

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

Chiclayo, 03 de Abril de 2019

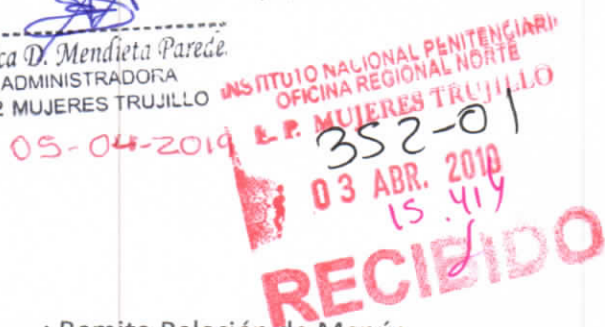
Mónica D. Mendieta Parede
ADMINISTRADORA
MUJERES TRUJILLO

CARTA N°062-2019 – CONCORCIO TRUJILLO

Lic.

LILIAM HURTADO SAGASTEGUI.

Directora del EPM.Trujillo.



ASUNTO : Remito Relación de Menús.

REF. : Contrato N°029-2018-INPE/17.131.

Tengo el agrado de dirigirme a Ud. Para saludarla muy cordialmente y la vez hacer llegar la relación de menús, para internos y personal de seguridad que labora 24 x 48 horas, que se brindará desde **21 de Abril al 20 de Mayo de 2019**, según **contrato N°029-2018-INPE/17.131**, "Servicio de alimentación para internos (as), niños y personal de seguridad que labora 24 x 48 horas, de los establecimientos Penitenciarios de los departamentos de Trujillo y Piura - ITEM Establecimiento Penitenciario Trujillo Mujeres – Oficina Regional Norte Chiclayo.

Sin otro particular, aprovecho la oportunidad para reiterar los sentimientos de mi especial consideración y estima personal.

Atentamente.

Lauriano García Idrogo
Representante del Consorcio.

Folios ()

C.c.

Administración de Atenciones
Liliana Hurtado Sagastegui
DIRECTORA
E.P. MUJERES TRUJILLO



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

DEL 21 DE ABRIL AL 20 DE MAYO DE 2019

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	21/04/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
2	LUNES	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSIÓN
	22/04/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
3	MARTES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	23/04/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
4	MIERCOLES	ENTRADA	ENSALADA
	24/04/2019	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
5	JUEVES	DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
	25/04/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)
6	VIERNES	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
	26/04/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
7	SABADO	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
	27/04/2019	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
8	DOMINGO	ENTRADA	ENSALADA FRESCA
	28/04/2019	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
9	LUNES	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	29/04/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
10	MARTES	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSIÓN
	30/04/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
11	MIERCOLES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	01/05/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
12	JUEVES	ENTRADA	ENSALADA
	02/05/2019	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
13	VIERNES	DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
	03/05/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)
14	SABADO	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
	04/05/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
15	DOMINGO	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
	05/05/2019	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
		DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS

CONTRATISTA

NUTRICIONISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
LIC NUTRICIÓN
CNP. 4672

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

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
16	LUNES 06/05/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
17	MARTES 07/05/2019	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
18	MIÉRCOLES 08/05/2019	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)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
19	JUEVES 09/05/2019	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
20	VIERNES 10/05/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
21	SABADO 11/05/2019	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)
		CENA	ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION
22	DOMINGO 12/05/2019	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION
23	LUNES 13/05/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
24	MARTES 14/05/2019	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
25	MIÉRCOLES 15/05/2019	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)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION
26	JUEVES 16/05/2019	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION
27	VIERNES 17/05/2019	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
28	SABADO 18/05/2019	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)
		CENA	ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION
29	DOMINGO 19/05/2019	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
30	LUNES 20/05/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
		CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

21/04/2019 05/05/2019		19/05/2019		MENÚ N°		1		15		29		
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 Iñárraga
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

22/04/2019 06/05/2019 20/05/2019

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: 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	48.90	445.02					
VCT (Kcal.)		538.98	439.97	1779.97					
VCT (%)		20%	16%	65%					
V. C. T. MENU									2759

CONTRATISTA

NUTRICIONISTA


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa 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

23/04/2019 07/05/2019

MENÚ N° 3 17

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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			2752

CONTRATISTA

NUTRICIONISTA

Lauriano García 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

24/04/2019 08/05/2019

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON 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	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1145.76	48.77	23.18	199.62	195.09	208.55	798.44	1202.08
V. C. ALMUERZO									1202.08
% 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	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
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		852.97	50.42	12.35	138.20	201.68	111.15	552.79	865.62
V. C. CENA									865.62
% DIST. CENA									31%
VCT (Gr.)			125.34	48.27	454.29				
VCT (Kcal.)			501.35	434.38	1817.06				
VCT (%)			18%	16%	66%				
V. C. T. MENU									100%
									2753

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

25/04/2019 09/05/2019

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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 + INFUSION									
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		100%	2820

CONTRATISTA

Lauriano García 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

26/04/2019 10/05/2019

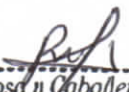
MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE 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 García 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

27/04/2019 11/05/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

28/04/2019 12/05/2019

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 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%
								</	

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosaly Caballero Salterredy
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

29/04/2019 13/05/2019

MENÚ N° 9 23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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	48.90	445.02					
VCT (Kcal.)		538.98	439.97	1779.97					
VCT (%)		20%	16%	65%					
						V. C. T. MENU			100%
									2759

CONTRATISTA


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa Coballero 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

30/04/2019 14/05/2019

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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	
						VCT (Kcal.)		480.03	
						VCT (%)		17%	
						V. C. T. MENU		100%	
								2752	

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

01/05/2019 15/05/2019

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 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	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1145.76	48.77	23.18	199.62	195.09	208.55	798.44	1202.08
						V. C. ALMUERZO			1202.08
						% 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	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
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		852.97	50.42	12.35	138.20	201.68	111.15	552.79	865.62
						V. C. CENA			865.62
						% DIST. CENA			31%
						VCT (Gr.)		125.34	48.27
						VCT (Kcal.)		501.35	434.38
						VCT (%)		18%	16%
						V. C. T. MENU		100%	2753

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa Caballero Salazar
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

02/05/2019 16/05/2019

MENÚ N° 12 26

02/05/2019 16/05/2019		MENÚ N°							
ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
QUINUA CON LECHE + 03 PANES CON ACEITUNA									
DESAYUNO:									
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 + INFUSION									
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			100%
									2820

CONTRATISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Cevalero 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

03/05/2019 17/05/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE 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 García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salverredy
LIC NUTRICIÓN
ONP 4672

FORMATO - B

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

04/05/2019 18/05/2019

MENÚ N° 14 28

04/03/2015 - 10/03/2015									
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									2760

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosdy Coballero Salverredy
LIC NUTRICIÓN
CNP 4672

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

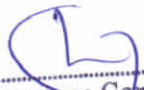
DEL 21 DE ABRIL AL 20 DE MAYO DE 2019

MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	21/04/2019	ALMUERZO	TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
2	LUNES	CENA	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION
	22/04/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
3	MARTES	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	23/04/2019	CENA	AGUADITO DE POLLO
4	MIÉRCOLES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
	24/04/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
5	JUEVES	CENA	SOPA DE TRIGO + RES CON HUESO
	25/04/2019	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
6	VIERNES	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	26/04/2019	CENA	ARROZ CON LECHE + 02 PANES
7	SABADO	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	27/04/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
8	DOMINGO	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
	28/04/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
9	LUNES	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	29/04/2019	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
10	MARTES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	30/04/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
11	MIÉRCOLES	CENA	MAIZENA CON LECHE + 02 PANES
	01/05/2019	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
12	JUEVES	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	02/05/2019	CENA	ARROZ CON LECHE + 02 PANES
13	VIERNES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	03/05/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
14	SABADO	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
	04/05/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
15	DOMINGO	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	05/05/2019	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION

CONTRATISTA

NUTRICIONISTA


Lauriano García 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 ABRIL AL 20 DE MAYO DE 2019

MENÚS CON APOORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
16	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	06/05/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	AGUADITO DE POLLO
17	MARTES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
	07/05/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE TRIGO + RES CON HUESO
18	MIÉRCOLES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	08/05/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ CON LECHE + 02 PANES
19	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	09/05/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSIÓN
20	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	10/05/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
21	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	11/05/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	MAIZENA CON LECHE + 02 PANES
22	DOMINGO	ALMUERZO	AVENA + 03 PANES CON MANJAR BLANCO
	12/05/2019	CENA	TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
			ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION
23	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	13/05/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	AGUADITO DE POLLO
24	MARTES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MARGARINA
	14/05/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE TRIGO + RES CON HUESO
25	MIÉRCOLES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	15/05/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ CON LECHE + 02 PANES
26	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	16/05/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
27	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	17/05/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
28	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	18/05/2019	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	MAIZENA CON LECHE + 02 PANES
29	DOMINGO	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	19/05/2019	ALMUERZO	TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION
30	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	20/05/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	AGUADITO DE POLLO

CONTRATISTA

NUTRICIONISTA


Lauriano García 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

21/04/2019 05/05/2019 19/05/2019

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 + 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

Lauriano García Irujo
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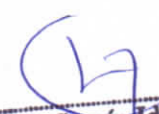
FORMATO N° 01 - A

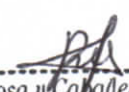
DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

22/04/2019	06/05/2019	20/05/2019	MENÚ N°			2	16	30		
ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL		
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.			
KIWICHA CON LECHE + 03 PANES CON JAMONADA										
DESAYUNO:										
	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98		
KIWICHA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15		
LECHE EVAPORADA	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54		
PAN	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49		
JAMONADA	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28		
AZUCAR RUBIA					82.18	148.28	481.98	712.44		
SUB TOTAL		20.69	16.48	120.51				712.44		
					V.C. DESAYUNO					
					% DIST. DESAYUNO				28%	
ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE										
ALMUERZO:										
	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75		
ARROZ	100.00	13.40	2.20	0.00	53.60	19.80	0.00	73.40		
BOFE DE RES	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02		
AJOS	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33		
TOMATE	18.00	0.25	0.04	2.03	1.01	0.32	8.14	9.47		
CEBOLLA	1.00	0.07	0.05	0.78	0.26	0.41	3.13	3.80		
ACHIOTE MOLIDO	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14		
COL SILVESTRE	5.00	0.16	0.50	0.85	0.62	0.45	1.40	2.47		
HIERBA BUENA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50		
PAPA BLANCA	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72		
COMINO MOLIDO	40.00	0.14	0.00	39.33	0.00	0.00	157.28	157.28		
AZUCAR RUBIA	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00		
ACEITE VEGETAL	10.00	9.91	0.00	0.00	0.00	0.00	0.00	0.00		
REFRESCO DE SOBRE	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32		
PLATANO DE SEDA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
SAL					127.08	306.10	881.02	1314.20		
SUB TOTAL		41.82	34.47	220.77				1314.20		
					V. C. ALMUERZO					
					% DIST. ALMUERZO				52%	
AGUADITO DE POLLO										
CENA:										
	50.00	4.10	0.25	38.90	16.40	2.25	155.60	174.25		
ARROZ	100.00	18.20	10.20	22.30	72.80	91.80	0.00	164.60		
POLLO CON HUESO	70.00	1.47	0.07	15.61	5.88	0.63	62.44	68.95		
PAPA BLANCA	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80		
ARVEJAS FRESCAS	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74		
ZANAHORIA	6.00	0.00	6.00	0.00	0.00	54.00	0.00	54.00		
ACEITE VEGETAL					101.24	150.66	240.44	492.34		
SUB TOTAL		25.31	16.74	82.41				492.34		
					V. C. CENA					
					% 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			100%	2519	

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Capallero 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

23/04/2019 07/05/2019

MENÚ N° 3 17

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

Lauriano García 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

24/04/2019 08/05/2019

MENÚ N° 4 18

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			2502

CONTRATISTA

NUTRICIONISTA

Lauriano García 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 PAGASMAYO

25/04/2019 09/05/2019

MENÚ N° 5 19

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 CORAZÓN 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			2668

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Caballero Salverredy
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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

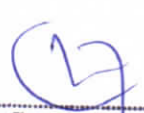
26/04/2019 10/05/2019

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 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 García 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

27/04/2019 11/05/2019

MENÚ N° 7 21

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 García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa 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

28/04/2019 12/05/2019

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 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

Lauriano García 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

29/04/2019 13/05/2019

MENÚ N° 9 23

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			100%
								2519

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Cabañero 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

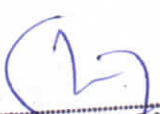
30/04/2019 14/05/2019

MENÚ N° 10 24

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


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
LIC (NUTRICIÓN
CNP 4672

20

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

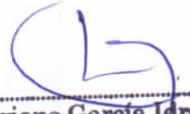
01/05/2019 15/05/2019

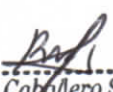
MENÚ N° 11 25

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

NUTRICIONISTA


Lauriano García 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

02/05/2019 16/05/2019

MENÚ N° 12 26

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

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa y Cabañero 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

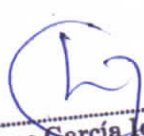
03/05/2019 17/05/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 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

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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

04/05/2019 18/05/2019

MENÚ N° 14 28

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			2518
							100%	

CONTRATISTA

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

MENÚ CON APORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	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
	21/04/2019					
2	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSION
	22/04/2019					
3	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
	23/04/2019					
4	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
	24/04/2019					
5	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	25/04/2019					
6	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
	26/04/2019					
7	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
	27/04/2019					
8	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
	28/04/2019					
9	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
	29/04/2019					
10	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
	30/04/2019					
11	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
	01/05/2019					
12	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	02/05/2019					
13	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
	03/05/2019					
14	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
	04/05/2019					
15	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
	05/05/2019					

CONTRATISTA

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

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
16	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
	06/05/2019					
17	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
	07/05/2019					
18	MIÉRCOLES	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 + INFUSIÓN
	08/05/2019					
19	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSIÓN	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	09/05/2019					
20	VIERNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSIÓN	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSIÓN
	10/05/2019					
21	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
	11/05/2019					
22	DOMINGO	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSIÓN	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSIÓN
	12/05/2019					
23	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 + INFUSIÓN
	13/05/2019					
24	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN
	14/05/2019					
25	MIÉRCOLES	AVENA CON LECHE + 01 PAN CON MERMELADA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSIÓN
	15/05/2019					
26	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSIÓN	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	16/05/2019					
27	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSIÓN	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN
	17/05/2019					
28	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
	18/05/2019					
29	DOMINGO	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSIÓN	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSIÓN
	19/05/2019					
30	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
	20/05/2019					

CONTRATISTA


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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: LECHE CON QUINUA + 01 PAN CON ATUN									
LECHE EVAPORADA	40.00	57.20	2.80	3.24	4.36	11.20	29.32	17.44	57.96
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	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		234.66	12.88	8.56	40.69	51.52	77.20	162.77	291.49
VCT. DES.						291.49		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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.22	4.06	4.33	30.66	16.24	39.16	122.64	178.04
						VCT. DES.	178.04		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	60.00	76.20	12.00	2.76	0.00	48.00	24.84	0.00	72.84
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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		527.70	18.27	23.29	61.56	73.06	209.57	246.20	528.83
						VCT. ALM.	528.83		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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		145.26	0.55	0.18	42.46	2.21	1.66	169.86	173.73
						VCT. DES.	173.73		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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		283.68	8.26	3.53	56.46	33.03	31.82	225.84	290.69
						VCT. CEN	290.69		20%

VCT (Gr.)	44.02	39.89	231.83
VCT (Kcal.)	176.06	359.41	927.31
VCT (%)	12%	25%	63%

VCT. MENU 1463 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 HUEVO DURO									
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
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		187.40	14.17	9.93	30.67	56.68	89.37	122.68	268.73
						VCT. DES.	268.73	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		9%

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	60.00	74.16	12.96	2.34	0.18	5.55	21.06	0.72	27.33
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
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		630.12	31.94	11.74	101.92	81.47	105.66	407.68	594.81
						VCT. ALM.	594.81		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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.45	0.56	0.28	23.55	2.24	2.52	94.20	98.96
						VCT. DES.	98.96		7%

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	40.00	62.80	8.20	2.80	0.06	32.80	25.20	2.56	60.56
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		273.79	11.06	3.26	50.23	44.18	29.30	203.20	276.68
						VCT. CEN	276.68		20%

VCT (Gr.)	58.33	25.51	235.14
VCT (Kcal)	186.97	229.55	942.82
VCT (%)	14%	17%	69%

VCT. MENU 1359.34 100%

CONTRATISTA


Lauriano Garcia Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosaly 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° 3 17

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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
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		253.40	11.98	7.59	43.09	47.92	68.50	172.34	288.76
						VCT. DES.	288.76		20%

MEDIA MAÑANA FRESA CON LECHE									
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
FRESAS	140.00	57.40	0.98	1.12	12.46	3.92	10.08	49.84	63.84
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		128.90	4.48	5.17	20.86	17.92	46.72	83.44	148.08
						VCT. DES.	148		10%

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	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.22	31.59	13.92	90.55	126.36	125.28	362.14	613.78
						VCT. ALM.	613.78		42%

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	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		92.10	0.45	0.15	26.82	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		8%

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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
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	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		278.66	9.05	3.30	55.21	36.20	29.79	220.82	286.81
						VCT. CEN.	286.81		20%

VCT (Gr.)	57.55	30.13	236.53
VCT (Kcal.)	230.20	271.64	946.00
VCT (%)	16%	19%	65%

VCT. MENU	1448	100%
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CONTRATISTA


Lauriano Garcia Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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°

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 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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
MANJAR BLANCO	7.00	22.54	0.55	0.64	3.76	2.21	5.80	15.04	23.05
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		262.26	9.23	5.55	45.70	36.93	50.18	182.80	269.91
						VCT. DES.	269.91		20%

MEDIA MAÑANA PAPAYA PICADA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		97.92	0.56	0.14	26.23	2.24	1.26	104.90	108.40
						VCT. DES.	108.40		8%

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	60.00	144.72	12.06	12.12	0.00	48.24	109.08	0.00	157.32
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		560.28	29.84	14.99	79.43	119.36	134.95	317.70	572.01
						VCT. ALM.	572.01		42%

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		10%

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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		255.50	8.12	8.86	38.98	32.48	79.83	155.90	268.21
						VCT. CEN	268.21		20%

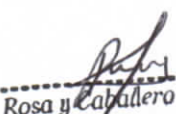
VCT (Gr.)	49.85	29.96	219.74
VCT (Kcal.)	166.93	190.17	723.00
VCT (%)	12%	14%	54%

VCT. MENU	1348	100%
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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°

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: 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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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		519.24	21.54	11.99	82.95	86.14	107.87	331.80	525.81
						VCT. ALM.	525.81		36%

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

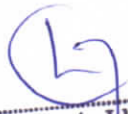
CENA LECHE EVAPORADA + 01 PAN									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		285.25	11.27	10.19	37.69	45.08	91.67	150.72	287.47
						VCT.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

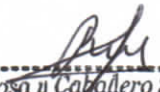
VCT (Gr.)	52.69	40.74	217.92
VCT (Kcal.)	210.74	366.58	871.66
VCT (%)	15%	25%	60%

VCT. MENU	1449	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

99

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: LECHE + 01 PAN CON PALTA									
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	0.60	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		187.40	7.85	9.40	33.09	31.38	79.70	132.34	243.42
						VCT. DES.	243.42		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		11%

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	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		437.79	18.45	12.68	63.71	73.78	114.14	254.81	442.73
						VCT. ALM.	442.73		36%

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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		141.15	1.35	0.25	37.50	5.40	2.25	149.96	157.61
						VCT. DES.	157.61		13%

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	30.00	28.35	6.39	0.48	0.00	25.56	4.32	0.00	29.88
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		240.83	8.58	8.87	32.90	34.32	79.83	131.58	245.73
						VCT. CEN.	245.73		20%

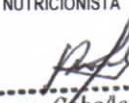
VCT (Gr.)	38.48	31.65	198.70
VCT (Kcal.)	153.88	279.97	794.69
VCT (%)	13%	23%	65%

VCT. MENU	1229	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC NUTRICIÓN
 CNP 4672

09

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: 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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		136.32	0.56	0.14	36.06	2.24	1.26	144.22	147.72
						VCT. DES.	147.72		8%

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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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		708.35	29.87	17.11	111.47	119.46	153.99	445.84	719.29
						VCT.ALM.	719.29		41%

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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		168.90	0.45	0.15	46.48	1.80	1.35	185.90	189.05
						VCT. DES.	189.05		11%

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.)	52.43	42.15	294.36
VCT (Kcal.)	209.70	379.27	1177.30
VCT (%)	12%	21%	67%

VCT. MENU	1766	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
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07

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: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
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		203.82	17.52	6.87	33.69	70.08	62.06	134.78	266.92
VCT. DES.						266.92		20%	

MEDIA MAÑANA COMPOTA DE MANZANA									
MANZANA	130.00	63.18	0.39	0.13	18.98	1.56	1.17	75.92	78.65
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		144.90	0.51	0.17	39.27	2.04	1.53	157.08	160.65
VCT. DES.							160.65		12%

ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE CERDO	60.00	106.92	8.64	9.06	0.00	34.56	81.54	0.00	116.10
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	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		462.23	13.68	19.47	59.97	54.72	175.23	239.88	469.83
VCT. ALM.							469.83		35%

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	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		170.97	1.95	0.89	39.34	7.78	8.01	157.36	173.15
VCT. DES.							173.15		13%

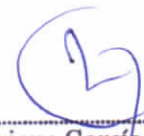
CENA SOPA DE TRIGO + POLLO + INFUSION									
TRIGO	25.00	89.50	2.10	0.35	19.03	8.40	3.15	76.10	87.65
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
AZUCAR REFINADA	25.00	96.00	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		259.86	8.33	3.59	50.20	33.32	32.40	200.74	266.46
VCT. CEN.							266.46		20%

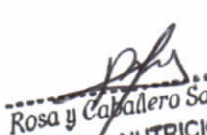
VCT (Gr.)	41.99	30.99	222.47
VCT (Kcal.)	167.94	279.23	889.84
VCT (%)	13%	21%	67%

VCT. MENU	1337	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
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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: 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	40.00	57.20	2.80	3.24	4.36	11.20	29.32	17.44	57.96
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HOT DOG DE POLLO	15.00	0.00	1.65	5.15	0.00	6.60	46.31	0.00	52.91
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		230.82	9.69	9.61	39.71	38.76	86.61	158.84	284.21
						VCT. DES.	284.21	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
AZÚCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		88.92	0.56	0.28	27.18	2.24	2.52	108.70	113.46
						VCT. DES.	113		8%

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	60.00	74.16	12.96	2.34	0.18	5.55	21.06	0.72	27.33
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
AZÚCAR 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		605.09	19.80	28.67	69.81	32.92	258.03	279.20	570.15
						VCT. ALM.	570.15		40%

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
AZÚCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		148.80	1.80	0.32	40.46	7.20	2.88	161.86	171.94
						VCT. DES.	171.94		12%

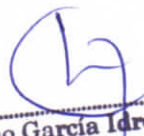
CENA ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZÚCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		290.80	9.77	3.37	55.57	39.08	30.42	222.26	291.76
						VCT. CEN.	291.76		20%

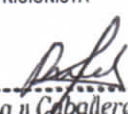
VCT (Gr.)	41.62	42.25	232.73
VCT (Kcal)	120.20	380.46	930.86
VCT (%)	8%	27%	65%

VCT. MENU 1431.52 100%

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Cabañero Salverredy
 MC NUTRICIÓN
 CNP 4672

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:									
KIWICHA CON LECHE + 01 PAN CON QUESO									
KIWICHA	20.00	75.40	2.70	1.42	12.90	10.80	12.78	51.60	75.18
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		282.00	13.38	9.21	45.27	53.52	82.89	181.06	317.47
						VCT. DES.	317.47		20%

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

ALMUERZO:									
ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CARNE DE RES	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		590.81	31.37	5.88	103.73	125.48	52.92	414.88	593.28
						VCT. ALM.	593.28		38%

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

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

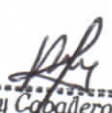
VCT (Gr.)	68.45	26.69	308.53
VCT (Kcal.)	273.80	240.21	1064.88
VCT (%)	17%	15%	67%

VCT. MENU 1579 100%

CONTRATISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa y Cabañero 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° 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:									
AVENA CON LECHE + 01 PAN CON MERMELEADA									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		254.70	8.98	4.92	46.04	34.83	44.51	184.17	263.51
						VCT. DES.	263.51		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	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		40.32	0.56	0.14	23.28	2.24	1.26	93.10	96.60
						VCT. DES.	96.60		7%

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	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
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		544.50	30.56	9.83	84.34	122.24	88.51	337.36	548.11
						VCT. ALM.	548.11		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		11%

CENA Sopa de fideo + pollo + infusión									
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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		252.82	7.90	3.21	49.68	31.60	29.00	198.76	259.36
						VCT. CEN	259.36		20%

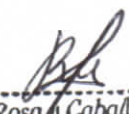
VCT (Gr.)	50.25	18.55	234.84
VCT (Kcal.)	168.31	138.33	740.63
VCT (%)	13%	11%	57%

VCT. MENU	1307	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero
 LIC NUTRICIONISTA
 C.R.P. 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 MENU
	(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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		205.90	14.91	8.04	37.06	59.64	72.36	148.24	280.24
						VCT. DES.	280.24		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		10%

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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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		513.01	20.83	14.96	75.96	83.30	134.60	303.80	521.70
						VCT. ALM.	521.70		38%

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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		160.80	1.58	0.72	37.50	6.32	6.48	149.98	162.78
						VCT. DES.	162.78		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	3.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		266.05	11.27	10.19	35.72	45.08	91.67	142.86	279.61
						VCT. CEN	279.61		20%

VCT (Gr.)	54.19	40.39	199.88
VCT (Kcal.)	216.74	363.43	799.42
VCT (%)	16%	26%	58%

VCT. MENU	1380	100%
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CONTRATISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salcedo
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: 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	25.00	0.00	4.55	2.55	0.00	18.20	22.95	0.00	41.15
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		241.82	14.07	10.71	32.99	56.28	96.39	131.96	284.63
						VCT. DES.	284.63		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		10%

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	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
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		514.59	18.45	12.68	83.37	73.78	114.14	333.45	521.37
						VCT.ALM.	521.37		37%

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		13%

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	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		281.59	11.12	7.53	43.86	44.48	67.77	175.44	287.69
						VCT.CEN.	287.69		20%

VCT (Gr.)	50.91	37.08	219.64
VCT (Kcal.)	203.62	333.74	878.53
VCT (%)	14%	24%	62%

VCT. MENU	1416	100%
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CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa y Caballero Salverra dy
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°

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 aceituna									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
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		166.72	9.58	13.75	44.86	38.32	123.94	179.42	341.68
						VCT. DES.	341.68	20%	

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.55	0.14	11.46	2.24	1.26	45.92	49.42
AZUCAR REFINADA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	107.25	107.25
SUB TOTAL		155.52	0.56	0.14	40.95	2.24	1.26	153.17	156.67
						VCT. DES.	156.67		9%

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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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		633.98	16.94	26.53	84.85	67.72	238.73	339.34	645.79
						VCT. ALM.	645.79		39%

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	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
SUB TOTAL		180.42	0.45	0.15	49.42	1.80	1.35	197.70	200.85
						VCT. DES.	200.85		12%

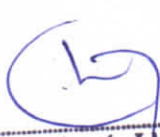
CENA LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		323.65	11.27	10.19	47.52	45.08	91.67	190.04	326.79
						VCT. CEN	326.79		20%

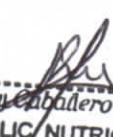
VCT (Gr.)	38.80	50.76	267.60
VCT (Kcal.)	155.16	456.95	1059.67
VCT (%)	9%	27%	63%

VCT. MENU 1672 100%

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa y Caballero Salverredy
 LIC. NUTRICIÓN
 CNP 4672