESCO DE (LIMONADA)+ FRUTA									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CABRITO	160.00	351.36	27.20	30.40	0.00	108.80	273.60	0.00	382.40
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CULANTRO	10.00	2.86	0.33	0.13	0.70	1.32	1.17	2.80	5.29
LECHUGA	20.00	3.61	0.30	0.04	0.78	1.20	0.36	3.12	4.68
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		1232.45	55.50	37.18	179.76	222.00	334.59	719.05	1275.64
						V. C. ALMUERZO			1276
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSIÓN									
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.40	118.56
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
CEBOLLA	40.00	17.64	0.56	0.08	4.52	2.24	0.72	18.08	21.04
BROCOLI	25.00	10.00	1.23	0.23	1.43	4.90	2.03	5.70	12.63
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		716.35	30.32	15.18	119.81	121.27	136.54	479.55	737.36
						V. C. CENA			737
						% DIST. CENA			27%
VCT (Gr.)			108.12	73.52	416.84				
VCT (Kcal.)			432.45	661.57	1667.62				
VCT (%)			16%	24%	60%				
						V. C. T. MENU		100%	2762

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

25/02/2019 11/03/2019

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON HUEVO FRITO									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		641.66	23.89	16.89	103.85	95.54	152.01	415.40	662.95
						V.C. DESAYUNO			663
						% DIST. DESAYUNO			24%
ENTRADA:CEVICHE DE TOYO									
ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
TOYO	120.00	97.61	22.44	0.48	0.00	89.76	4.32	0.00	94.08
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
ROCOTO	10.00	3.60	0.12	0.50	0.82	0.48	4.50	3.28	8.26
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SILLAO	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIMIENTOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1261.29	79.09	24.98	187.17	316.37	224.78	748.65	1289.80
						V. C. ALMUERZO			1290
						% DIST. ALMUERZO			47%
CENA: SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
PAN	60.00	174.60	6.04	0.12	38.28	20.16	1.03	153.12	174.31
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TORONJIL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.63	4.32
APIO	5.00	1.00	0.04	0.01	0.24	0.14	0.09	0.96	1.19
SUB TOTAL		792.90	32.77	7.03	152.03	127.07	63.18	608.06	798.31
						V. C. CENA			798
						% DIST. CENA			29%
						VCT (Gr.)		135.75	48.90
						VCT (Kcal.)		538.98	439.97
						VCT (%)		20%	16%
						V. C. T. MENU		100%	2751

CONTRATISTA

NUTRICIONISTA

La iriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

26/02/2019 12/03/2019

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE CON COCOA + 03 PANES CON QUESO									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
COCOA	10.00	40.40	1.90	1.71	4.78	7.60	15.39	19.12	42.11
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	36.00	138.24	0.00	0.00	35.39	0.00	0.00	141.55	141.55
SUB TOTAL		715.94	27.64	17.79	22.61	110.56	160.11	450.83	721.50
						V.C. DESAYUNO			722
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFresco (LIMONADA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
RES CON HUESO	160.00	142.80	34.08	2.56	0.00	136.32	23.04	0.00	159.36
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
LECHUGA	50.00	9.03	0.75	0.10	1.95	3.00	0.90	7.80	11.70
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PALILLO MOLIDO	2.00	1.08	0.01	0.07	0.11	0.03	0.65	0.46	1.14
NARANJA DE MESA	150.00	124.88	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMON	12.00	1.84	0.06	0.02	1.16	0.24	0.22	4.68	5.14
AZUCAR RUBIA	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1145.93	62.99	15.05	205.59	251.94	135.43	822.38	1209.75
						V. C. ALMUERZO			1210
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + POLLO FRITO + PAPAS FRITA + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
CEBOLLA	38.00	16.76	0.53	0.08	4.29	2.13	0.68	17.18	19.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	130.00	119.80	2.73	0.13	28.99	10.92	1.17	115.96	128.05
ACEITE VEGETAL	9.00	79.56	0.00	9.00	0.00	0.00	81.00	0.00	81.00
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		799.90	29.38	19.98	130.88	117.53	179.82	523.52	820.87
						V. C. CENA			821
						% DIST. CENA			30%
VCT (Gr.)			120.01	52.82	359.08				
VCT (Kcal.)			480.03	475.36	1796.73				
VCT (%)			17%	17%	65%				
						V. C. T. MENU		100%	2752

CONTRATISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

27/02/2019 13/03/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		674.68	26.15	12.74	116.47	104.58	114.68	465.83	685.09
						V.C. DESAYUNO			685.09
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
CHOCLO DESGRANADO	15.00	22.50	0.57	0.15	4.40	2.28	1.35	17.58	21.21
AJI AMARILLO	1.00	0.30	0.01	0.01	0.09	0.04	0.06	0.35	0.45
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1144.23	48.72	23.16	198.65	194.89	208.37	794.56	1197.82
						V. C. ALMUERZO			1197.82
						% DIST. ALMUERZO			43%
CENA: ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		861.81	50.42	13.35	138.20	201.68	120.15	552.79	874.62
						V. C. CENA			874.62
						% DIST. CENA			32%
			VCT (Gr.)	125.29	49.25	453.32			
			VCT (Kcal.)	501.15	443.20	1813.18			
			VCT (%)	18%	16%	66%			
						V. C. T. MENU		100%	2758

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
DNI: 26641889
CONTRATISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

28/02/2019 14/03/2019

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITUNA	60.00	156.86	0.48	19.26	4.38	1.92	173.34	17.52	192.78
AZUCAR RUBIA	34.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		727.56	16.34	26.56	115.50	65.36	239.04	461.98	766.38
						V.C. DESAYUNO			766.38
						% DIST. DESAYUNO			28%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
PAPA BLANCA	200.00	184.30	4.20	0.20	44.60	16.80	1.80	178.40	197.00
TOMATE	60.00	11.29	0.48	0.12	2.58	1.92	1.08	10.32	13.32
CEBOLLA	60.00	26.46	0.84	0.12	6.78	3.36	1.08	27.12	31.56
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1179.25	45.25	20.90	209.56	180.99	188.02	838.23	1207.24
						V. C. ALMUERZO			1207.24
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
CARNE DE PAVITA	100.00	241.20	20.10	20.20	0.00	80.40	181.80	0.00	262.20
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
PIMINETO MORRON	18.00	5.23	0.27	0.09	1.39	1.08	0.81	5.54	7.43
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LIMON	2.00	0.31	0.01	0.00	0.90	0.04	0.04	0.78	0.86
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		699.91	28.76	23.94	98.74	115.03	278.51	392.07	785.61
						V. C. CENA			785.61
						% DIST. CENA			28%
			VCT (Gr.)	90.35	71.40	423.80			
			VCT (Kcal.)	361.38	705.57	1692.28			
			VCT (%)	13%	26%	61%			
						V. C. T. MENU		100%	2759

CONTRATISTA


Lauriano Garcia Idrogo
DNI: 26641839
CONTRATISTA.

NUTRICIONISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

01/03/2019 15/03/2019

MENÚ N° 9 23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)									
SOYA	25.00	100.25	7.05	4.73	8.93	28.20	42.53	35.70	106.43
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO SIN HUESO	50.00	80.75	9.10	5.10	0.00	36.40	45.90	0.00	82.30
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		627.30	23.71	20.01	90.93	94.84	180.05	363.68	638.57
						V.C. DESAYUNO			638.57
						% DIST. DESAYUNO			23%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	150.00	174.15	32.40	5.85	0.45	129.60	52.65	1.80	184.05
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	93.30	93.30
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1316.06	60.57	28.10	198.87	242.29	252.86	790.45	1285.60
						V. C. ALMUERZO			1285.60
						% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ACEITE VEGETAL	13.00	114.92	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		816.46	31.66	17.46	137.50	126.65	157.14	549.99	833.78
						V. C. CENA			833.78
						% DIST. CENA			30%
						VCT (Gr.)		115.94	65.57
						VCT (Kcal.)		463.78	590.05
						VCT (%)		17%	21%
						V. C. T. MENU		100%	2758

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641839
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

02/03/2019 16/03/2019

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.68	3.43
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.73	7.84
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		699.02	19.66	21.15	112.40	78.60	190.31	449.55	718.46
						V.C. DESAYUNO			718.46
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
CEBOLLA	26.00	11.47	0.36	0.05	2.94	1.46	0.47	11.75	13.68
CAMOTE	100.00	116.00	1.20	0.20	27.60	4.80	1.80	110.40	117.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
ACEITE VEGETAL	8.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
SUB TOTAL		1233.87	40.93	33.81	199.41	163.73	304.31	797.61	1265.65
						V. C. ALMUERZO			1265.65
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	26.00	99.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
AJOS	3.00	2.32	0.17	0.02	0.91	0.67	0.22	3.65	4.54
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
SUB TOTAL		754.38	27.95	13.91	132.17	111.79	125.23	528.68	765.70
						V. C. CENA			765.70
						% DIST. CENA			28%
			VCT (Gr.)	88.54	68.87	443.98			
			VCT (Kcal.)	354.12	619.85	1775.84			
			VCT (%)	13%	23%	65%			
						V. C. T. MENU		100%	2750

CONTRATISTA

La. miano García Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

03/03/2019 17/03/2019

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA									
MACA	25.00	78.50	2.95	0.40	16.60	11.80	3.60	66.40	81.80
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
SUB TOTAL									
						89.18	190.44	469.02	748.64
						V.C. DESAYUNO			749
						% DIST. DESAYUNO			27%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + ZARZA + REFRESCO DE (LIMONADA)+ FRUTA									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CABRITO	160.00	351.36	27.20	30.40	0.00	108.80	273.60	0.00	382.40
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CULANTRO	10.00	2.86	0.33	0.13	0.70	1.32	1.17	2.80	5.29
LECHUGA	20.00	3.61	0.30	0.04	0.78	1.20	0.36	3.12	4.68
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL									
						222.00	334.59	719.05	1275.64
						V. C. ALMUERZO			1276
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSIÓN									
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.40	118.56
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
CEBOLLA	40.00	17.64	0.56	0.08	4.52	2.24	0.72	18.08	21.04
BROCOLI	25.00	10.00	1.23	0.23	1.43	4.90	2.03	5.70	12.63
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL									
						716.35	30.32	15.18	119.81
						121.27	136.54	479.55	737.36
						V. C. CENA			737
						% DIST. CENA			27%
						VCT (Gr.)	108.12	73.52	416.84
						VCT (Kcal.)	432.45	661.57	1667.62
						VCT (%)	16%	24%	60%
						V. C. T. MENU		100%	2762

CONTRATISTA


Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

NUTRICIONISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

04/03/2019 18/03/2019

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: Avena con leche + 03 panes con huevo frito									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		641.66	23.89	16.89	103.85	95.54	152.01	415.40	662.95
						V.C. DESAYUNO			663
						% DIST. DESAYUNO			24%
ENTRADA:CEVICHE DE TOYO									
ALMUERZO: Arroz graneado + pollo al sillao + menestra + ensalada + fruta + refresco de (lima)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
TOYO	120.00	97.61	22.44	0.48	0.00	89.76	4.32	0.00	94.08
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
ROCOTO	10.00	3.60	0.12	0.50	0.82	0.48	4.50	3.28	8.26
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SILLAO	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIMIENTOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1261.29	79.09	24.98	187.17	316.37	224.78	748.65	1289.80
						V. C. ALMUERZO			1290
						% DIST. ALMUERZO			47%
CENA: Sopa de arroz + res con hueso + 02 panes + infusion									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
PAN	60.00	174.60	6.04	0.12	38.28	20.16	1.03	153.12	174.31
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TORONJIL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.63	4.32
APIO	5.00	1.00	0.04	0.01	0.24	0.14	0.09	0.96	1.19
SUB TOTAL		792.90	32.77	7.03	152.03	127.07	63.18	608.06	798.31
						V. C. CENA			798
						% DIST. CENA			29%
			VCT (Gr.)	135.75	48.90	443.05			
			VCT (Kcal.)	538.98	439.97	1772.11			
			VCT (%)	20%	16%	64%			
						V. C. T. MENU		100%	2751

CONTRATISTA

Lic. Mariano García Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

05/03/2019 19/03/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE CON COCOA + 03 PANES CON QUESO									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
COCOA	10.00	40.40	1.90	1.71	4.78	7.60	15.39	19.12	42.11
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	36.00	138.24	0.00	0.00	35.39	0.00	0.00	141.55	141.55
SUB TOTAL		715.94	27.64	17.79	22.61	110.56	160.11	450.83	721.50
						V.C. DESAYUNO			722
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
RES CON HUESO	160.00	142.80	34.08	2.56	0.00	136.32	23.04	0.00	159.36
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
LECHUGA	50.00	9.03	0.75	0.10	1.95	3.00	0.90	7.80	11.70
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PALILLO MOLIDO	2.00	1.08	0.01	0.07	0.11	0.03	0.65	0.46	1.14
NARANJA DE MESA	150.00	124.88	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMON	12.00	1.84	0.06	0.02	1.16	0.24	0.22	4.68	5.14
AZUCAR RUBIA	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1145.93	62.99	15.05	205.59	251.94	135.43	822.38	1209.75
						V. C. ALMUERZO			1210
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + POLLO FRITO + PAPAS FRITA + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
CEBOLLA	38.00	16.76	0.53	0.08	4.29	2.13	0.68	17.18	19.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	130.00	119.80	2.73	0.13	28.99	10.92	1.17	115.96	128.05
ACEITE VEGETAL	9.00	79.56	0.00	9.00	0.00	0.00	81.00	0.00	81.00
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		799.90	29.38	19.98	130.88	117.53	179.82	523.52	820.87
						V. C. CENA			821
						% DIST. CENA			30%
VCT (Gr.)			120.01	52.82	359.08				
VCT (Kcal.)			480.03	475.36	1796.73				
VCT (%)			17%	17%	65%				
						V. C. T. MENU		100%	2752

CONTRATISTA

Leiriano García Idrogo
DNI: 26641889
CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

06/03/2019 20/03/2019

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		674.68	26.15	12.74	116.47	104.58	114.68	465.83	685.09
						V.C. DESAYUNO			685.09
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
CHOCLO DESGRANADO	15.00	22.50	0.57	0.15	4.40	2.28	1.35	17.58	21.21
AJI AMARILLO	1.00	0.30	0.01	0.01	0.09	0.04	0.06	0.35	0.45
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1144.23	48.72	23.16	198.65	194.89	208.37	794.56	1197.82
						V. C. ALMUERZO			1197.82
						% DIST. ALMUERZO			43%
CENA: ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		861.81	50.42	13.35	138.20	201.68	120.15	552.79	874.62
						V. C. CENA			874.62
						% DIST. CENA			32%
VCT (Gr.)			125.29	49.25	453.32				
VCT (Kcal.)			501.15	443.20	1813.18				
VCT (%)			18%	16%	66%				
						V. C. T. MENU		100%	2758

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897

RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TUMBES

DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

MENÚS CON APOORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON HOT DOG
	21/02/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
2	VIERNES	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
	22/02/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
3	SABADO	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
	23/02/2019	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
4	DOMINGO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	24/02/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
5	LUNES	CENA	MAIZENA CON LECHE + 02 PANES
	25/02/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
6	MARTES	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
	26/02/2019	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
7	MIERCOLES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	27/02/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
8	JUEVES	CENA	AGUADITO DE POLLO
	28/02/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
9	VIERNES	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	01/03/2019	CENA	SOPA DE TRIGO + RES CON HUESO
10	SABADO	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	02/03/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION
11	DOMINGO	CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS
	03/03/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HOT DOG
12	LUNES	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	04/03/2019	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
13	MARTES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	05/03/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
14	MIERCOLES	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
	06/03/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
15	DOMINGO	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	06/03/2019	CENA	MAIZENA CON LECHE + 02 PANES
16	LUNES	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	07/03/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
17	MARTES	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
	08/03/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
18	MIERCOLES	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	09/03/2019	CENA	AGUADITO DE POLLO
19	JUEVES	DESAYUNO	LECHE DE SOYA + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	10/03/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
20	VIERNES	CENA	SOPA DE TRIGO + RES CON HUESO
	11/03/2019	DESAYUNO	CHUFLA + 03 PANES CON CONSERVA DE PESCADO EN SARZA
21	SABADO	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION
	12/03/2019	CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS

CONTRATISTA


Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

NUTRICIONISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TUMBES

DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

MENÚS CON APOORTE CALÓRICO MAYOR A 2,500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
15	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON HOT DOG
	07/03/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
16	VIERNES	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
	08/03/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
17	SABADO	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
	09/03/2019	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
18	DOMINGO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	10/03/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
19	LUNES	CENA	MAIZENA CON LECHE + 02 PANES
	11/03/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
20	MARTES	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
	12/03/2019	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
21	MIERCOLES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	13/03/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
22	JUEVES	CENA	AGUADITO DE POLLO
	14/03/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
23	VIERNES	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	15/03/2019	CENA	SOPA DE TRIGO + RES CON HUESO
24	SABADO	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	16/03/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION
25	DOMINGO	CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS
	17/03/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HOT DOG
26	LUNES	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	18/03/2019	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
27	MARTES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	19/03/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
28	MIERCOLES	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
	20/03/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
29	DOMINGO	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	21/03/2019	CENA	MAIZENA CON LECHE + 02 PANES
30	LUNES	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	22/03/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION
31	MARTES	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
	23/03/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
32	MIERCOLES	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
	24/03/2019	CENA	AGUADITO DE POLLO
33	JUEVES	DESAYUNO	LECHE DE SOYA + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	25/03/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION
34	VIERNES	CENA	SOPA DE TRIGO + RES CON HUESO
	26/03/2019	DESAYUNO	CHUFLA + 03 PANES CON CONSERVA DE PESCADO EN SARZA
35	SABADO	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION
	27/03/2019	CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS

CONTRATISTA

Lauriano Garcia Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jonathan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

21/02/2019 07/03/2019

MENÚ N° 1 15

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON HOT DOG								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
AZUCAR RUBIA	16.00	0.00	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		20.19	20.57	98.78	80.74	185.13	395.11	660.98
					V.C. DESAYUNO			660.98
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	100.00	16.90	3.50	0.00	67.60	31.50	0.00	99.10
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
ARVEJAS FRESCAS	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
CEBOLLA	12.00	0.17	0.02	1.36	0.67	0.22	5.42	6.31
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
HIERBA BUENA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		37.25	15.56	220.13	148.96	140.04	880.51	1169.51
					V. C. ALMUERZO			1169.51
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO CON PAPAS + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
CORAZON DE POLLO	80.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
TOMATE	7.00	0.06	0.01	0.30	0.22	0.13	1.20	1.55
CEBOLLA	9.00	0.13	0.02	1.02	0.50	0.16	4.07	4.73
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	G	0.00	0.00	0.00
AZUCAR RUBIA	16.00	0.00	0.00	15.73	0.00	0.00	62.91	62.91
ACEITE VEGETAL	8.00	0.00	8.00	0.00	0.00	72.00	0.00	72.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.15	14.24	111.48	104.55	128.17	445.90	678.62
					V. C. CENA			678.62
					% DIST. CENA			27%
	VCT (Gr.)	83.59	50.37	430.39				
	VCT (Kcal.)	334.25	453.34	1721.52				
	VCT (%)	13%	18%	69%				
	V. C. T. MENU					100%		2509

CONTRATISTA

NUTRICIONISTA

Lc. Luciano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATÓLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

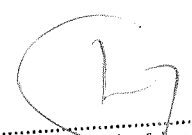
22/02/2019 08/03/2019

MENÚ N° 2 16

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 03 PANES CON ACEITUNA								
ACEITUNA	40.00	0.32	12.84	2.92	1.28	115.56	11.680	128.52
LECHE EVAPORADA	120.00	8.40	9.72	13.08	33.60	87.48	52.320	173.4
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	22.00	0.00	0.00	21.62	0.00	0.00	86.50	86.50
SUB TOTAL		16.28	22.74	95.04	65.12	204.66	380.18	649.96
					V.C. DESAYUNO			649.96
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) +INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	220.00	47.52	8.58	0.66	190.08	77.22	2.64	269.94
ARVEJA PARTIDA	60.00	13.02	1.92	36.66	52.08	17.28	146.64	216.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PEPINILLOS	30.00	0.15	0.03	0.78	0.6	0.27	3.12	3.99
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	0.00	0.00	24.57	0.00	0.00	98.30	98.30
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SUB TOTAL		73.86	21.6	192.47	295.45	194.4	769.91	1259.76
					V. C. ALMUERZO			1259.76
					% DIST. ALMUERZO			50%
CENA: ARROZ GRANEADO + CHANFAINITA + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
BOFE DE RES	60.00	8.04	1.32	0.00	32.16	11.88	0.00	44.04
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
HIERBA LUISA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
AZUCAR RUBIA	21.00	0.00	0.00	20.64	0.00	0.00	82.57	82.57
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		17.82	6.96	114.6	71.28	62.63	458.43	592.34
					V. C. CENA			592.34
					% DIST. CENA			24%
	VCT (Gr.)	107.96	51.3	402.11				
	VCT (Kcal.)	431.85	461.69	1608.5195				
	VCT (%)	17%	18%	64%				
					V. C. T. MENU			2502
						100%		

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
DNI: 26641889
CONTRATISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

23/02/2019 09/03/2019

MENÚ N° 3 17

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 03 PANES CON QUESO								
QUINUA	28.00	3.81	1.62	18.56	15.23	14.62	74.26	104.11
QUESO	30.00	4.89	3.09	1.02	19.56	27.81	4.08	51.45
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	46.00	0.16	0.00	45.23	0.00	0.00	180.87	180.87
SUB TOTAL		16.42	4.89	122.23	65.03	44.05	488.89	597.97
					V.C. DESAYUNO			597.97
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AZUCAR RUBIA	41.00	0.14	0.00	4.31	0.00	0.00	161.21	161.21
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		40.62	29.03	188.39	161.93	261.34	897.53	1320.80
					V. C. ALMUERZO			1320.80
					% DIST. ALMUERZO			53%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIZENA	50.00	0.30	0.10	43.35	1.20	0.90	173.40	175.50
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	41.00	0.14	0.00	4.31	0.00	0.00	161.21	161.21
SUB TOTAL		8.98	4.27	91.39	35.36	38.43	509.53	583.32
					V. C. CENA			583.32
					% DIST. CENA			23%
	VCT (Gr.)	66.0255	38.19	402.0165				
	VCT (Kcal.)	262.32	343.82	1895.956				
	VCT (%)	10%	14%	76%				
					V. C. T. MENU		100%	2502

CONTRATISTA

NUTRICIONISTA



 Lauriano García Hrogo
 DNI: 26641839
 CONTRATISTA



 Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

24/02/2019 10/03/2019

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 03 PANES CON MANJAR BLANCO								
AVENA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
MANJAR BLANCO	30.00	13.26	2.76	16.11	9.48	24.84	64.44	98.76
SUB TOTAL		23.66	4.29	135.00	50.52	38.61	539.96	629.09
					V.C. DESAYUNO			629.09
					% DIST. DESAYUNO			25%
TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA)+ INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES CON HUESO	150.00	31.95	2.40	0.00	127.80	21.60	0.00	149.40
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.10	3.13	3.49
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
AJI AMARILLO	3.00	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	1.00	0.00	0.00	0.05	0.00	0.00	0.20	0.20
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	35.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SUB TOTAL		52.23	28.32	196.58	208.90	254.50	786.32	1249.72
					V. C. ALMUERZO			1249.72
					% DIST. ALMUERZO			50%
CENA: ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	24.00	0.00	0.00	23.59	0.00	0.00	94.36	94.36
SUB TOTAL		25.75	15.69	94.85	103.03	141.13	379.44	623.60
					V. C. CENA			623.60
					% DIST. CENA			25%
	VCT (Gr.)	101.637	48.3	426.4287				
	VCT (Kcal.)	362.45	434.24	1705.7217				
	VCT (%)	14%	17%	68%				
					V. C. T. MENU			2502

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

25/02/2019 11/03/2019

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
JAMONADA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
SUB TOTAL		20.69	16.48	120.51	82.18	148.28	481.98	712.44
					V.C. DESAYUNO			712.44
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
BOFE DE RES	100.00	13.40	2.20	0.00	53.60	19.80	0.00	73.40
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.41	3.13	3.80
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
HIERBA BUENA	5.00	0.16	0.50	0.85	0.62	0.45	1.40	2.47
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
MENTA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		32.03	29.52	212.70	128.12	261.55	848.80	1238.47
					V. C. ALMUERZO			1238.47
					% DIST. ALMUERZO			49%
CENA: AGUADITO DE POLLO								
ARROZ	50.00	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO CON HUESO	100.00	18.20	10.20	22.30	72.80	91.80	0.00	164.60
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
ARVEJAS FRESCAS	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		25.94	20.77	89.10	103.76	186.93	267.20	557.89
					V. C. CENA			557.89
					% DIST. CENA			22%
	VCT (Gr.)	78.657	66.77	422.3057				
	VCT (Kcal.)	314.06	596.76	1597.98				
	VCT (%)	13%	24%	64%				
					V. C. T. MENU			100%
								2509

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

26/02/2019 12/03/2019

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MARGARINA								
SOYA	25.00	7.05	4.73	8.93	28.20	42.53	35.700	106.43
MARGARINA	20.00	0.12	16.2	0.06	0.48	145.8	0.240	146.52
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	21.00	0.00	0.00	20.64	0.00	0.00	82.57	82.57
SUB TOTAL		14.73	21.11	87.05	58.92	189.95	348.19	597.06
					V.C. DESAYUNO			597.06
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PAVITA	160.00	32.16	32.32	0.00	128.64	290.88	0.00	419.52
LENTEJAS SECAS	60.00	13.92	0.66	36.6	55.68	5.94	146.4	208.02
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	21.00	0.00	0.00	20.64	0.00	0.00	82.57	82.57
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		61.86	39.49	213.54	247.42	355.45	854.2	1457.07
					V. C. ALMUERZO			1457.07
					% DIST. ALMUERZO			58%
CENA: SOPA DE TRIGO + RES CON HUESO								
TRIGO	50.00	4.3	0.75	36.85	17.2	6.75	147.4	171.35
RES CON HUESO	100.00	21.3	1.60	0.00	85.20	14.40	0.00	99.60
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.24	3.84	4.5
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
PORO	18.00	0.49	0.14	1.37	1.94	1.30	5.47	8.71
CULANTRO	10.00	0.33	0.13	0.70	1.32	1.17	2.80	5.29
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
SUB TOTAL		28.89	7.89	64.98	115.52	71.02	259.91	446.45
					V. C. CENA			446.45
					% DIST. CENA			18%
	VCT (Gr.)	105.48	68.49	365.57				
	VCT (Kcal.)	421.86	616.42	1462.3				
	VCT (%)	17%	25%	58%				
					V. C. T. MENU		100%	2501

CONTRATISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

27/02/2019 13/03/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON MERMELADA								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.32	71.34
SUB TOTAL		10.54	1.59	143.35	41.52	14.31	573.36	629.19
					V.C. DESAYUNO			629.19
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CORAZON DE POLLO	100.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40
ARVEJAS SECAS	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	24.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	46.00	0.16	0.00	45.23	0.00	0.00	180.87	180.87
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.13	35.11	237.78	211.81	315.94	951.09	1478.84
					V. C. ALMUERZO			1478.84
					% DIST. ALMUERZO			59%
CENA: SOPA DE SEMOLA CON HUEVOS REVUELTOS								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
PORO	20.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
ACEITE VEGETAL	9.50	0.00	9.50	0.00	0.00	85.50	0.00	85.50
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		10.13	12.91	59.47	40.52	116.19	237.88	394.59
					V. C. CENA			394.59
					% DIST. CENA			16%
	VCT (Gr.)	73.80198	49.61	440.60326				
	VCT (Kcal.)	293.85	446.44	1762.3339				
	VCT (%)	12%	18%	70%				
					V. C. T. MENU		100%	2503

CONTRATISTA

NUTRICIONISTA

L. Mariano García Idrogo
DNI: 26641829
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

28/02/2019 14/03/2019

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON HOT DOG								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
AZUCAR RUBIA	16.00	0.00	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		20.19	20.57	98.78	80.74	185.13	395.11	660.98
					V.C. DESAYUNO			660.98
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	100.00	16.90	3.50	0.00	67.60	31.50	0.00	99.10
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
ARVEJAS FRESCAS	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
CEBOLLA	12.00	0.17	0.02	1.36	0.67	0.22	5.42	6.31
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
HIERBA BUENA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		37.25	15.56	220.13	148.96	140.04	880.51	1169.51
					V. C. ALMUERZO			1169.51
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO CON PAPAS + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
CORAZON DE POLLO	80.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
TOMATE	7.00	0.06	0.01	0.30	0.22	0.13	1.20	1.55
CEBOLLA	9.00	0.13	0.02	1.02	0.50	0.16	4.07	4.73
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	16.00	0.00	0.00	15.73	0.00	0.00	62.91	62.91
ACEITE VEGETAL	8.00	0.00	8.00	0.00	0.00	72.00	0.00	72.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.15	14.24	111.48	104.55	128.17	445.90	678.62
					V. C. CENA			678.62
					% DIST. CENA			27%
	VCT (Gr.)	83.59	50.37	430.39				
	VCT (Kcal.)	334.25	453.34	1721.52				
	VCT (%)	13%	18%	69%				
					V. C. T. MENU			100%
								2509

CONTRATISTA

NUTRICIONISTA

Lauriano García Jorogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

01/03/2019 15/03/2019

MENÚ N° 9 23

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 03 PANES CON ACEITUNA								
ACEITUNA	40.00	0.32	12.84	2.92	1.28	115.56	11.680	128.52
LECHE EVAPORADA	120.00	8.40	9.72	13.08	33.60	87.48	52.320	173.4
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	22.00	0.00	0.00	21.62	0.00	0.00	86.50	86.50
SUB TOTAL		16.28	22.74	95.04	65.12	204.66	380.18	649.96
					V.C. DESAYUNO			649.96
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) +INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	220.00	47.52	8.58	0.66	190.08	77.22	2.64	269.94
ARVEJA PARTIDA	60.00	13.02	1.92	36.66	52.08	17.28	146.64	216.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PEPINILLOS	30.00	0.15	0.03	0.78	0.6	0.27	3.12	3.99
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	0.00	0.00	24.57	0.00	0.00	98.30	98.30
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SUB TOTAL		73.86	21.6	192.47	295.45	194.4	769.91	1259.76
					V. C. ALMUERZO			1259.76
					% DIST. ALMUERZO			50%
CENA: ARROZ GRANEADO + CHANFAINITA + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
BOFE DE RES	60.00	8.04	1.32	0.00	32.16	11.88	0.00	44.04
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
HIERBA LUISA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
AZUCAR RUBIA	21.00	0.00	0.00	20.64	0.00	0.00	82.57	82.57
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		17.82	6.96	114.6	71.28	62.63	458.43	592.34
					V. C. CENA			592.34
					% DIST. CENA			24%
	VCT (Gr.)	107.96	51.3	402.11				
	VCT (Kcal.)	431.85	461.69	1608.5195				
	VCT (%)	17%	18%	64%				
					V. C. T. MENU			2502

CONTRATISTA

NUTRICIONISTA

Lic. Mariano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

02/03/2019 16/03/2019

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 03 PANES CON QUESO								
QUINUA	28.00	3.81	1.62	18.56	15.23	14.62	74.26	104.11
QUESO	30.00	4.89	3.09	1.02	19.56	27.81	4.08	51.45
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	46.00	0.16	0.00	45.23	0.00	0.00	180.87	180.87
SUB TOTAL		16.42	4.89	122.23	65.03	44.05	488.89	597.97
					V.C. DESAYUNO			597.97
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AZUCAR RUBIA	41.00	0.14	0.00	4.31	0.00	0.00	161.21	161.21
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		40.62	29.03	188.39	161.93	261.34	897.53	1320.80
					V. C. ALMUERZO			1320.80
					% DIST. ALMUERZO			53%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIZENA	50.00	0.30	0.10	43.35	1.20	0.90	173.40	175.50
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	41.00	0.14	0.00	4.31	0.00	0.00	161.21	161.21
SUB TOTAL		8.98	4.27	91.39	35.36	38.43	509.53	583.32
					V. C. CENA			583.32
					% DIST. CENA			23%
	VCT (Gr.)	66.0255	38.19	402.0165				
	VCT (Kcal.)	262.32	343.82	1895.956				
	VCT (%)	10%	14%	76%				
					V. C. T. MENU			100%
								2502

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

03/03/2019 17/03/2019

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 03 PANES CON HUEVO DURO								
AVENA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
AZUCAR RUBIA	35.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVO	55.00	7.43	4.62	1.05	29.70	41.58	4.18	75.46
SUB TOTAL		17.69	6.15	115.02	70.74	55.35	460.04	586.13
					V.C. DESAYUNO			586.13
					% DIST. DESAYUNO			23%
ALMUERZO: TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (NARANJA) + INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES CON HUESO	150.00	31.95	2.40	0.00	127.80	21.60	0.00	149.40
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.10	3.13	3.49
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
AJI AMARILLO	3.00	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	1.00	0.00	0.00	0.05	0.00	0.00	0.20	0.20
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	35.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SUB TOTAL		52.23	28.32	196.58	208.90	254.50	786.32	1249.72
					V. C. ALMUERZO			1249.72
					% DIST. ALMUERZO			50%
CENA: ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	35.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		25.75	15.69	105.67	103.03	141.13	422.70	666.86
					V. C. CENA			666.86
					% DIST. CENA			27%
VCT (Gr.)	95.67	50.16	417.27					
VCT (Kcal.)	382.67	450.98	1669.06					
VCT (%)	15%	18%	67%					
					V. C. T. MENU			100%
								2503

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

04/03/2019 18/03/2019

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
JAMONADA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
SUB TOTAL		20.69	16.48	120.51	82.18	148.28	481.98	712.44
					V.C. DESAYUNO			712.44
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
BOFE DE RES	100.00	13.40	2.20	0.00	53.60	19.80	0.00	73.40
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.41	3.13	3.80
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
HIERBA BUENA	5.00	0.16	0.50	0.85	0.62	0.45	1.40	2.47
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
MENTA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		32.03	29.52	212.70	128.12	261.55	848.80	1238.47
					V. C. ALMUERZO			1238.47
					% DIST. ALMUERZO			49%
CENA: AGUADITO DE POLLO								
ARROZ	50.00	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO CON HUESO	100.00	18.20	10.20	22.30	72.80	91.80	0.00	164.60
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
ARVEJAS FRESCAS	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		25.94	20.77	89.10	103.76	186.93	267.20	557.89
					V. C. CENA			557.89
					% DIST. CENA			22%
	VCT (Gr.)	78.657	66.77	422.3057				
	VCT (Kcal.)	314.06	596.76	1597.98				
	VCT (%)	13%	24%	64%				
					V. C. T. MENU			2509

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
 DN1: 26641889
 CONTRATISTA.

Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

05/03/2019 19/03/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES + 01 FRUTA (PLATANO DE SEDA)								
SOYA	25.00	7.05	4.73	8.93	28.20	42.53	35.700	106.43
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	16.00	0.00	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		16.86	5.36	113.58	67.44	48.20	454.290	569.93
					V.C. DESAYUNO			569.93
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PAVITA	160.00	32.16	32.32	0.00	128.64	290.88	0.00	419.52
LENTEJAS SECAS	60.00	13.92	0.66	36.6	55.68	5.94	146.4	208.02
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		61.86	39.49	222.39	247.42	355.45	889.59	1492.46
					V. C. ALMUERZO			1492.46
					% DIST. ALMUERZO			59%
CENA: SOPA DE TRIGO + RES CON HUESO								
TRIGO	50.00	4.3	0.75	36.85	17.2	6.75	147.4	171.35
RES CON HUESO	100.00	21.3	1.60	0.00	85.20	14.40	0.00	99.60
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.24	3.84	4.5
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
PORO	18.00	0.49	0.14	1.37	1.94	1.30	5.47	8.71
CULANTRO	10.00	0.33	0.13	0.70	1.32	1.17	2.80	5.29
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
SUB TOTAL		28.89	7.89	64.98	115.52	71.02	259.91	446.45
					V. C. CENA			446.45
					% DIST. CENA			18%
	VCT (Gr.)	107.61	52.74	400.95				
	VCT (Kcal.)	430.38	474.67	1603.79				
	VCT (%)	17%	19%	64%				
					V. C. T. MENU			2509

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TUMBES

06/03/2019 20/03/2019

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON CONSERVA DE PESCADO EN SARZA								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
ATUN	30.00	7.26	6.15	0.00	29.04	55.35	0.00	84.39
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LIMON	5.00	0.03	0.01	0.49	0.10	0.09	1.94	2.13
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
SUB TOTAL		18.11	7.75	122.77	71.86	69.75	491.02	632.63
					V.C. DESAYUNO			632.63
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + INFUSION								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CORAZON DE POLLO	100.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40
ARVEJAS SECAS	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	24.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	46.00	0.16	0.00	45.23	0.00	0.00	180.87	180.87
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.13	35.11	237.78	211.81	315.94	951.09	1478.84
					V. C. ALMUERZO			1478.84
					% DIST. ALMUERZO			59%
CENA: SOPA DE SEMOLA CON HUEVOS REVUELTOS								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
PORO	20.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
ACEITE VEGETAL	9.50	0.00	9.50	0.00	0.00	85.50	0.00	85.50
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		10.13	12.91	59.47	40.52	116.19	237.88	394.59
					V. C. CENA			394.59
					% DIST. CENA			16%
	VCT (Gr.)	81.3655	55.77	420.0157				
	VCT (Kcal.)	324.19	501.88	1679.992				
	VCT (%)	13%	20%	67%				
					V. C. T. MENU			100%
								2506

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. DE TUMBES

DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	21/02/2019					
2	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	22/02/2019					
3	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	23/02/2019					
4	DOMINGO	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	24/02/2019					
5	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSION
	25/02/2019					
6	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSION
	26/02/2019					
7	MIERCOLES	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	27/02/2019					
8	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	28/02/2019					
9	VIERNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	01/03/2019					
10	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	02/03/2019					
11	DOMINGO	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION
	03/03/2019					
12	LUNES	QUINUA CON LECHE + 01 PAN CON HOT DOG	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSION	MAZAMORRA DE NARANJA	ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION
	04/03/2019					
13	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	05/03/2019					
14	MIERCOLES	AVENA CON LECHE + 01 PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	06/03/2019					

CONTRATISTA


Lauriano García Idrogo
DNI: 26641889
CONTRATISTA

NUTRICIONISTA


Lic. Jonathan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. DE TUMBES
DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
15	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	07/03/2019					
16	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	08/03/2019					
17	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	09/03/2019					
18	DOMINGO	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	10/03/2019					
19	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSIÓN
	11/03/2019					
20	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSIÓN
	12/03/2019					
21	MIERCOLES	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	13/03/2019					
22	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	14/03/2019					
23	VIERNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	15/03/2019					
24	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	16/03/2019					
25	DOMINGO	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION
	17/03/2019					
26	LUNES	QUINUA CON LECHE + 01 PAN CON HOT DOG	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN	MAZAMORRA DE NARANJA	ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION
	18/03/2019					
27	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	19/03/2019					
28	MIERCOLES	AVENA CON LECHE + 01 PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	20/03/2019					

CONTRATISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

NUTRICIONISTA

Lic. Jonathan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

1

15

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SOYA + 01 PAN CON HUEVO SANCOCHADO									
SOYA	20.00	80.20	5.64	3.78	7.14	22.56	34.02	28.56	85.14
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		225.10	14.91	8.04	41.98	59.64	72.36	167.90	299.90
						VCT. DES.	299.90		20%

MEDIA MAÑANA LECHE									
LECHE EVAPORADA	80.00	114.40	5.60	6.48	8.72	22.40	58.32	34.88	115.60
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		133.60	5.60	6.48	13.64	22.40	58.32	54.54	135.26
						VCT. DES.	135.26		9%

ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		604.81	31.75	21.08	75.96	126.98	189.88	303.80	620.46
						VCT. ALM.	620.46		41%

MEDIA TARDE MAZAMORRA MORADA									
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
MAIZ MORADO CANELA	20.00	71.40	1.46	0.68	15.24	5.84	6.12	60.96	72.92
CANELA ENTERA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.60	1.58	0.72	35.53	6.32	6.48	142.12	154.92
						VCT. DES.	154.92		10%

CENA LECHE EVAPORADA + 01 PAN									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	3.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		296.77	11.27	10.19	40.63	45.08	91.67	162.52	299.27
						VCT. CEN	299.27		20%

VCT (Gr.)	65.11	46.51	207.74
VCT (Kcal.)	260.42	418.51	830.88
VCT (%)	17%	28%	55%

VCT. MENU	1510	100%
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CONTRATISTA

NUTRICIONISTA

Lc. Mariano García Jarrogo
DNI: 26641889
CONTRATISTA.

Lic. Jonathan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

13

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

2

16

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON POLLO									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
POLLO	30.00	0.00	5.46	3.06	0.00	21.84	27.54	0.00	49.38
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		230.30	14.98	11.22	34.96	59.92	100.98	139.82	300.72
						VCT. DES.	300.72		20%

MEDIA MAÑANA PLATANO DE LA ISLA PICADO									
PLATANO DE LA ISLA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
						VCT. DES.	139.05		9%

ALMUERZO: ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	120.00	129.60	24.72	4.32	0.00	98.88	38.88	0.00	137.76
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		579.39	30.81	14.84	83.37	123.22	133.58	333.45	590.25
						VCT. ALM.	590.25		39%

MEDIA TARDE MAIZENA CON LECHE									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.82	5.02	5.71	27.92	20.08	51.39	111.68	183.15
						VCT. DES.	183.15		12%

CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
HUEVOS ROSADOS	50.00	59.93	6.75	4.20	0.95	27.00	37.80	3.80	68.60
ESPINACA	10.00	2.24	0.19	0.06	0.63	0.76	0.54	2.52	3.82
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		289.27	11.12	7.53	45.83	44.48	67.77	183.30	295.55
						VCT. CEN	295.55		20%

VCT (Gr.)	64.18	39.75	223.58
VCT (Kcal.)	256.70	357.77	894.25
VCT (%)	17%	24%	59%

VCT. MENU	1509	100%
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CONTRATISTA

Lc. Miano García Idrogo
 DNI: 26641889
 CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

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ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Avena con leche + 01 pan con aceituna									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	0.00	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ACEITUNA	25.00	0.00	0.20	8.03	1.83	0.80	72.23	7.30	80.33
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.02	10.28	14.56	45.95	41.12	131.00	183.78	355.90
						VCT. DES.	355.90		20%

MEDIA MAÑANA Jugo de papaya									
PAPAYA	140.00	40.32	0.56	0.14	11.46	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.12	2.24	1.26	124.56	128.06
						VCT. DES.	128.06		7%

ALMUERZO: Arroz graneado + pollo a la plancha + papa frita + ensalada + limonada									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
PAPA BLANCA	35.00	32.25	0.74	0.04	7.81	2.94	0.32	31.22	34.48
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		725.78	27.86	32.65	84.85	111.40	293.81	339.34	744.55
						VCT. ALM.	744.55		43%

MEDIA TARDE Manzana picada en almibar									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		149.70	0.45	0.15	41.56	1.80	1.35	166.24	169.39
						VCT. DES.	169.39		10%

CENA Leche evaporada									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		342.85	11.27	10.19	52.43	45.08	91.67	209.70	346.45
						VCT. CEN.	346.45		20%

VCT (Gr.)	50.42	57.69	255.91
VCT (Kcal.)	201.64	519.09	1023.62
VCT (%)	12%	30%	59%

VCT. MENU	1744	100%
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CONTRATISTA

Lic. Wiliano García Idrogo
 DNI: 26641889
 CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

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ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE CON QUINUA + 01 PAN CON ATUN									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
QUINUA	20.00	74.80	2.72	1.16	13.26	10.88	10.44	53.04	74.36
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ATUN	20.00	0.00	4.84	4.10	0.00	19.36	36.90	0.00	56.26
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		281.40	14.98	10.99	44.95	59.92	98.91	179.78	338.61
						VCT. DES.	338.61		20%

MEDIA MAÑANA MANGO CON LECHE									
MANGO	140.00	69.72	0.56	0.28	22.26	2.24	2.52	89.04	93.80
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
AZUCAR REFINADA	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		185.18	5.46	5.95	33.82	21.84	53.55	135.29	210.68
						VCT. DES.	210.68		12%

ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
HIGADO DE RES	80.00	101.60	16.00	3.68	0.00	64.00	33.12	0.00	97.12
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PAPA BLANCA	25.00	23.04	0.53	0.03	5.58	2.10	0.23	22.30	24.63
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
ESPINACA	20.00	4.48	0.38	0.12	1.26	1.52	1.08	5.04	7.64
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.70	22.27	24.21	76.30	89.06	217.85	305.18	612.09
						VCT. ALM.	612.09		36%

MEDIA TARDE COMPOTA DE MANZANA									
MANZANA	140.00	68.04	0.42	0.14	20.44	1.68	1.26	81.76	84.70
MAIZENA	22.00	77.22	0.13	0.04	19.07	0.53	0.40	76.30	77.23
AZUCAR REFINADA	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		145.26	0.55	0.18	51.31	2.21	1.66	205.24	209.11
						VCT. DES.	209.11		12%

CENA SOPA DE SEMOLA + POLLO + INFUSION									
SEMOLA	26.00	94.12	2.03	0.29	20.38	8.11	2.57	81.54	92.22
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	2.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		321.78	17.36	8.63	46.63	69.43	77.63	186.52	333.58
						VCT. CEN	333.58		20%

VCT (Gr.)	60.62	49.96	253.01
VCT (Kcal.)	242.46	449.60	1012.01
VCT (%)	14%	26%	59%

VCT. MENU	1704	100%
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CONTRATISTA

Lauriano García Idrogo
 DNI: 26641889
 CONTRATISTA.

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P. 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON HUEVO DURO									
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		249.50	16.27	12.36	35.91	65.08	111.24	143.62	319.94
						VCT. DES.	319.94	20%	

MEDIA MAÑANA JUGO DE MANGO									
MANGO	150.00	74.70	0.60	0.30	23.85	2.40	2.70	95.40	100.50
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		93.90	0.60	0.30	28.77	2.40	2.70	115.06	120.16
						VCT. DES.	120		8%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	50.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ARVEJITA PARTIDA	60.00	210.60	13.02	1.92	36.66	52.08	17.28	146.64	216.00
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		687.24	36.26	12.52	111.81	145.04	112.68	447.24	704.96
						VCT. ALM.	704.96		44%

MEDIA TARDE PIÑA EN ALMIBAR									
PIÑA	140.00	34.05	0.56	0.28	13.72	2.24	2.52	54.88	59.64
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		110.85	0.56	0.28	33.38	2.24	2.52	133.52	138.28
						VCT. DES.	138.28		9%

CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION									
ARROZ SUPERIOR	20.00	71.80	1.64	0.10	15.56	6.56	0.90	62.24	69.70
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
HIGADO DE POLLO	80.00	125.60	16.40	5.60	1.28	65.60	50.40	5.12	121.12
ZANAHORIA	15.00	5.84	0.09	0.08	1.38	0.36	0.68	5.52	6.56
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		317.39	19.26	6.06	46.53	76.98	54.50	186.10	317.58
						VCT. CEN.	317.58		20%

VCT (Gr.)	72.95	31.52	256.40
VCT (Kcal)	291.74	283.64	1025.54
VCT (%)	18%	18%	64%

VCT. MENU	1600.92	100%
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CONTRATISTA


Lauriano García Idrogo
 DNI: 26641889
 CONTRATISTA

NUTRICIONISTA


Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P. 5897

09

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

6

20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: KIWICHA CON LECHE + 01 PAN CON QUESO									
KIWICHA	20.00	75.40	2.70	1.42	12.90	10.80	12.78	51.60	75.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		282.00	13.38	9.21	45.27	53.52	82.89	181.06	317.47
VCT. DES.						317.47			20%

MEDIA MAÑANA FRESA CON LECHE									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
FRESAS	140.00	57.40	0.98	1.12	12.46	3.92	10.08	49.84	63.84
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		188.22	5.88	6.79	27.95	23.52	61.11	111.82	196.45
						VCT. DES.	196		12%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		658.07	33.72	14.08	100.38	134.88	126.72	401.46	663.06
						VCT. ALM.	663.06		41%

MEDIA TARDE MANZANA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	19.66	19.66
SUB TOTAL		72.90	0.45	0.15	21.90	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		7%

CENA SOPA A LA MINUTA CON POLLO + INFUSION									
FIDEO	25.00	90.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
POLLO	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		305.36	14.51	6.36	50.29	58.04	57.24	201.16	316.44
						VCT. CEN	316.44		20%

VCT (Gr.)	67.94	36.59	245.79
VCT (Kcal.)	271.76	329.31	1002.76
VCT (%)	17%	21%	63%

VCT. MENU	1604	100%
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CONTRATISTA

NUTRICIONISTA


 Luciano García Ilrogo
 DNI: 26641889
 CONTRATISTA


 Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

7

21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE CON AVENA + 01 PAN CON MANJAR BLANCO									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
MANJAR BLANCO	7.00	22.54	0.55	0.64	3.76	2.21	5.80	15.04	23.05
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		317.74	10.63	7.17	54.76	42.53	64.57	219.04	326.14
						VCT. DES.	326.14	20%	

MEDIA MAÑANA PAPAYA PICADA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		97.92	0.56	0.14	26.23	2.24	1.26	104.90	108.40
						VCT. DES.	108.40		7%

ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
PAVITA	120.00	289.44	24.12	24.24	0.00	96.48	218.16	0.00	314.64
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		705.00	41.90	27.11	79.43	167.60	244.03	317.70	729.33
						VCT. ALM.	729.33		45%

MEDIA TARDE PLATANO DE SEDA									
PLATANO DE SEDA	140.00	79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
SUB TOTAL		79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
						VCT. DES.	129.78		8%

CENA SOPA DE AVENA + POLLO + INFUSION									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		312.80	17.22	13.96	34.06	68.88	125.64	136.24	330.76
						VCT. CEN	330.76		20%

VCT (Gr.)	72.41	48.80	223.88
VCT (Kcal.)	220.77	313.64	759.24
VCT (%)	14%	19%	47%

VCT. MENU	1624	100%
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CONTRATISTA

Lauriano García Ilrogo
DNI: 26641809
CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897

07

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

8

22

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SOYA + 01 PAN CON JAMONADA									
SOYA	20.00	80.20	5.64	3.78	7.14	22.56	34.02	28.56	85.14
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
JAMONADA	20.00	0.00	3.14	5.90	0.00	12.56	53.10	0.00	65.66
AZUCAR REFINADA	12.00	46.08	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		213.58	11.30	9.74	38.08	45.20	87.66	152.30	285.16
						VCT. DES.	285.16		20%

MEDIA MAÑANA LECHE									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		173.72	7.00	8.10	18.76	28.00	72.90	75.06	175.96
						VCT. DES.	175.96		12%

ALMUERZO: ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	12.00	46.80	0.00	0.00	11.80	0.00	0.00	47.18	47.18
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		519.84	25.18	14.03	75.09	100.70	126.23	300.34	527.27
						VCT. ALM.	527.27		36%

MEDIA TARDE MAZAMORRA MORADA									
MAIZENA	20.00	72.40	0.12	0.04	17.34	0.48	0.36	69.36	70.20
MAIZ MORADO	20.00	71.40	1.46	0.68	15.24	5.84	6.12	60.96	72.92
CANELA ENTERA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	8.00	0.00	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		143.80	1.58	0.72	40.44	6.32	6.48	161.78	174.58
						VCT. DES.	174.58		12%

CENA LECHE EVAPORADA + 01 PAN									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		285.25	11.27	10.19	37.69	45.08	91.67	150.72	287.47
						VCT. CEN	287.47		20%

VCT (Gr.)	56.33	42.78	210.06
VCT (Kcal.)	225.30	384.94	840.20
VCT (%)	16%	27%	58%

VCT. MENU	1450	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Ilrogo
DNI: 26641889
CONTRATISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

06

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ Nº

9

23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PALTA									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN	30.00	87.30	2.52	0.60	19.14	10.08	0.54	76.56	87.18
PALTA	25.00	0.00	0.43	3.13	1.40	1.70	28.13	5.60	35.43
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		230.30	9.95	11.83	36.36	39.78	101.57	145.42	286.77
						VCT. DES.	286.77		20%

MEDIA MAÑANA PLATANO DE SEDA PICADO									
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
						VCT. DES.	139.05		10%

ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	120.00	129.60	24.72	4.32	0.00	98.88	38.88	0.00	137.76
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		521.79	30.81	14.84	68.62	123.22	133.58	274.47	531.27
						VCT. ALM.	531.27		38%

MEDIA TARDE MAZAMORRA DE NARANJA									
MAIZENA	25.00	87.75	0.15	0.05	21.68	0.60	0.45	86.70	87.75
NARANJA	100.00	34.20	1.20	0.20	10.90	4.80	1.80	43.60	50.20
AZUCAR REFINADA	6.00	23.04	0.00	0.00	5.90	0.00	0.00	23.59	23.59
SUB TOTAL		144.99	1.35	0.25	38.48	5.40	2.25	153.89	161.54
						VCT. DES.	161.54		12%

CENA SOPA DE SEMOLA + CARNE DE RES + INFUSION									
SEMOLA	20.00	72.40	1.56	0.22	15.68	6.24	1.98	62.72	70.94
CARNE DE RES	50.00	47.25	10.65	0.80	0.00	42.60	7.20	0.00	49.80
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
ZAPALLO	10.00	2.60	0.07	0.02	0.64	0.28	0.18	2.56	3.02
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		278.93	12.84	9.19	37.82	51.36	82.71	151.24	285.31
						VCT. CEN.	285.31		20%

VCT (Gr.)	57.20	36.56	212.78
VCT (Kcal.)	228.76	324.16	851.02
VCT (%)	16%	23%	61%

VCT. MENU	1404	100%
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CONTRATISTA

NUTRICIONISTA



 Lauriano García Idrogo
 DNI: 26641839
 CONTRATISTA.



 Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

05

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Avena con leche + 01 pan con aceituna									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	0.00	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ACEITUNA	25.00	0.00	0.20	8.03	1.83	0.80	72.23	7.30	80.33
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.02	10.28	14.56	45.95	41.12	131.00	183.78	355.90
						VCT. DES.	355.90		20%

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.06
						VCT. DES.	128.06		7%

ALMUERZO: Arroz graneado + pollo al sillao + menestra + ensalada + limonada									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		800.15	40.79	23.23	111.47	163.14	209.07	445.84	818.05
						VCT. ALM.	818.05		46%

MEDIA TARDE MANZANA PICADA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		111.30	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		7%

CENA LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	22.00	84.48	0.00	0.00	21.63	0.00	0.00	86.50	86.50
SUB TOTAL		350.53	11.27	10.19	54.40	45.08	91.67	217.56	354.31
						VCT. CEN	354.31		20%

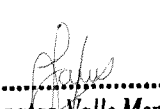
VCT (Gr.)	63.35	48.27	274.69
VCT (Kcal.)	253.38	434.35	1098.66
VCT (%)	14%	24%	62%

VCT. MENU	1786	100%
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CONTRATISTA

NUTRICIONISTA


Lic. Luciano García Idrogo
 DNI: 26641889
 CONTRATISTA


Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

04

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

11

25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
PESCADO	50.00	0.00	10.80	1.95	0.15	43.20	17.55	0.60	61.35
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		261.02	20.32	10.11	38.05	81.28	90.99	152.22	324.49
						VCT. DES.	324.49		20%

MEDIA MAÑANA COMPOTA DE MANZANA									
MANZANA	140.00	68.04	0.42	0.14	20.44	1.68	1.26	81.76	84.70
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		157.44	0.54	0.18	42.70	2.16	1.62	170.78	174.56
						VCT. DES.	174.56		11%

ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE CERDO	80.00	142.56	11.52	12.08	0.00	46.08	108.72	0.00	154.80
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CAMOTE	60.00	69.60	0.72	0.12	16.56	2.88	1.08	66.24	70.20
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		599.05	17.38	22.54	84.46	69.52	202.86	337.84	610.22
						VCT. ALM.	610.22		38%

MEDIA TARDE MAZAMORRA MORADA									
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		159.45	1.95	0.89	41.31	7.78	8.01	165.22	181.01
						VCT. DES.	181.01		11%

CENA SOPA DE TRIGO + POLLO + INFUSION									
TRIGO	25.00	89.50	2.10	0.35	19.03	8.40	3.15	76.10	87.65
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
POLLO	80.00	122.41	14.56	8.16	0.00	58.24	73.44	0.00	131.68
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
AZUCAR REFINADA	18.00	69.12	0.00	0.00	17.69	0.00	0.00	70.78	70.78
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		309.49	17.43	8.69	43.31	69.72	78.21	173.22	321.15
						VCT. CEN	321.15		20%

VCT (Gr.)	57.62	42.41	249.83
VCT (Kcal.)	230.46	381.69	999.28
VCT (%)	14%	24%	62%

VCT. MENU	1611	100%
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CONTRATISTA

Lic. Ariano García Idrogo
DNI: 26641889
CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

03

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

12

26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON LECHE + 01 PAN CON HOT DOG									
QUINUA	20.00	74.80	2.72	1.16	13.26	10.88	10.44	53.04	74.36
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HOT DOG DE POLLO	20.00	0.00	2.20	6.86	0.00	8.80	61.74	0.00	70.54
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		273.72	12.34	13.75	42.98	49.36	123.75	171.92	345.03
						VCT. DES.	345.03	20%	
MEDIA MAÑANA JUGO DE MANGO									
MANGO	140.00	69.72	0.56	0.28	22.26	2.24	2.52	89.04	93.80
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		146.52	0.56	0.28	41.92	2.24	2.52	167.68	172.44
						VCT. DES.	172	10%	
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	50.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
PAPA AMARILLA	35.00	34.25	0.70	0.14	8.16	2.80	1.26	32.62	36.68
MARGARINA	7.00	50.40	0.04	5.67	0.02	0.17	51.03	0.08	51.28
ZAPALLO	20.00	5.20	0.14	0.04	1.28	0.56	0.36	5.12	6.04
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		623.81	24.12	29.45	69.87	96.49	265.05	279.44	640.98
						VCT. ALM.	640.98	38%	
MEDIA TARDE MAZAMORRA DE NARANJA									
NARANJA DE MESA	140.00	47.88	1.68	0.28	15.26	6.72	2.52	61.04	70.28
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFIANDA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		175.68	1.80	0.32	47.35	7.20	2.88	189.38	199.46
						VCT. DES.	199.46	12%	
CENA ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		328.90	18.87	8.47	45.74	75.48	76.23	182.94	334.65
						VCT. CEN	334.65	20%	
VCT (Gr.) 57.69 52.27 247.86									
VCT (Kcal) 230.77 470.43 991.36									
VCT (%) 14% 28% 59%									
						VCT. MENU	1692.56	100%	

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI: 26641889
CONTRATISTA.

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P 5897

02

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

13

27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: KIWICHA CON LECHE + 01 PAN CON QUESO									
KIWICHA	20.00	75.40	2.70	1.42	12.90	10.80	12.78	51.60	75.18
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		282.00	13.38	9.21	45.27	53.52	82.89	181.06	317.47
						VCT. DES.	317.47		20%

MEDIA MAÑANA FRESA CON LECHE									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
FRESAS	140.00	57.40	0.98	1.12	12.46	3.92	10.08	49.84	63.84
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		169.02	5.88	6.79	23.04	23.52	61.11	92.16	176.79
						VCT. DES.	177		11%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		600.26	33.50	6.04	103.73	134.00	54.36	414.88	603.24
						VCT. ALM.	603.24		38%

MEDIA TARDE MANZANA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		149.70	0.45	0.15	41.56	1.80	1.35	166.24	169.39
						VCT. DES.	169.39		11%

CENA ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	0.80	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	51.84	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.16	0.16	0.09	0.86	1.11
CEBOLLA	5.00	2.21	0.07	0.01	0.28	0.28	0.09	2.26	2.63
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		322.01	17.37	4.66	94.93	69.48	41.94	210.54	321.96
						VCT. CEN	321.96		20%

VCT (Gr.)	70.58	26.85	308.53
VCT (Kcal.)	282.32	241.65	1064.88
VCT (%)	18%	15%	67%

VCT. MENU	1589	100%
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CONTRATISTA

NUTRICIONISTA



 Lauriano García Idrogo
 DNI: 26641889
 CONTRATISTA.



 Lic. Jhonatan Valle Mendoza
 BROMATOLOGO NUTRICIONISTA
 C.N.P 5897

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N°

14

28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE + 01 PAN CON MERMELEADA									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		290.98	10.38	6.54	50.19	40.43	58.90	200.75	300.08
						VCT. DES.	300.08		20%
MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.06
						VCT. DES.	128.06		9%
ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		619.23	32.69	9.99	101.06	130.76	89.95	404.20	624.91
						VCT.ALM.	624.91		42%
MEDIA TARDE PLATANO DE SEDA									
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
						VCT. DES.	139.05		9%
CENA SOPA DE FIDEO + POLLO + INFUSION									
FIDEO	20.00	72.00	1.88	0.04	15.64	7.52	0.36	62.56	70.44
PAPA AMARILLA	28.00	27.40	0.56	0.11	6.52	2.24	1.01	26.10	29.35
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		279.40	17.00	8.31	36.91	68.00	74.81	147.64	290.45
						VCT.CEN	290.45		20%
VCT (Gr.) 62.88 25.43 250.80									
VCT (Kcal.) 182.43 154.16 855.51									
VCT (%) 12% 10% 58%									
						VCT. MENU	1483		100%

CONTRATISTA

Lauriano García Idrogo
DNI: 26641839
CONTRATISTA

NUTRICIONISTA

Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
C.N.P. 5897