

**CONSORCIO DAYANN BRIGH E.I.R.L –LAURIANO GARCIA
IDROGO**

50

Chiclayo, 15 de marzo de 2019

CARTA N°045-2019 – CONCORCIO TRUJILLO.

Lic.

MONICA MENDIETA PAREDES

Administradora del Establecimiento Penitenciario de Trujillo – Mujeres.


Mónica D. Mendieta Paredes
ADMINISTRADORA
E.P. MUJERES TRUJILLO

15-03-2019

Hora: 11.45

ASUNTO : Remito subsanación de Menús
periodo del 21 de Marzo al 20 Abril
de 2019, correspondiente al
EP.M.Trujillo.

REFERENCIA : Contrato N°029-2018-INPE/17.
Correo Zimbra (13-03-2019)

Tengo el agrado de dirigirme a Ud. Para saludarla muy cordialmente y la vez en mérito al documento signado en la referencia, remitir a su despacho dentro del plazo establecido, la subsanación de los Menús periodo del 21 de Marzo al 20 Abril de 2019, correspondiente al EPM.Trujillo, para su conocimiento y fines.

En espera de su atención a la presente, aprovecho la oportunidad para reiterar los sentimientos de mi especial consideración y estima personal.

Atentamente:



GLADYS IDROGO CIEZA.Z
Representante del Consorcio

CONSORCIO: **DAYANN BRIGH E.I.R.L - LAURIANO GARCIA IDROGO**

CARTA N° 049 - 2019 - CONSORCIO - TRUJILLO.

MONICA MENDIETA PAREDES
ADMINISTRADOR DEL E.P. TRUJILLO MUJERES

ASUNTO: Relación de menús

REFERENCIA: CONTRATO N° 029-2018-INPE/17 - TRUJILLO

Presente.

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos y personal de seguridad que labora 24x48 horas, que se brindara desde el **21 DE MARZO del 2019 hasta el 20 DE ABRIL del 2019**, en relación con el **contrato N° 031-2017-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24x48 horas del Establecimiento Penitenciario de Trujillo Mujeres **(de la Oficina Regional Norte – Chiclayo)**."

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

Chiclayo, 05 de Marzo del 2019.

FOLIOS (48)
Atentamente:


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Mónica D. Mendieta Paredes
ADMINISTRADORA
E.P. MUJERES TRUJILLO

Recibido

06-03-2019

15.30

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TRUJILLO VARONES, TRUJILLOS MUJERES Y PACASMAYO

DEL 21 DE MARZO AL 20 DE ABRIL DE 2019

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES 21/03/2019	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
2	VIERNES 22/03/2019	CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
		DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
3	SABADO 23/03/2019	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
		DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
4	DOMINGO 24/03/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
		CENA	ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION
5	LUNES 25/03/2019	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
6	MARTES 26/03/2019	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
7	MIERCOLES 27/03/2019	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
8	JUEVES 28/03/2019	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
9	VIERNES 29/03/2019	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 (PIÑA)
10	SABADO 30/03/2019	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA MIXTA
11	DOMINGO 31/03/2019	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)
12	LUNES 01/04/2019	ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
13	MARTES 02/04/2019	DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
14	MIERCOLES 03/04/2019	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
15	JUEVES 04/04/2019	SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
16	VIERNES 05/04/2019	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

CONTRATISTA

NUTRICIONISTA

**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TRUJILLO VARONES, TRUJILLOS
MUJERES Y PACASMAYO
DEL 21 DE MARZO AL 20 DE ABRIL DE 2019**

48

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	SABADO 06/04/2019	DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
18	DOMINGO 07/04/2019	CENA	ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
19	LUNES 08/04/2019	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
20	MARTES 09/04/2019	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
21	MIERCOLES 10/04/2019	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
22	JUEVES 11/04/2019	CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA MIXTA
23	VIERNES 12/04/2019	SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PIÑA)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
24	SABADO 13/04/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGUITO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
25	DOMINGO 14/04/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
26	LUNES 15/04/2019	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
		DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
		ENTRADA	ENSALADA FRESCA
27	MARTES 16/04/2019	SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
		CENA	ARROZ GRANEADO + SALTADITO DE RES + PAPAS EN RODAJAS + INFUSION
		DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
28	MIERCOLES 17/04/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION
29	JUEVES 18/04/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
30	VIERNES 19/04/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
		ENTRADA	ENSALADA
31	SABADO 20/04/2019	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO

CONTRATISTA

NUTRICIONISTA




416

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

21/03/2019 04/04/2019 18/04/2019

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)							PROT	
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
AZÚCAR 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			26%
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZÚCAR 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		1179.56	45.26	20.90	209.75	181.03	188.06	839.01	1208.10
						V. C. ALMUERZO			1208.10
						% DIST. ALMUERZO			43%
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	5.00	44.20	0.00	5.00	0.00	0.00	150.00	0.00	150.00
AZÚCAR 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		736.79	28.76	25.94	103.66	115.03	338.51	411.76	865.30
						V. C. CENA			865.30
						% DIST. CENA			31%
						VCT (Gr.)			90.36
						VCT (Kcal.)			361.42
						VCT (%)			13%
						V. C. T. MENU		100%	2820

CONTRATISTA


LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

45

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

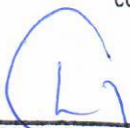
22/03/2019 05/04/2019 19/04/2019

MENÚ N° 2 16 30

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	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		665.70	23.71	20.01	100.76	94.84	180.05	403.00	677.89
						V.C. DESAYUNO			677.89
						% DIST. DESAYUNO			25%
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1277.97	60.58	28.10	189.23	242.33	252.90	756.91	1252.14
						V. C. ALMUERZO			1252.14
						% DIST. ALMUERZO			45%
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.)	115.95	65.57	427.49			
			VCT (Kcal.)	463.82	590.09	1709.90			
			VCT (%)	17%	21%	62%			
						V. C. T. MENU		100%	2764

CONTRATISTA

NUTRICIONISTA


LAURIANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

23/03/2019		06/04/2019		20/04/2019		MENÚ N°		3		17		31	
ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL				
	(g)						(g)	(g)		(g)	PROT	GRASAS	CARB.
KIWICHA + 03 PANES CON TORTILLA DE VERDURAS													
DESAYUNO:													
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30				
SUB TOTAL		660.62	19.66	21.15	102.57	78.60	190.31	410.23	679.14				
		V.C. DESAYUNO							679.14				
		% DIST. DESAYUNO							25%				
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	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				
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	69.82	0.00	0.00	17.87	0.00	0.00	71.46	71.46				
SUB TOTAL		1209.21	40.93	31.81	197.62	163.73	286.31	790.46	1240.50				
		V. C. ALMUERZO							1240.50				
		% DIST. ALMUERZO							45%				
CENA: ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION													
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65				
MOLLEJITA	100.00	157.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40				
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60				
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61				
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	15.00	132.60	0.00	15.00	0.00	0.00	135.00	0.00	135.00				
SUB TOTAL		839.26	31.41	22.63	127.87	125.63	203.71	511.46	840.80				
		V. C. CENA							840.80				
		% DIST. CENA							30%				
		VCT (Gr.)		92.00	75.59	428.06							
		VCT (Kcal.)		367.96	680.33	1712.15							
		VCT (%)		13%	25%	62%							
		V. C. T. MENU						100%	2760				

CONTRATISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Cabañero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

24/03/2019 07/04/2019

MENÚ N° 4 18

24/03/2019 07/04/2019

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			26%
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			44%
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	35.00	153.60	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		865.39	30.32	21.18	139.47	121.27	190.54	558.19	870.00
						V. C. CENA			870
						% DIST. CENA			30%
						VCT (Gr.)		108.12	79.52
						VCT (Kcal.)		432.45	715.57
						VCT (%)		15%	25%
						V. C. T. MENU		100%	2894

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverra
LIC NUTRICIÓN
CNP 4672

42

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

25/03/2019 08/04/2019

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	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SUB TOTAL		574.70	23.89	16.89	109.75	95.54	152.01	438.99	686.54
						V.C. DESAYUNO			687
						% DIST. DESAYUNO			25%
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		1222.89	79.09	24.98	177.34	316.37	224.78	709.33	1250.48
						V. C. ALMUERZO			1250
						% DIST. ALMUERZO			45%
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	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
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		725.94	32.77	7.03	157.93	127.07	63.18	631.65	821.90
						V. C. CENA			822
						% DIST. CENA			30%
						VCT (Gr.)			135.75
						VCT (Kcal.)			538.98
						VCT (%)			20%
						V. C. T. MENU			100%
									2759

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

26/03/2019 09/04/2019

MENÚ Nº 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
						VCT (Kcal.)		480.03	475.36
						VCT (%)		17%	17%
						V. C. T. MENU		100%	2752

CONTRATISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

40

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

27/03/2019 10/04/2019

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	5.66	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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		1164.96	48.77	23.18	204.54	195.09	208.55	818.10	1221.74
						V. C. ALMUERZO			1221.74
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + 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	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	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		841.97	49.79	13.26	133.12	199.16	119.34	532.45	850.95
						V. C. CENA			850.95
						% DIST. CENA			31%
		VCT (Gr.)	124.71	49.18	454.13				
		VCT (Kcal.)	498.83	442.57	1816.38				
		VCT (%)	18%	16%	66%				
						V. C. T. MENU		100%	2758

CONTRATISTA

NUTRICIONISTA


LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

39

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

28/03/2019 11/04/2019

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	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			26%
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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		1179.56	45.26	20.90	209.75	181.03	188.06	839.01	1208.10
						V. C. ALMUERZO			1208.10
						% DIST. ALMUERZO			43%
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	5.00	44.20	0.00	5.00	0.00	0.00	150.00	0.00	150.00
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		736.79	28.76	25.94	103.66	115.03	338.51	411.76	865.30
						V. C. CENA			865.30
						% DIST. CENA			31%
	VCT (Gr.)		90.36	73.40	424.00				
	VCT (Kcal.)		361.42	765.61	1693.09				
	VCT (%)		13%	27%	60%				
						V. C. T. MENU			2820

CONTRATISTA


LAURIANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

38

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

29/03/2019 12/04/2019

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	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		665.70	23.71	20.01	100.76	94.84	180.05	403.00	677.89
						V.C. DESAYUNO			677.89
						% DIST. DESAYUNO			25%
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1277.97	60.58	28.10	189.23	242.33	252.90	756.91	1252.14
						V. C. ALMUERZO			1252.14
						% DIST. ALMUERZO			45%
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.)		115.95		65.57	427.49				
VCT (Kcal.)		463.82		590.09	1709.90				
VCT (%)		17%		21%	62%				
						V. C. T. MENU		100%	2764

CONTRATISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

34

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP, DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

30/03/2019 13/04/2019

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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		660.62	19.66	21.15	102.57	78.60	190.31	410.23	679.14
						V.C. DESAYUNO			679.14
						% DIST. DESAYUNO			25%
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	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
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	69.82	0.00	0.00	17.87	0.00	0.00	71.46	71.46
SUB TOTAL		1209.21	40.93	31.81	197.62	163.73	286.31	790.46	1240.50
						V. C. ALMUERZO			1240.50
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS +INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
MOLLEJITA	100.00	157.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
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	15.00	132.60	0.00	15.00	0.00	0.00	135.00	0.00	135.00
SUB TOTAL		839.26	31.41	22.63	127.87	125.63	203.71	511.46	840.80
						V. C. CENA			840.80
						% DIST. CENA			30%
VCT (Gr.)			92.00	75.59	428.06				
VCT (Kcal.)			367.96	680.33	1712.15				
VCT (%)			13%	25%	62%				
						V. C. T. MENU		100%	2760

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIQ NUTRICIÓN
CNP 4672

36

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

31/03/2019 14/04/2019

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		728.93	22.30	21.16	117.27	89.18	190.44	469.02	748.64
						V.C. DESAYUNO			749
						% DIST. DESAYUNO			26%
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			44%
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	35.00	153.60	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		865.39	30.32	21.18	139.47	121.27	190.54	558.19	870.00
						V. C. CENA			870
						% DIST. CENA			30%
VCT (Gr.)			108.12	79.52	436.50				
VCT (Kcal.)			432.45	715.57	1746.26				
VCT (%)			15%	25%	60%				
						V. C. T. MENU		100%	2894

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Capallero Salverredy
LIC NUTRICIÓN
CNP 4672

35

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

01/04/2019 15/04/2019

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	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SUB TOTAL		574.70	23.89	16.89	109.75	95.54	152.01	438.99	686.54
						V.C. DESAYUNO			687
						% DIST. DESAYUNO			25%
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		1222.89	79.09	24.98	177.34	316.37	224.78	709.33	1250.48
						V. C. ALMUERZO			1250
						% DIST. ALMUERZO			45%
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	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
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		725.94	32.77	7.03	157.93	127.07	63.18	631.65	821.90
						V. C. CENA			822
						% DIST. CENA			30%
						VCT (Gr.)			135.75
						VCT (Kcal.)			538.98
						VCT (%)			20%
						V. C. T. MENU		100%	2759

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

34

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP, DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

02/04/2019 16/04/2019

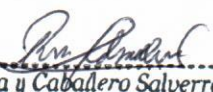
MENÚ Nº 13 27

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

NUTRICIONISTA


LAURIANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

33

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

03/04/2019 17/04/2019

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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		1164.96	48.77	23.18	204.54	195.09	208.55	818.10	1221.74
						V. C. ALMUERZO			1221.74
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + 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	38.00	16.76	0.53	0.08	4.29	2.13	0.68	17.18	19.99
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		843.29	49.83	13.27	133.45	199.33	119.39	533.81	852.53
						V. C. CENA			852.53
						% DIST. CENA			31%
VCT (Gr.)			124.75	49.19	454.46				
VCT (Kcal.)			499.00	442.62	1817.74				
VCT (%)			18%	16%	66%				
						V. C. T. MENU		100%	2759

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES
Y PACASMAYO**

DEL 21 DE MARZO AL 20 DE ABRIL DE 2019

MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	21/03/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
2	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	22/03/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
3	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	23/03/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
4	DOMINGO	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	24/03/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
5	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	25/03/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
6	MARTES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
	26/03/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
7	MIERCOLES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	27/03/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
8	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	28/03/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
9	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	29/03/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
10	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	30/03/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
11	DOMINGO	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	31/03/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
12	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	01/04/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
13	MARTES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
	02/04/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
14	MIERCOLES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	03/04/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
15	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	04/04/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
16	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	05/04/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE

CONTRATISTA

NUTRICIONISTA

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES
Y PACASMAYO**
DEL 21 DE MARZO AL 20 DE ABRIL DE 2019

31

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

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	06/04/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
18	DOMINGO	CENA	MAIZENA CON LECHE + 02 PANES
	07/04/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
19	LUNES	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	08/04/2019	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
20	MARTES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	09/04/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
21	MIERCOLES	CENA	AGUADITO DE POLLO
	10/04/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
22	JUEVES	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	11/04/2019	CENA	SOPA DE TRIGO + RES CON HUESO
23	VIERNES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	12/04/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
24	SABADO	CENA	ARROZ CON LECHE + 02 PANES
	13/04/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
25	DOMINGO	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	14/04/2019	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
26	LUNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	15/04/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
27	MARTES	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
	16/04/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
28	MIERCOLES	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	17/04/2019	CENA	MAIZENA CON LECHE + 02 PANES
29	JUEVES	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	18/04/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
30	VIERNES	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
	19/04/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
31	SABADO	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	20/04/2019	CENA	AGUADITO DE POLLO

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONTRATISTA


Rosa M. Caballero Sahuerredu
NUTRICIONISTA

30

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

21/03/2019 04/04/2019 18/04/2019

MENÚ N° 1 15 29

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 MORTADELA								
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
MORTADELA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	50.00	0.17	0.00	49.16	0.00	0.00	196.60	196.60
SUB TOTAL		20.67	15.70	132.21	81.98	141.30	528.80	752.08
					V.C. DESAYUNO			752.08
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFresco DE SOBRE								
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
ARVEJA	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	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
CHOCLO DESGRANADO	10.00	0.38	0.10	2.93	1.52	0.90	11.72	14.14
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
AZUCAR RUBIA	50.00	0.17	0.00	49.16	0.00	0.00	196.60	196.60
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
REFresco DE SOBRE	10.00	9.91	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		47.01	30.45	238.32	147.72	273.97	953.27	1374.96
					V. C. ALMUERZO			1374.96
					% DIST. ALMUERZO			52%
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	50.00	1.05	0.05	11.15	4.20	0.45	44.60	49.25
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	5.00	0.19	0.00	4.92	0.00	0.00	19.66	19.66
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.29	9.19	89.52	100.35	82.72	358.05	541.12
					V. C. CENA			541.12
					% DIST. CENA			20%
	VCT (Gr.)	92.97	55.34	460.05				
	VCT (Kcal.)	330.05	497.99	1840.12				
	VCT (%)	12%	19%	69%				
					V. C. T. MENU			100%
								2668

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

29

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

22/03/2019 05/04/2019 19/04/2019

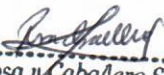
MENÚ N° 2 16 30

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	229.680	261.54
AZUCAR RUBIA	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		16.40	22.74	107.83	65.12	204.66	431.3	701.08
					V.C. DESAYUNO			701.08
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
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	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
REFRESCO DE SOBRE	10.00	9.91	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		72.58	19.44	223.43	250.21	174.96	893.71	1318.88
					V. C. ALMUERZO			1318.88
					% DIST. ALMUERZO			52%
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	50.00	1.05	0.05	11.15	4.20	0.45	44.60	49.25
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
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
AZUCAR RUBIA	10.00	0.04	0.00	9.83	0.00	0.00	39.32	39.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		16.87	6.93	92.978	67.34	62.32	371.96	501.62
					V. C. CENA			501.62
					% DIST. CENA			20%
	VCT (Gr.)	105.85	49.11	424.24				
	VCT (Kcal.)	382.67	441.94	1696.97				
	VCT (%)	15%	18%	67%				
					V. C. T. MENU			100%
								2522

CONTRATISTA

NUTRICIONISTA


LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

23/03/2019 06/04/2019 20/04/2019

MENÚ N° 3 17 31

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	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
SUB TOTAL		16.40	4.89	116.33	65.03	44.05	465.30	574.38
					V.C. DESAYUNO			574.38
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
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	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
REFRESCO DE SOBRE	10.00	9.91	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		57.45	43.05	216.31	189.72	387.48	865.24	1442.44
					V. C. ALMUERZO			1442.44
					% DIST. ALMUERZO			57%
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	25.00	0.09	0.00	19.66	0.00	0.00	78.66	78.66
SUB TOTAL		8.93	4.27	106.74	35.36	38.43	426.98	500.77
					V. C. CENA			500.77
					% DIST. CENA			20%
	VCT (Gr.)	82.78	52.21	439.38				
	VCT (Kcal.)	290.11	469.96	1757.52				
	VCT (%)	12%	19%	70%				
					V. C. T. MENU			100%
								2518

CONTRATISTA

NUTRICIONISTA

LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
ROSALBA Y CABALLERO SALVERREDY
LIC NUTRICIÓN
CNP 4672

27

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

24/03/2019 07/04/2019

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%
ALMUERZO: TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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	98.5
ACEITE VEGETAL	25.00	0.00	30.00	0.00	0.00	270.00	0.00	270
PEPINILLOS	30.00	0.15	0.03	0.78	0.6	0.27	3.12	3.99
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	3.6
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0
VINAGRE	1.00	0.00	0.00	0.05	0.00	0.00	0.20	0.2
REFRESCO DE SOBRE	10.00	9.91	0.00	0.00	0.00	0.00	0.00	0
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		63.90	33.49	222.67	215.40	301.07	890.66	1407.13
					V. C. ALMUERZO			1407.13
					% DIST. ALMUERZO			55%
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	2.00	0.00	2.00	0.00	0.00	18.00	0.00	18.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	5.00	0.19	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		25.94	12.69	76.18	103.03	114.13	304.74	521.90
					V. C. CENA			521.90
					% DIST. CENA			20%
	VCT (Gr.)	113.5	50.47	433.85				
	VCT (Kcal.)	368.95	453.81	1735.36				
	VCT (%)	14%	18%	68%				
					V. C. T. MENU			100%
								2558

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

25/03/2019 08/04/2019

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) + REFRESCO DE SOBRE								
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	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	18.00	0.25	0.04	2.03	1.01	0.32	8.14	9.47
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	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
ACEITE VEGETAL	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
REFRESCO DE SOBRE	10.00	9.91	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		41.82	34.47	220.77	127.08	306.10	881.02	1314.20
					V. C. ALMUERZO			1314.20
					% DIST. ALMUERZO			52%
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	70.00	1.47	0.07	15.61	5.88	0.63	62.44	68.95
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	6.00	0.00	6.00	0.00	0.00	54.00	0.00	54.00
SUB TOTAL		25.31	16.74	82.41	101.24	150.66	240.44	492.34
					V. C. CENA			492.34
					% DIST. CENA			20%
	VCT (Gr.)	87.82	67.69	423.69				
	VCT (Kcal.)	310.5	605.04	1603.44				
	VCT (%)	12%	24%	64%				
					V. C. T. MENU			2519

CONTRATISTA

NUTRICIONISTA



LAURIANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO



Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

26/03/2019 09/04/2019

MENÚ N° 6 20

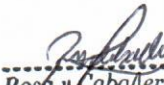
ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MARGARINA								
SOYA	25.00	7.05	4.73	8.93	28.20	42.53	35.700	106.43
MARGARINA	20.00	0.12	16.2	0.06	0.48	145.8	0.240	146.52
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
SUB TOTAL		14.82	21.11	90.98	58.92	189.95	363.92	612.79
					V.C. DESAYUNO			612.79
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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
REFRESCO DE SOBRE	10.00	9.91	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	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		71.86	39.49	217.47	247.42	355.45	869.9276	1472.80
					V. C. ALMUERZO			1472.80
					% 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	70.00	1.47	0.07	15.61	5.88	0.63	62.44	68.95
SUB TOTAL		28.26	7.86	58.29	113.00	70.75	233.15	416.9
					V. C. CENA			416.90
					% DIST. CENA			17%
	VCT (Gr.)	114.94	68.46	366.74				
	VCT (Kcal.)	419.34	616.15	1466.9952				
	VCT (%)	17%	25%	59%				
					V. C. T. MENU		100%	2502

CONTRATISTA

NUTRICIONISTA



LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO



Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

24

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

27/03/2019 10/04/2019

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
AZUCAR RUBIA	30.00	0.11	0.00	29.49	0.00	0.00	117.96	117.96
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
MERMELADA	20.00	0.08	0.04	11.72	0.32	0.36	46.88	47.56
SUB TOTAL		10.45	1.57	120.77	41.36	14.13	483.08	538.57
					V.C. DESAYUNO			538.57
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	25.00	0.20	0.05	1.08	0.80	0.45	4.30	5.55
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
ACEITE VEGETAL	24.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	10.00	9.91	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		64.27	35.22	236.26	217.03	316.93	945.06	1479.02
					V. C. ALMUERZO			1479.02
					% DIST. ALMUERZO			59%
CENA: ARROZ CON LECHE + 2 PANES								
ARROZ	40.00	3.28	0.20	31.12	13.12	1.80	124.48	139.40
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
SUB TOTAL		11.91	4.37	99.42	47.28	39.33	397.70	484.31
					V. C. CENA			484.31
					% DIST. CENA			19%
	VCT (Gr.)	86.63	41.16	456.4528				
	VCT (Kcal.)	305.67	370.39	1825.8352				
	VCT (%)	12%	15%	73%				
					V. C. T. MENU			100%
								2502

CONTRATISTA


LAURLANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


 Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

28/03/2019 11/04/2019

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 MORTADELA								
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
MORTADELA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	50.00	0.17	0.00	49.16	0.00	0.00	196.60	196.60
SUB TOTAL		20.67	15.70	132.21	81.98	141.30	528.80	752.08
					V.C. DESAYUNO			752.08
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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
ARVEJA	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	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
CHOCLO DESGRANADO	10.00	0.38	0.10	2.93	1.52	0.90	11.72	14.14
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
AZUCAR RUBIA	50.00	0.17	0.00	49.16	0.00	0.00	196.60	196.60
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
REFRESCO DE SOBRE	10.00	9.91	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		47.01	30.45	238.32	147.72	273.97	953.27	1374.96
					V. C. ALMUERZO			1374.96
					% DIST. ALMUERZO			52%
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	50.00	1.05	0.05	11.15	4.20	0.45	44.60	49.25
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	5.00	0.19	0.00	4.92	0.00	0.00	19.66	19.66
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.29	9.19	89.52	100.35	82.72	358.05	541.12
					V. C. CENA			541.12
					% DIST. CENA			20%
VCT (Gr.)	92.97	55.34	460.05					
VCT (Kcal.)	330.05	497.99	1840.12					
VCT (%)	12%	19%	69%					
					V. C. T. MENU			100%
								2668

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

29/03/2019 12/04/2019

MENÚ N° 9 23

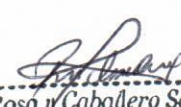
ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 03 PANES CON ACEITUNA								
ACEITUNA	40.00	0.32	12.84	2.92	1.28	115.56	11.680	128.52
LECHE EVAPORADA	120.00	8.40	9.72	13.08	33.60	87.48	52.320	173.4
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		16.40	22.74	107.83	65.12	204.66	431.3	701.08
					V.C. DESAYUNO			701.08
					% DIST. DESAYUNO			28%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
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	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
REFRESCO DE SOBRE	10.00	9.91	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		72.58	19.44	223.43	250.21	174.96	893.71	1318.88
					V. C. ALMUERZO			1318.88
					% DIST. ALMUERZO			52%
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	50.00	1.05	0.05	11.15	4.20	0.45	44.60	49.25
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
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
AZUCAR RUBIA	10.00	0.04	0.00	9.83	0.00	0.00	39.32	39.32
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		16.87	6.93	92.978	67.34	62.32	371.96	501.62
					V. C. CENA			501.62
					% DIST. CENA			20%
	VCT (Gr.)	105.85	49.11	424.24				
	VCT (Kcal.)	382.67	441.94	1696.97				
	VCT (%)	15%	18%	67%				
					V. C. T. MENU			100%
								2522

CONTRATISTA

NUTRICIONISTA



LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO



Rosa y Caballero Salveredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

30/03/2019 13/04/2019

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	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
SUB TOTAL		16.40	4.89	116.33	65.03	44.05	465.30	574.38
					V.C. DESAYUNO			574.38
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
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	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
REFRESCO DE SOBRE	10.00	9.91	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		57.45	43.05	216.31	189.72	387.48	865.24	1442.44
					V. C. ALMUERZO			1442.44
					% DIST. ALMUERZO			57%
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	25.00	0.09	0.00	19.66	0.00	0.00	78.66	78.66
SUB TOTAL		8.93	4.27	106.74	35.36	38.43	426.98	500.77
					V. C. CENA			500.77
					% DIST. CENA			20%
	VCT (Gr.)	82.78	52.21	439.38				
	VCT (Kcal.)	290.11	469.96	1757.52				
	VCT (%)	12%	19%	70%				
					V. C. T. MENU			100%
								2518

CONTRATISTA

NUTRICIONISTA


LAURIANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO


 Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y FACASMAYO

31/03/2019 14/04/2019

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 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%
ALMUERZO: TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFresco DE SOBRE								
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	98.5
ACEITE VEGETAL	25.00	0.00	30.00	0.00	0.00	270.00	0.00	270
PEPINILLOS	30.00	0.15	0.03	0.78	0.6	0.27	3.12	3.99
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	3.6
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0
VINAGRE	1.00	0.00	0.00	0.05	0.00	0.00	0.20	0.2
REFresco DE SOBRE	10.00	9.91	0.00	0.00	0.00	0.00	0.00	0
AZUCAR RUBIA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		63.90	33.49	222.67	215.40	301.07	890.66	1407.13
					V. C. ALMUERZO			1407.13
					% DIST. ALMUERZO			55%
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	2.00	0.00	2.00	0.00	0.00	18.00	0.00	18.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	5.00	0.19	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		25.94	12.69	76.18	103.03	114.13	304.74	521.90
					V. C. CENA			521.90
					% DIST. CENA			20%
VCT (Gr.)	113.5	50.47	433.85					
VCT (Kcal.)	368.95	453.81	1735.36					
VCT (%)	14%	18%	68%					
					V. C. T. MENU			100%
								2558

CONTRATISTA

NUTRICIONISTA


LAURLANO GARCIA IDROGO
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

01/04/2019 15/04/2019

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) + REFRESCO DE SOBRE								
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	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	18.00	0.25	0.04	2.03	1.01	0.32	8.14	9.47
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	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28
ACEITE VEGETAL	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
REFRESCO DE SOBRE	10.00	9.91	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		41.82	34.47	220.77	127.08	306.10	881.02	1314.20
					V. C. ALMUERZO			1314.20
					% DIST. ALMUERZO			52%
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	70.00	1.47	0.07	15.61	5.88	0.63	62.44	68.95
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	6.00	0.00	6.00	0.00	0.00	54.00	0.00	54.00
SUB TOTAL		25.31	16.74	82.41	101.24	150.66	240.44	492.34
					V. C. CENA			492.34
					% DIST. CENA			20%
	VCT (Gr.)	87.82	67.69	423.69				
	VCT (Kcal.)	310.5	605.04	1603.44				
	VCT (%)	12%	24%	64%				
					V. C. T. MENU			2519

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

18

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

02/04/2019 16/04/2019

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 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	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
SUB TOTAL		14.82	21.11	90.98	58.92	189.95	363.92	612.79
					V.C. DESAYUNO			612.79
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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
REFRESCO DE SOBRE	10.00	9.91	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	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		71.86	39.49	217.47	247.42	355.45	869.9276	1472.80
					V. C. ALMUERZO			1472.80
					% 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	70.00	1.47	0.07	15.61	5.88	0.63	62.44	68.95
SUB TOTAL		28.26	7.86	58.29	113.00	70.75	233.15	416.9
					V. C. CENA			416.90
					% DIST. CENA			17%
	VCT (Gr.)	114.94	68.46	366.74				
	VCT (Kcal.)	419.34	616.15	1466.9952				
	VCT (%)	17%	25%	59%				
					V. C. T. MENU			100%
								2502

CONTRATISTA

NUTRICIONISTA


LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

03/04/2019 17/04/2019

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 MERMELEDA								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
AZUCAR RUBIA	30.00	0.11	0.00	29.49	0.00	0.00	117.96	117.96
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
MERMELADA	20.00	0.08	0.04	11.72	0.32	0.36	46.88	47.56
SUB TOTAL		10.45	1.57	120.77	41.36	14.13	483.08	538.57
					V.C. DESAYUNO			538.57
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
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	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	25.00	0.20	0.05	1.08	0.80	0.45	4.30	5.55
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
ACEITE VEGETAL	24.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	10.00	9.91	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		64.27	35.22	236.26	217.03	316.93	945.06	1479.02
					V. C. ALMUERZO			1479.02
					% DIST. ALMUERZO			59%
CENA: ARROZ CON LECHE + 2 PANES								
ARROZ	40.00	3.28	0.20	31.12	13.12	1.80	124.48	139.40
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
SUB TOTAL		11.91	4.37	99.42	47.28	39.33	397.70	484.31
					V. C. CENA			484.31
					% DIST. CENA			19%
VCT (Gr.)		86.63	41.16	456.4528				
VCT (Kcal.)		305.67	370.39	1825.8352				
VCT (%)		12%	15%	73%				
					V. C. T. MENU		100%	2502

CONTRATISTA

NUTRICIONISTA

LAURLANO GARCIA IDROGO
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

16

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE MARZO AL 20 DE ABRIL 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
	21/03/2019					
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
	22/03/2019					
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
	23/03/2019					
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
	24/03/2019					
5	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION	PIÑA EN ALMIBAR	AGUADITO CON MENUDECIA DE POLLO + INFUSION
	25/03/2019					
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
	26/03/2019					
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
	27/03/2019					
8	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	28/03/2019					
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
	29/03/2019					
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
	30/03/2019					
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
	31/03/2019					
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
	01/04/2019					
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
	02/04/2019					
14	MIERCOLES	AVENA CON LECHE + 01 PAN CON MERMELADA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	03/04/2019					
15	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	04/04/2019					
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
	05/04/2019					

CONTRATISTA

NUTRICIONISTA

15

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE MARZO AL 20 DE ABRIL DE 2019

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

N°	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
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
	06/04/2019					
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
	07/04/2019					
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
	08/04/2019					
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
	09/04/2019					
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
	10/04/2019					
22	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	11/04/2019					
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
	12/04/2019					
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
	13/04/2019					
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
	14/04/2019					
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
	15/04/2019					
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
	16/04/2019					
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
	17/04/2019					
29	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	18/04/2019					
30	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
	19/04/2019					
31	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
	20/04/2019					

CONTRATISTA

NUTRICIONISTA




Rosa y Caballero Salverredy

14

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

MENÚ N° 1 15 29

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	189.68	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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP. 4672

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

MENÚ N° 2 16 30

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%
-----------	------	------

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salverredy
LIC NUTRICIÓN

12

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

MENÚ N° 3 17 31

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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

[Handwritten signature]

[Handwritten signature]
Rosa y Cabelero Salverredy
LIC NUTRICIÓN
CNP 4672

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

MENÚ N°

4

18

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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CND 4672

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

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%

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salveredy
 LIC NUTRICIÓN
 CNP 4672

07

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

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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Cábiller Salveredy
LIC NUTRICIÓN
CNP. 4672

08

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

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
AZÚCAR 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
AZÚCAR 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
AZÚCAR 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
AZÚCAR 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%
------------------	-------------	-------------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

08

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

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. GEN	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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

06

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

MENÚ N°

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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

05

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

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%

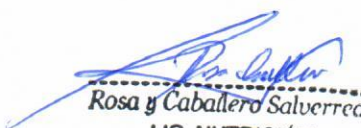
VCT (Gr.)	63.35	48.27	274.69
VCT (Kcal.)	253.38	434.35	1098.66
VCT (%)	14%	24%	62%

VCT. MENU	1786	100%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

04

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

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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

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

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%

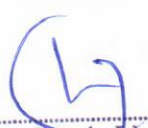
MEDIA TARDE MAZAMORRA DE NARANJA									
NARANJA DE MESA	140.00	47.88	1.68	0.28	15.26	6.72	2.52	61.04	70.28
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		175.68	1.80	0.32	47.35	7.20	2.88	189.38	199.46
						VCT. 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%

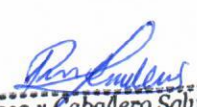
VCT (Gr.)	57.69	52.27	247.86
VCT (Kcal)	230.77	470.43	991.36
VCT (%)	14%	28%	59%

VCT. MENU	1692.56	100%
------------------	----------------	-------------

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

02

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

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
AZÚCAR 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
AZÚCAR 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
AZÚCAR 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
AZÚCAR 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
AZÚCAR 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%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672

02

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

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 MERMELADA									
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

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP 4672