

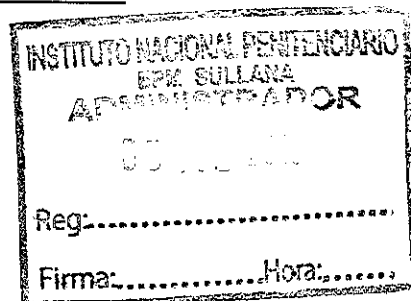
CONSORCIO: **DAYANN BRIGH E.I.R.L. - LAURIANO GARCIA IDROGO**

**CARTA N° 103 - 2019 - CONSORCIO - PIURA.**

**ZULMI RIVAS ARANA**  
**DIRECTORA DEL E.P. DE SULLANA**

**ASUNTO: PRESENTACION DE MENUS**

**REFERENCIA: CONTRATO N° 032-2018-INPE/17**



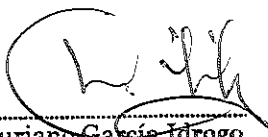
Presente.

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos y personal de seguridad que labora 24x48 horas, que se brindara desde el **21 de JULIO del 2019 al 20 DE AGOSTO del 2019**, en relación con el **contrato N° 032-2018-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24x48 horas del Establecimiento Penitenciario de Sullana (**de la Oficina Regional Norte – Chiclayo**).

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

Chiclayo, 05 de Julio del 2019.

FOLIOS ( 48)  
Atentamente:

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE PIURA Y SULLANA

DEL 21 DE JULIO AL 20 DE AGOSTO DEL 2019

MENÚS CON APORTE CALÓRICO MAYOR A 2.750 KILOCALORIAS POR DÍA

| Nº DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                            |
|------------|------------|------------------|------------------------------------------------------------------------------------------------------------|
| 1          | DOMINGO    | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
|            | 21/07/2019 | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 2          | LUNES      | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
|            | 22/07/2019 | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |
| 3          | MARTES     | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                                                   |
|            | 23/07/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 4          | MIERCOLES  | SEGUNDO          | ARROZ GRANEADO + LOURO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PIÑA)                             |
|            | 24/07/2019 | CENA             | ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION                                      |
| 5          | JUEVES     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                                                 |
|            | 25/07/2019 | ENTRADA          | CEVICHE DE TONYO                                                                                           |
| 6          | VIERNES    | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)                           |
|            | 26/07/2019 | CENA             | SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                                        |
| 7          | SABADO     | DESAYUNO         | QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                                        |
|            | 27/07/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 8          | DOMINGO    | SEGUNDO          | ARROZ GRANEADO + MUNDONGUITO A LA ITALIANA + ENSALADA + FRUTA + INFUSION                                   |
|            | 28/07/2019 | CENA             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION                                            |
| 9          | LUNES      | DESAYUNO         | KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                |
|            | 29/07/2019 | ENTRADA          | ENSALADA                                                                                                   |
| 10         | MARTES     | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)                       |
|            | 30/07/2019 | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
| 11         | MIERCOLES  | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO                                                                       |
|            | 31/07/2019 | ENTRADA          | ENSALADA                                                                                                   |
| 12         | JUEVES     | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)                          |
|            | 01/08/2019 | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION                                       |
| 13         | VIERNES    | DESAYUNO         | QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                                          |
|            | 02/08/2019 | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 14         | SABADO     | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)                          |
|            | 03/08/2019 | CENA             | ARROZ GRANEADO + SALADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION                       |
| 15         | DOMINGO    | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
|            | 04/08/2019 | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 16         | LUNES      | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
|            | 05/08/2019 | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |

CONTRATISTA

Lauriano Garcia Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Dr. E. Eduardo Saldarriaga  
Nutricionista  
CNP 0428

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**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE PIURA Y SULLANA**  
**DEL 21 DE JULIO AL 20 DE AGOSTO DEL 2019**

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

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

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
 REPRESENTANTE DEL CONSORCIO



*[Firma]*  
 Nutricionista Dietista  
 CNP 0428

FORMATO - B

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DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

21/07/2019 04/08/2019 18/08/2019

MENÚ N° 1 15 29

| ALIMENTO                                 | PESO BRUTO | KCAL.         | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL         |
|------------------------------------------|------------|---------------|--------------|--------------|---------------|---------------------------|---------------|---------------|---------------|
|                                          | (g)        |               | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |               |
| <b>DESAYUNO:</b>                         |            |               |              |              |               |                           |               |               |               |
| QUINUA CON LECHE + 03 PANES CON ACEITUNA |            |               |              |              |               |                           |               |               |               |
| QUINUA                                   | 25.00      | 93.50         | 3.40         | 1.45         | 16.58         | 13.60                     | 13.05         | 66.30         | 92.95         |
| LECHE EVAPORADA                          | 70.00      | 100.10        | 4.90         | 5.67         | 7.63          | 19.60                     | 51.03         | 30.52         | 101.15        |
| PAN                                      | 90.00      | 261.90        | 7.56         | 0.18         | 57.42         | 30.24                     | 1.62          | 229.68        | 261.54        |
| ACEITUNA                                 | 60.00      | 156.86        | 0.48         | 19.26        | 4.38          | 1.92                      | 173.34        | 17.52         | 192.78        |
| AZÚCAR RUBIA                             | 21.00      | 80.64         | 0.00         | 0.00         | 20.64         | 0.00                      | 0.00          | 82.57         | 82.57         |
| <b>SUB TOTAL</b>                         |            | <b>693.00</b> | <b>16.34</b> | <b>26.56</b> | <b>106.65</b> | <b>65.36</b>              | <b>239.04</b> | <b>426.59</b> | <b>730.99</b> |
| V.C. DESAYUNO                            |            |               |              |              |               |                           |               |               | 731           |
| % DIST. DESAYUNO                         |            |               |              |              |               |                           |               |               | 26%           |

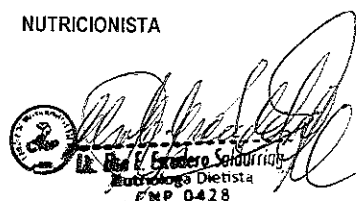
|                                                                                                               |        |                |              |              |               |               |               |               |                |
|---------------------------------------------------------------------------------------------------------------|--------|----------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|
| <b>ALMUERZO:</b>                                                                                              |        |                |              |              |               |               |               |               |                |
| ENTRADA: ENSALADA FRESCA                                                                                      |        |                |              |              |               |               |               |               |                |
| 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                                                                                                | 4.00   | 35.36          | 0.00         | 4.00         | 0.00          | 0.00          | 36.00         | 0.00          | 36.00          |
| 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           |
| AZÚCAR RUBIA                                                                                                  | 20.00  | 69.82          | 0.00         | 0.00         | 17.87         | 0.00          | 0.00          | 71.46         | 71.46          |
| <b>SUB TOTAL</b>                                                                                              |        | <b>1200.37</b> | <b>40.93</b> | <b>30.81</b> | <b>197.62</b> | <b>163.73</b> | <b>277.31</b> | <b>790.46</b> | <b>1231.50</b> |
| V. C. ALMUERZO                                                                                                |        |                |              |              |               |               |               |               | 1232           |
| % DIST. ALMUERZO                                                                                              |        |                |              |              |               |               |               |               | 44%            |

|                                                                  |        |               |              |              |               |               |               |               |               |
|------------------------------------------------------------------|--------|---------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|
| <b>CENA:</b>                                                     |        |               |              |              |               |               |               |               |               |
| 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                                                   | 10.00  | 88.40         | 0.00         | 10.00        | 0.00          | 0.00          | 90.00         | 0.00          | 90.00         |
| HIERBA LUISA                                                     | 10.00  | 0.00          | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          | 0.00          | 0.00          |
| AZÚCAR 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          |
| <b>SUB TOTAL</b>                                                 |        | <b>808.74</b> | <b>29.38</b> | <b>20.98</b> | <b>130.88</b> | <b>117.53</b> | <b>188.82</b> | <b>523.52</b> | <b>829.87</b> |
| V. C. CENA                                                       |        |               |              |              |               |               |               |               | 830           |
| % DIST. CENA                                                     |        |               |              |              |               |               |               |               | 30%           |
| VCT (Gr.)                                                        |        | 86.65         | 78.35        | 435.15       |               |               |               |               |               |
| VCT (Kcal.)                                                      |        | 346.62        | 705.17       | 1740.57      |               |               |               |               |               |
| VCT (%)                                                          |        | 12%           | 25%          | 62%          |               |               |               |               |               |
| V. C. T. MENU                                                    |        |               |              |              |               |               |               |               | 100%          |
|                                                                  |        |               |              |              |               |               |               |               | 2792          |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Dra. E. Escudero Sotomayor  
Nutrionista Dietista  
EMP 0428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

22/07/2019 05/08/2019 19/08/2019 MENÚ N° 2 16 30

| ALIMENTO                                                           | PESO<br>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             |        |        | 678    |
|                                                                    |               |        |       |        |        | % 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                                                                                    | 10.00  | 88.40          | 0.00         | 10.00        | 0.00          | 0.00          | 90.00         | 0.00          | 90.00          |
| 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          |
| <b>SUB TOTAL</b>                                                                                  |        | <b>1189.96</b> | <b>48.77</b> | <b>28.18</b> | <b>199.62</b> | <b>195.09</b> | <b>253.55</b> | <b>798.44</b> | <b>1247.08</b> |
| V. C. ALMUERZO                                                                                    |        |                |              |              |               |               |               |               | 1247           |
| % DIST. ALMUERZO                                                                                  |        |                |              |              |               |               |               |               | 45%            |

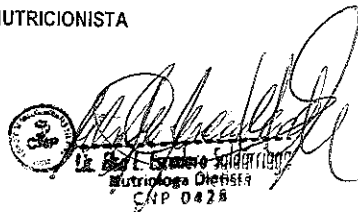
|                                                                             |        |               |              |              |               |               |               |               |               |
|-----------------------------------------------------------------------------|--------|---------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|
| 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        |
| <b>SUB TOTAL</b>                                                            |        | <b>839.26</b> | <b>31.41</b> | <b>22.63</b> | <b>127.87</b> | <b>125.63</b> | <b>203.71</b> | <b>511.46</b> | <b>840.80</b> |
| V. C. CENA                                                                  |        |               |              |              |               |               |               |               | 841           |
| % DIST. CENA                                                                |        |               |              |              |               |               |               |               | 30%           |
| VCT (Gr.)                                                                   |        | 103.89        | 70.82        | 428.25       |               |               |               |               |               |
| VCT (Kcal.)                                                                 |        | 415.56        | 637.31       | 1712.90      |               |               |               |               |               |
| VCT (%)                                                                     |        | 15%           | 23%          | 62%          |               |               |               |               |               |
| V. C. T. MENU                                                               |        |               |              |              |               |               |               |               | 2766          |

CONTRATISTA



Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
Nutricionista  
CNP 0428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

23/07/2019 06/08/2019 20/08/2019

MENÚ N° 3 17 31

| ALIMENTO                                             | PESO BRUTO<br>(g) | KCAL.  | PROT<br>(g) | GRASAS<br>(g) | CARB.<br>(g) | K.CALORIAS PON NUTRIENTES |        |        | TOTAL  |
|------------------------------------------------------|-------------------|--------|-------------|---------------|--------------|---------------------------|--------|--------|--------|
|                                                      |                   |        |             |               |              | 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                                         | 30.00             | 11.36  | 0.00        | 0.00          | 29.49        | 0.00                      | 0.00   | 117.95 | 117.95 |
| SUB TOTAL                                            |                   | 576.22 | 23.89       | 16.89         | 113.68       | 95.54                     | 152.01 | 454.71 | 702.26 |
| V.C. DESAYUNO                                        |                   |        |             |               |              |                           |        |        | 702    |
| % 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                                                                               | 80.00  | 264.00  | 18.00 | 1.44  | 46.64  | 72.00  | 12.96  | 186.56 | 271.52  |
| 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                                                                                | 2.00   | 17.68   | 0.00  | 2.00  | 0.00   | 0.00   | 18.00  | 0.00   | 18.00   |
| 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                                                                                  | 8.00   | 31.61   | 0.00  | 0.00  | 7.87   | 0.00   | 0.00   | 31.46  | 31.46   |
| SUB TOTAL                                                                                     |        | 1255.58 | 83.59 | 22.34 | 187.04 | 334.37 | 201.02 | 748.11 | 1283.50 |
| V. C. ALMUERZO                                                                                |        |         |       |       |        |        |        |        | 1284    |
| % 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                                            | 7.00   | 61.88  | 0.00   | 7.00    | 0.00   | 0.00   | 63.00 | 0.00   | 63.00  |
| 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                                                 |        | 743.62 | 32.77  | 9.03    | 157.93 | 127.07 | 81.18 | 631.65 | 839.90 |
| V. C. CENA                                                |        |        |        |         |        |        |       |        | 840    |
| % DIST. CENA                                              |        |        |        |         |        |        |       |        | 30%    |
| VCT (Gr.)                                                 |        | 140.25 | 48.26  | 458.65  |        |        |       |        |        |
| VCT (Kcal.)                                               |        | 556.98 | 434.21 | 1834.47 |        |        |       |        |        |
| VCT (%)                                                   |        | 20%    | 15%    | 65%     |        |        |       |        |        |
| V. C. T. MENU                                             |        |        |        |         |        |        |       |        | 100%   |
|                                                           |        |        |        |         |        |        |       |        | 2826   |

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Dr. Edo. Escudero Salazar  
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FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

24/07/2019 07/08/2019

MENÚ N° 4 18

| ALIMENTO                                                      | PESO<br>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                                                | 12.00         | 106.08 | 0.00  | 12.00  | 0.00   | 0.00                      | 108.00 | 0.00   | 108.00 |
| SUB TOTAL                                                     |               | 711.25 | 22.30 | 19.16  | 117.27 | 89.18                     | 172.44 | 469.02 | 730.64 |
|                                                               |               |        |       |        |        | V.C. DESAYUNO             |        | 730.64 |        |
|                                                               |               |        |       |        |        | % DIST. DESAYUNO          |        | 26%    |        |

|                                                                       |        |         |       |       |        |        |        |        |         |
|-----------------------------------------------------------------------|--------|---------|-------|-------|--------|--------|--------|--------|---------|
| ALMUERZO: ENTRADA: ENSALADA MIXTA                                     |        |         |       |       |        |        |        |        |         |
| 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 + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION |        |        |        |         |        |        |        |        |        |
| 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.)                                                             |        | 117.98 | 52.41  | 465.22  |        |        |        |        |        |
| VCT (Kcal.)                                                           |        | 471.89 | 471.65 | 1860.82 |        |        |        |        |        |
| VCT (%)                                                               |        | 17%    | 17%    | 66%     |        |        |        |        |        |
| V. C. T. MENU                                                         |        |        |        |         |        |        |        |        | 100%   |
|                                                                       |        |        |        |         |        |        |        |        | 2804   |

CONTRATISTA

Lauriano Garcia Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Dr. Erika Solari  
Nutricionista Dietista  
C.A.P. 0428

FORMATO - B

42

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

25/07/2019 08/08/2019

MENÚ N° 5 19

| ALIMENTO                                                                                    | PESO BRUTO | KCAL.          | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL          |
|---------------------------------------------------------------------------------------------|------------|----------------|--------------|--------------|---------------|---------------------------|---------------|---------------|----------------|
|                                                                                             | (g)        |                | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |                |
| <b>DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS</b>                                |            |                |              |              |               |                           |               |               |                |
| 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                                                                              | 15.00      | 132.60         | 0.00         | 15.00        | 0.00          | 0.00                      | 135.00        | 0.00          | 135.00         |
| AZÚCAR RUBIA                                                                                | 25.00      | 96.00          | 0.00         | 0.00         | 24.58         | 0.00                      | 0.00          | 98.30         | 98.30          |
| <b>SUB TOTAL</b>                                                                            |            | <b>669.46</b>  | <b>19.66</b> | <b>22.15</b> | <b>102.57</b> | <b>78.60</b>              | <b>199.31</b> | <b>410.23</b> | <b>688.14</b>  |
| <b>V.C. DESAYUNO</b>                                                                        |            |                |              |              |               |                           |               |               | <b>688.14</b>  |
| <b>% DIST. DESAYUNO</b>                                                                     |            |                |              |              |               |                           |               |               | <b>25%</b>     |
| <b>ALMUERZO: ENTRADA: ENSALADA</b>                                                          |            |                |              |              |               |                           |               |               |                |
| <b>ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)</b> |            |                |              |              |               |                           |               |               |                |
| 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                                                                             | 80.00      | 268.00         | 17.20        | 1.36         | 48.56         | 68.80                     | 12.24         | 194.24        | 275.28         |
| ACEITE VEGETAL                                                                              | 5.00       | 44.20          | 0.00         | 5.00         | 0.00          | 0.00                      | 45.00         | 0.00          | 45.00          |
| 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           |
| AZÚCAR 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           |
| <b>SUB TOTAL</b>                                                                            |            | <b>1168.13</b> | <b>67.29</b> | <b>10.39</b> | <b>217.73</b> | <b>269.14</b>             | <b>93.49</b>  | <b>870.94</b> | <b>1233.57</b> |
| <b>V. C. ALMUERZO</b>                                                                       |            |                |              |              |               |                           |               |               | <b>1233.57</b> |
| <b>% DIST. ALMUERZO</b>                                                                     |            |                |              |              |               |                           |               |               | <b>45%</b>     |
| <b>CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN</b>      |            |                |              |              |               |                           |               |               |                |
| 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           |
| AZÚCAR 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           |
| <b>SUB TOTAL</b>                                                                            |            | <b>816.46</b>  | <b>31.66</b> | <b>17.46</b> | <b>137.50</b> | <b>126.65</b>             | <b>157.14</b> | <b>549.99</b> | <b>833.78</b>  |
| <b>V. C. CENA</b>                                                                           |            |                |              |              |               |                           |               |               | <b>833.78</b>  |
| <b>% DIST. CENA</b>                                                                         |            |                |              |              |               |                           |               |               | <b>30%</b>     |
| VCT (Gr.)                                                                                   |            | 118.61         | 50.00        | 457.80       |               |                           |               |               |                |
| VCT (Kcal.)                                                                                 |            | 474.39         | 449.94       | 1831.16      |               |                           |               |               |                |
| VCT (%)                                                                                     |            | 17%            | 16%          | 66%          |               |                           |               |               |                |
| <b>V. C. T. MENU</b>                                                                        |            |                |              |              |               |                           |               |               | <b>2755</b>    |

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Dr. Eusebio Saldarriaga  
Nutriólogo Dietista  
CNP 0428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

26/07/2019 09/08/2019

MENÚ N° 6 20

| ALIMENTO                                                                             | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS  | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|--------------------------------------------------------------------------------------|---------------|---------|--------|---------|--------|---------------------------|--------|--------|---------|
|                                                                                      | (g)           |         |        |         |        |                           | (g)    | (g)    |         |
| DESAYUNO:                                                                            |               |         |        |         |        |                           |        |        |         |
| LECHE CON COCOA + 03 PANES CON QUESO                                                 |               |         |        |         |        |                           |        |        |         |
| LECHE EVAPORADA                                                                      | 125.00        | 178.75  | 8.75   | 10.13   | 13.63  | 35.00                     | 91.13  | 54.50  | 180.63  |
| 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                                                                         | 35.00         | 134.40  | 0.00   | 0.00    | 34.41  | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                            |               | 719.25  | 27.99  | 18.20   | 112.28 | 111.96                    | 163.76 | 449.08 | 724.80  |
|                                                                                      |               |         |        |         |        | V.C. DESAYUNO             |        |        | 724.80  |
|                                                                                      |               |         |        |         |        | % DIST. DESAYUNO          |        |        | 25%     |
| ENTRADA: ENSALADA                                                                    |               |         |        |         |        |                           |        |        |         |
| 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                                                                       | 15.00         | 132.60  | 0.00   | 15.00   | 0.00   | 0.00                      | 135.00 | 0.00   | 135.00  |
| LENTEJAS SECAS                                                                       | 80.00         | 271.21  | 18.08  | 0.80    | 48.80  | 72.32                     | 7.20   | 195.20 | 274.72  |
| 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                                                                            |               | 1301.58 | 65.10  | 23.30   | 201.43 | 260.41                    | 209.70 | 805.71 | 1275.82 |
|                                                                                      |               |         |        |         |        | V. C. ALMUERZO            |        |        | 1275.82 |
|                                                                                      |               |         |        |         |        | % DIST. ALMUERZO          |        |        | 45%     |
| CENA:                                                                                |               |         |        |         |        |                           |        |        |         |
| ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN                 |               |         |        |         |        |                           |        |        |         |
| ARROZ                                                                                | 90.00         | 323.10  | 7.38   | 0.45    | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| CARNE DE PAVITA                                                                      | 100.00        | 241.20  | 20.10  | 20.20   | 0.00   | 80.40                     | 181.80 | 0.00   | 262.20  |
| TOMATE                                                                               | 35.00         | 6.58    | 0.28   | 0.07    | 1.51   | 1.12                      | 0.63   | 6.02   | 7.77    |
| PIMINETO MORRON                                                                      | 18.00         | 5.23    | 0.27   | 0.09    | 1.39   | 1.08                      | 0.81   | 5.54   | 7.43    |
| AJI AMARILLO                                                                         | 3.00          | 0.90    | 0.03   | 0.02    | 0.26   | 0.11                      | 0.19   | 1.06   | 1.36    |
| PEPINILLOS                                                                           | 40.00         | 3.83    | 0.20   | 0.04    | 1.04   | 0.80                      | 0.36   | 4.16   | 5.32    |
| LIMON                                                                                | 2.00          | 0.31    | 0.01   | 0.00    | 0.90   | 0.04                      | 0.04   | 0.78   | 0.86    |
| CEBOLLA                                                                              | 35.00         | 15.44   | 0.49   | 0.07    | 3.96   | 1.96                      | 0.63   | 15.82  | 18.41   |
| SAL                                                                                  | 2.00          | 0.00    | 0.00   | 0.00    | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                       | 5.00          | 44.20   | 0.00   | 5.00    | 0.00   | 0.00                      | 150.00 | 0.00   | 150.00  |
| AZUCAR RUBIA                                                                         | 25.00         | 96.00   | 0.00   | 0.00    | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| ORONJIL                                                                              | 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              |        |        | 30%     |
| VCT (Gr.)                                                                            |               | 121.85  | 67.44  | 417.37  |        |                           |        |        |         |
| VCT (Kcal.)                                                                          |               | 487.40  | 711.97 | 1666.55 |        |                           |        |        |         |
| VCT (%)                                                                              |               | 17%     | 25%    | 58%     |        |                           |        |        |         |
|                                                                                      |               |         |        |         |        | V. C. T. MENU             |        | 100%   | 2866    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Iñigo  
REPRESENTANTE DEL CONSORCIO



Dr. E. Ernesto Salazar (M.D.)  
Nutricionista Dietista  
CNP 0428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

27/07/2019 10/08/2019

MENÚ N° 7 21

| ALIMENTO                                                                                      | PESO<br>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                                                                                  | 30.00         | 11.36   | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.95 | 117.95  |
| SUB TOTAL                                                                                     |               | 590.04  | 26.15  | 12.74  | 121.38  | 104.58                    | 114.68 | 485.48 | 704.74  |
|                                                                                               |               |         |        |        |         | V.C. DESAYUNO             |        |        | 704.74  |
|                                                                                               |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 25%     |
| 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                                                                               | 80.00         | 264.00  | 18.00  | 1.44   | 46.64   | 72.00                     | 12.96  | 186.56 | 271.52  |
| TOMATE                                                                                        | 10.00         | 1.88    | 0.08   | 0.02   | 0.43    | 0.32                      | 0.18   | 1.72   | 2.22    |
| CEBOLLA                                                                                       | 30.00         | 13.23   | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| AJI AMARILLO                                                                                  | 3.00          | 0.90    | 0.03   | 0.02   | 0.26    | 0.11                      | 0.19   | 1.06   | 1.36    |
| ACEITE VEGETAL                                                                                | 1.00          | 8.84    | 0.00   | 1.00   | 0.00    | 0.00                      | 9.00   | 0.00   | 9.00    |
| 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                                                                                  | 8.00          | 31.61   | 0.00   | 0.00   | 7.87    | 0.00                      | 0.00   | 31.46  | 31.46   |
| SUB TOTAL                                                                                     |               | 1256.32 | 59.72  | 34.50  | 187.20  | 238.88                    | 310.47 | 748.79 | 1298.14 |
|                                                                                               |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1298.14 |
|                                                                                               |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 45%     |
| 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                                                                                | 8.00          | 70.72   | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| 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                                                                                     |               | 847.71  | 30.32  | 19.18  | 139.47  | 121.27                    | 172.54 | 558.19 | 852.00  |
|                                                                                               |               |         |        |        |         | V. C. CENA                |        |        | 852.00  |
|                                                                                               |               |         |        |        |         | % DIST. CENA              |        |        | 30%     |
| VCT (Gr.)                                                                                     |               |         | 116.19 | 66.42  | 448.05  |                           |        |        |         |
| VCT (Kcal.)                                                                                   |               |         | 464.73 | 597.69 | 1792.46 |                           |        |        |         |
| VCT (%)                                                                                       |               |         | 16%    | 21%    | 63%     |                           |        |        |         |
|                                                                                               |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2855    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

Dr. Eusebio Rodríguez  
Nutricionista Dietista  
C.R.P. 0428

FORMATO - B

39

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

28/07/2019 11/08/2019 25/08/2019

MENÚ N° 8 22

| ALIMENTO                                           | PESO BRUTO | KCAL.         | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL         |
|----------------------------------------------------|------------|---------------|--------------|--------------|---------------|---------------------------|---------------|---------------|---------------|
|                                                    | (g)        |               | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |               |
| DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA |            |               |              |              |               |                           |               |               |               |
| QUINUA                                             | 25.00      | 93.50         | 3.40         | 1.45         | 16.58         | 13.60                     | 13.05         | 66.30         | 92.95         |
| LECHE EVAPORADA                                    | 70.00      | 100.10        | 4.90         | 5.67         | 7.63          | 19.60                     | 51.03         | 30.52         | 101.15        |
| PAN                                                | 90.00      | 261.90        | 7.56         | 0.18         | 57.42         | 30.24                     | 1.62          | 229.68        | 261.54        |
| ACEITUNA                                           | 60.00      | 156.86        | 0.48         | 19.26        | 4.38          | 1.92                      | 173.34        | 17.52         | 192.78        |
| AZUCAR RUBIA                                       | 21.00      | 80.64         | 0.00         | 0.00         | 20.64         | 0.00                      | 0.00          | 82.57         | 82.57         |
| <b>SUB TOTAL</b>                                   |            | <b>693.00</b> | <b>16.34</b> | <b>26.56</b> | <b>106.65</b> | <b>65.36</b>              | <b>239.04</b> | <b>426.59</b> | <b>730.99</b> |
| V.C. DESAYUNO                                      |            |               |              |              |               |                           |               |               | 731           |
| % DIST. DESAYUNO                                   |            |               |              |              |               |                           |               |               | 26%           |

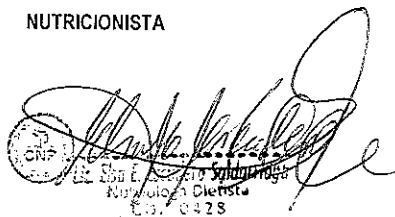
|                                                                                                                         |        |                |              |              |               |               |               |               |                |
|-------------------------------------------------------------------------------------------------------------------------|--------|----------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|
| ENTRADA: ENSALADA FRESCA                                                                                                |        |                |              |              |               |               |               |               |                |
| ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO) |        |                |              |              |               |               |               |               |                |
| ARROZ                                                                                                                   | 150.00 | 538.50         | 12.30        | 0.75         | 116.70        | 49.20         | 6.75          | 466.80        | 522.75         |
| CARNE DE CERDO                                                                                                          | 160.00 | 285.12         | 23.04        | 24.16        | 0.00          | 92.16         | 217.44        | 0.00          | 309.60         |
| CEBOLLA                                                                                                                 | 26.00  | 11.47          | 0.36         | 0.05         | 2.94          | 1.46          | 0.47          | 11.75         | 13.68          |
| CAMOTE                                                                                                                  | 100.00 | 116.00         | 1.20         | 0.20         | 27.60         | 4.80          | 1.80          | 110.40        | 117.00         |
| SAL                                                                                                                     | 2.00   | 0.00           | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          | 0.00          | 0.00           |
| PEPINILLOS                                                                                                              | 40.00  | 3.83           | 0.20         | 0.04         | 1.04          | 0.80          | 0.36          | 4.16          | 5.32           |
| LECHUGA                                                                                                                 | 60.00  | 10.83          | 0.90         | 0.12         | 2.34          | 3.60          | 1.08          | 9.36          | 14.04          |
| LIMON                                                                                                                   | 2.00   | 0.31           | 0.01         | 0.00         | 0.19          | 0.04          | 0.04          | 0.78          | 0.86           |
| SAZONADOR BLANCO                                                                                                        | 1.00   | 0.00           | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          | 0.00          | 0.00           |
| MAIZ MORADO                                                                                                             | 25.00  | 89.25          | 1.83         | 0.85         | 19.05         | 7.30          | 7.65          | 76.20         | 91.15          |
| ACEITE VEGETAL                                                                                                          | 4.00   | 35.36          | 0.00         | 4.00         | 0.00          | 0.00          | 36.00         | 0.00          | 36.00          |
| 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          |
| <b>SUB TOTAL</b>                                                                                                        |        | <b>1200.37</b> | <b>40.93</b> | <b>30.81</b> | <b>197.62</b> | <b>163.73</b> | <b>277.31</b> | <b>790.46</b> | <b>1231.50</b> |
| V. C. ALMUERZO                                                                                                          |        |                |              |              |               |               |               |               | 1232           |
| % 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                                                         | 10.00  | 88.40         | 0.00         | 10.00        | 0.00          | 0.00          | 90.00         | 0.00          | 90.00         |
| 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          |
| <b>SUB TOTAL</b>                                                       |        | <b>808.74</b> | <b>29.38</b> | <b>20.98</b> | <b>130.88</b> | <b>117.53</b> | <b>188.82</b> | <b>523.52</b> | <b>829.87</b> |
| V. C. CENA                                                             |        |               |              |              |               |               |               |               | 830           |
| % DIST. CENA                                                           |        |               |              |              |               |               |               |               | 30%           |
| VCT (Gr.)                                                              |        | 86.65         | 78.35        | 435.15       |               |               |               |               |               |
| VCT (Kcal.)                                                            |        | 346.62        | 705.17       | 1740.57      |               |               |               |               |               |
| VCT (%)                                                                |        | 12%           | 25%          | 62%          |               |               |               |               |               |
| V. C. T. MENU                                                          |        |               |              |              |               |               |               |               | 100%          |
|                                                                        |        |               |              |              |               |               |               |               | 2792          |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Nutricionista  
C.O. 0423

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

29/07/2019 12/08/2019 26/08/2019 MENÚ N° 9 23

| ALIMENTO                                                                                                 | PESO BRUTO<br>(g) | KCAL.          | PROT<br>(g)  | GRASAS<br>(g) | CARB.<br>(g)  | K.CALORIAS PON NUTRIENTES |               |               | TOTAL          |
|----------------------------------------------------------------------------------------------------------|-------------------|----------------|--------------|---------------|---------------|---------------------------|---------------|---------------|----------------|
|                                                                                                          |                   |                |              |               |               | PROT                      | GRASAS        | CARB.         |                |
| <b>DESAYUNO:</b> 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         |
| <b>SUB TOTAL</b>                                                                                         |                   | <b>665.70</b>  | <b>23.71</b> | <b>20.01</b>  | <b>100.76</b> | <b>94.84</b>              | <b>180.05</b> | <b>403.00</b> | <b>677.89</b>  |
| V.C. DESAYUNO                                                                                            |                   |                |              |               |               |                           |               |               | 678            |
| % DIST. DESAYUNO                                                                                         |                   |                |              |               |               |                           |               |               | 25%            |
| <b>ENTRADA: ENSALADA MIXTA</b>                                                                           |                   |                |              |               |               |                           |               |               |                |
| <b>ALMUERZO:</b> 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                                                                                           | 10.00             | 88.40          | 0.00         | 10.00         | 0.00          | 0.00                      | 90.00         | 0.00          | 90.00          |
| 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          |
| <b>SUB TOTAL</b>                                                                                         |                   | <b>1189.96</b> | <b>48.77</b> | <b>28.18</b>  | <b>199.62</b> | <b>195.09</b>             | <b>253.55</b> | <b>798.44</b> | <b>1247.08</b> |
| V. C. ALMUERZO                                                                                           |                   |                |              |               |               |                           |               |               | 1247           |
| % DIST. ALMUERZO                                                                                         |                   |                |              |               |               |                           |               |               | 45%            |
| <b>CENA:</b> 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         |
| <b>SUB TOTAL</b>                                                                                         |                   | <b>839.26</b>  | <b>31.41</b> | <b>22.63</b>  | <b>127.87</b> | <b>125.63</b>             | <b>203.71</b> | <b>511.46</b> | <b>840.80</b>  |
| V. C. CENA                                                                                               |                   |                |              |               |               |                           |               |               | 841            |
| % DIST. CENA                                                                                             |                   |                |              |               |               |                           |               |               | 30%            |
| VCT (Gr.)                                                                                                |                   |                | 103.89       | 70.82         | 428.25        |                           |               |               |                |
| VCT (Kcal.)                                                                                              |                   |                | 415.56       | 637.31        | 1712.90       |                           |               |               |                |
| VCT (%)                                                                                                  |                   |                | 15%          | 23%           | 62%           |                           |               |               |                |
| V. C. T. MENU                                                                                            |                   |                |              |               |               |                           |               |               | 2766           |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
L. García Idrogo Saldarriaga  
Nutricionista  
CNP 0428

FORMATO - B

37

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

30/07/2019 13/08/2019

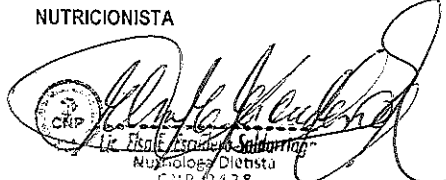
MENÚ N° 10 24

| ALIMENTO                                                                            | PESO BRUTO | KCAL.          | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |                  | TOTAL          |  |
|-------------------------------------------------------------------------------------|------------|----------------|--------------|--------------|---------------|---------------------------|---------------|------------------|----------------|--|
|                                                                                     | (g)        |                | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.            |                |  |
| <b>DESAYUNO:</b>                                                                    |            |                |              |              |               |                           |               |                  |                |  |
| 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                                                                        | 30.00      | 11.36          | 0.00         | 0.00         | 29.49         | 0.00                      | 0.00          | 117.95           | 117.95         |  |
| <b>SUB TOTAL</b>                                                                    |            | <b>576.22</b>  | <b>23.89</b> | <b>16.89</b> | <b>113.68</b> | <b>95.54</b>              | <b>152.01</b> | <b>454.71</b>    | <b>702.26</b>  |  |
|                                                                                     |            |                |              |              |               |                           |               | V.C. DESAYUNO    | 702            |  |
|                                                                                     |            |                |              |              |               |                           |               | % DIST. DESAYUNO | 25%            |  |
| <b>ALMUERZO:</b>                                                                    |            |                |              |              |               |                           |               |                  |                |  |
| ENTRADA:CEVICHE DE TOYO                                                             |            |                |              |              |               |                           |               |                  |                |  |
| 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                                                                     | 80.00      | 264.00         | 18.00        | 1.44         | 46.64         | 72.00                     | 12.96         | 186.56           | 271.52         |  |
| 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                                                                      | 2.00       | 17.68          | 0.00         | 2.00         | 0.00          | 0.00                      | 18.00         | 0.00             | 18.00          |  |
| 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                                                                        | 8.00       | 31.61          | 0.00         | 0.00         | 7.87          | 0.00                      | 0.00          | 31.46            | 31.46          |  |
| <b>SUB TOTAL</b>                                                                    |            | <b>1255.58</b> | <b>83.59</b> | <b>22.34</b> | <b>187.04</b> | <b>334.37</b>             | <b>201.02</b> | <b>748.11</b>    | <b>1283.50</b> |  |
|                                                                                     |            |                |              |              |               |                           |               | V. C. ALMUERZO   | 1284           |  |
|                                                                                     |            |                |              |              |               |                           |               | % DIST. ALMUERZO | 45%            |  |
| <b>CENA:</b>                                                                        |            |                |              |              |               |                           |               |                  |                |  |
| 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                                                                      | 7.00       | 61.88          | 0.00         | 7.00         | 0.00          | 0.00                      | 63.00         | 0.00             | 63.00          |  |
| 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           |  |
| <b>SUB TOTAL</b>                                                                    |            | <b>743.62</b>  | <b>32.77</b> | <b>9.03</b>  | <b>157.93</b> | <b>127.07</b>             | <b>81.18</b>  | <b>631.65</b>    | <b>839.90</b>  |  |
|                                                                                     |            |                |              |              |               |                           |               | V. C. CENA       | 840            |  |
|                                                                                     |            |                |              |              |               |                           |               | % DIST. CENA     | 30%            |  |
|                                                                                     |            |                |              |              |               |                           |               | VCT (Gr.)        | 140.25         |  |
|                                                                                     |            |                |              |              |               |                           |               | VCT (Kcal.)      | 556.98         |  |
|                                                                                     |            |                |              |              |               |                           |               | VCT (%)          | 20%            |  |
|                                                                                     |            |                |              |              |               |                           |               | V. C. T. MENU    | 100%           |  |
|                                                                                     |            |                |              |              |               |                           |               |                  | 2826           |  |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Lic. Piedad Espinoza Salazar  
Nutricionista Dietista  
CNP 0428

**FORMATO - B**

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA**

31/07/2019 14/08/2019

MENÚ N° 11 25

| ALIMENTO                                                              | PESO BRUTO | KCAL.          | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |                         | TOTAL          |  |
|-----------------------------------------------------------------------|------------|----------------|--------------|--------------|---------------|---------------------------|---------------|-------------------------|----------------|--|
|                                                                       | (g)        |                | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.                   |                |  |
| <b>DESAYUNO:</b>                                                      |            |                |              |              |               |                           |               |                         |                |  |
| 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                                                        | 12.00      | 106.08         | 0.00         | 12.00        | 0.00          | 0.00                      | 108.00        | 0.00                    | 108.00         |  |
| <b>SUB TOTAL</b>                                                      |            | <b>711.25</b>  | <b>22.30</b> | <b>19.16</b> | <b>117.27</b> | <b>89.18</b>              | <b>172.44</b> | <b>469.02</b>           | <b>730.64</b>  |  |
|                                                                       |            |                |              |              |               |                           |               | <b>V.C. DESAYUNO</b>    | <b>730.64</b>  |  |
|                                                                       |            |                |              |              |               |                           |               | <b>% DIST. DESAYUNO</b> | <b>26%</b>     |  |
| <b>ENTRADA: ENSALADA MIXTA</b>                                        |            |                |              |              |               |                           |               |                         |                |  |
| <b>ALMUERZO:</b>                                                      |            |                |              |              |               |                           |               |                         |                |  |
| 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           |  |
| <b>SUB TOTAL</b>                                                      |            | <b>1179.56</b> | <b>45.26</b> | <b>20.90</b> | <b>209.75</b> | <b>181.03</b>             | <b>188.06</b> | <b>839.01</b>           | <b>1208.10</b> |  |
|                                                                       |            |                |              |              |               |                           |               | <b>V. C. ALMUERZO</b>   | <b>1208.10</b> |  |
|                                                                       |            |                |              |              |               |                           |               | <b>% DIST. ALMUERZO</b> | <b>43%</b>     |  |
| <b>CENA:</b>                                                          |            |                |              |              |               |                           |               |                         |                |  |
| ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION       |            |                |              |              |               |                           |               |                         |                |  |
| 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           |  |
| <b>SUB TOTAL</b>                                                      |            | <b>852.97</b>  | <b>50.42</b> | <b>12.35</b> | <b>138.20</b> | <b>201.68</b>             | <b>111.15</b> | <b>552.79</b>           | <b>865.62</b>  |  |
|                                                                       |            |                |              |              |               |                           |               | <b>V. C. CENA</b>       | <b>865.62</b>  |  |
|                                                                       |            |                |              |              |               |                           |               | <b>% DIST. CENA</b>     | <b>31%</b>     |  |
|                                                                       |            | VCT (Gr.)      | 117.98       | 52.41        | 465.22        |                           |               |                         |                |  |
|                                                                       |            | VCT (Kcal.)    | 471.89       | 471.65       | 1860.82       |                           |               |                         |                |  |
|                                                                       |            | VCT (%)        | 17%          | 17%          | 66%           |                           |               |                         |                |  |
|                                                                       |            |                |              |              |               |                           |               | <b>V. C. T. MENU</b>    | <b>100%</b>    |  |
|                                                                       |            |                |              |              |               |                           |               |                         | <b>2804</b>    |  |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Sergio Saldarriaga  
NUTRICIONISTA  
3428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

01/08/2019 15/08/2019

MENÚ N° 12 26

| ALIMENTO                                                                                              | PESO BRUTO | KCAL.          | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL          |
|-------------------------------------------------------------------------------------------------------|------------|----------------|--------------|--------------|---------------|---------------------------|---------------|---------------|----------------|
|                                                                                                       | (g)        |                | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |                |
| <b>DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS</b>                                          |            |                |              |              |               |                           |               |               |                |
| 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                                                                                        | 15.00      | 132.60         | 0.00         | 15.00        | 0.00          | 0.00                      | 135.00        | 0.00          | 135.00         |
| AZÚCAR RUBIA                                                                                          | 25.00      | 96.00          | 0.00         | 0.00         | 24.58         | 0.00                      | 0.00          | 98.30         | 98.30          |
| <b>SUB TOTAL</b>                                                                                      |            | <b>669.46</b>  | <b>19.66</b> | <b>22.15</b> | <b>102.57</b> | <b>78.60</b>              | <b>199.31</b> | <b>410.23</b> | <b>688.14</b>  |
| <b>V.C. DESAYUNO</b>                                                                                  |            |                |              |              |               |                           |               |               | <b>688.14</b>  |
| <b>% DIST. DESAYUNO</b>                                                                               |            |                |              |              |               |                           |               |               | <b>25%</b>     |
| <b>ENTRADA: ENSALADA</b>                                                                              |            |                |              |              |               |                           |               |               |                |
| <b>ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)</b> |            |                |              |              |               |                           |               |               |                |
| 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                                                                                       | 80.00      | 268.00         | 17.20        | 1.36         | 48.56         | 68.80                     | 12.24         | 194.24        | 275.28         |
| ACEITE VEGETAL                                                                                        | 5.00       | 44.20          | 0.00         | 5.00         | 0.00          | 0.00                      | 45.00         | 0.00          | 45.00          |
| 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           |
| AZÚCAR 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           |
| <b>SUB TOTAL</b>                                                                                      |            | <b>1168.13</b> | <b>67.29</b> | <b>10.39</b> | <b>217.73</b> | <b>269.14</b>             | <b>93.49</b>  | <b>870.94</b> | <b>1233.57</b> |
| <b>V. C. ALMUERZO</b>                                                                                 |            |                |              |              |               |                           |               |               | <b>1233.57</b> |
| <b>% DIST. ALMUERZO</b>                                                                               |            |                |              |              |               |                           |               |               | <b>45%</b>     |
| <b>CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN</b>                |            |                |              |              |               |                           |               |               |                |
| 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           |
| AZÚCAR 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           |
| <b>SUB TOTAL</b>                                                                                      |            | <b>816.46</b>  | <b>31.66</b> | <b>17.46</b> | <b>137.50</b> | <b>126.65</b>             | <b>157.14</b> | <b>549.99</b> | <b>833.78</b>  |
| <b>V. C. CENA</b>                                                                                     |            |                |              |              |               |                           |               |               | <b>833.78</b>  |
| <b>% DIST. CENA</b>                                                                                   |            |                |              |              |               |                           |               |               | <b>30%</b>     |
| VCT (Gr.)                                                                                             |            | 118.61         | 50.00        | 457.80       |               |                           |               |               |                |
| VCT (Kcal.)                                                                                           |            | 474.39         | 449.94       | 1831.16      |               |                           |               |               |                |
| VCT (%)                                                                                               |            | 17%            | 16%          | 66%          |               |                           |               |               |                |
| <b>V. C. T. MENU</b>                                                                                  |            |                |              |              |               |                           |               |               | <b>2755</b>    |

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Dr. César Salazar Salazar  
Nutricionista Dietista  
C.R.P. 0428



FORMATO - B

33

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

03/08/2019 17/08/2019

MENÚ N° 14 28

| ALIMENTO                                                                            | PESO BRUTO | KCAL.         | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL         |
|-------------------------------------------------------------------------------------|------------|---------------|--------------|--------------|---------------|---------------------------|---------------|---------------|---------------|
|                                                                                     | (g)        |               | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |               |
| <b>DESAYUNO:</b> 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                                                                              | 30.00      | 11.36         | 0.00         | 0.00         | 29.49         | 0.00                      | 0.00          | 117.95        | 117.95        |
| <b>SUB TOTAL</b>                                                                    |            | <b>590.04</b> | <b>26.15</b> | <b>12.74</b> | <b>121.38</b> | <b>104.58</b>             | <b>114.68</b> | <b>485.48</b> | <b>704.74</b> |
| V.C. DESAYUNO                                                                       |            |               |              |              |               |                           |               |               | 704.74        |
| % DIST. DESAYUNO                                                                    |            |               |              |              |               |                           |               |               | 25%           |

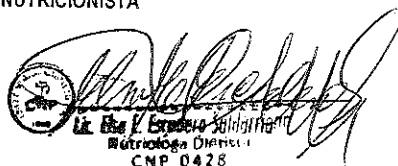
|                                                                                     |        |                |              |              |               |               |               |               |                |
|-------------------------------------------------------------------------------------|--------|----------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|
| <b>ALMUERZO:</b> ENTRADA: ENSALADA FRESCA                                           |        |                |              |              |               |               |               |               |                |
| 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                                                                     | 80.00  | 264.00         | 18.00        | 1.44         | 46.64         | 72.00         | 12.96         | 186.56        | 271.52         |
| TOMATE                                                                              | 10.00  | 1.88           | 0.08         | 0.02         | 0.43          | 0.32          | 0.18          | 1.72          | 2.22           |
| CEBOLLA                                                                             | 30.00  | 13.23          | 0.42         | 0.06         | 3.39          | 1.68          | 0.54          | 13.56         | 15.78          |
| AJI AMARILLO                                                                        | 3.00   | 0.90           | 0.03         | 0.02         | 0.26          | 0.11          | 0.19          | 1.06          | 1.36           |
| ACEITE VEGETAL                                                                      | 1.00   | 8.84           | 0.00         | 1.00         | 0.00          | 0.00          | 9.00          | 0.00          | 9.00           |
| 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                                                                        | 8.00   | 31.61          | 0.00         | 0.00         | 7.87          | 0.00          | 0.00          | 31.46         | 31.46          |
| <b>SUB TOTAL</b>                                                                    |        | <b>1256.32</b> | <b>59.72</b> | <b>34.50</b> | <b>187.20</b> | <b>238.88</b> | <b>310.47</b> | <b>748.79</b> | <b>1298.14</b> |
| V. C. ALMUERZO                                                                      |        |                |              |              |               |               |               |               | 1298.14        |
| % DIST. ALMUERZO                                                                    |        |                |              |              |               |               |               |               | 45%            |

|                                                                                                    |        |               |              |              |               |               |               |               |               |
|----------------------------------------------------------------------------------------------------|--------|---------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|
| <b>CENA:</b> 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                                                                                     | 8.00   | 70.72         | 0.00         | 8.00         | 0.00          | 0.00          | 72.00         | 0.00          | 72.00         |
| 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          |
| <b>SUB TOTAL</b>                                                                                   |        | <b>847.71</b> | <b>30.32</b> | <b>19.18</b> | <b>139.47</b> | <b>121.27</b> | <b>172.54</b> | <b>558.19</b> | <b>852.00</b> |
| V. C. CENA                                                                                         |        |               |              |              |               |               |               |               | 852.00        |
| % DIST. CENA                                                                                       |        |               |              |              |               |               |               |               | 30%           |
| VCT (Gr.)                                                                                          |        | 116.19        | 66.42        | 448.05       |               |               |               |               |               |
| VCT (Kcal.)                                                                                        |        | 464.73        | 597.69       | 1792.46      |               |               |               |               |               |
| VCT (%)                                                                                            |        | 16%           | 21%          | 63%          |               |               |               |               |               |
| V. C. T. MENU                                                                                      |        |               |              |              |               |               |               |               | 100%          |
|                                                                                                    |        |               |              |              |               |               |               |               | 2855          |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Lic. Ego V. Espinoza Saldivar  
Nutricionista Dietista  
CNP 0428

## RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE PIURA Y SULLANA

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

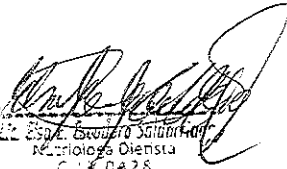
MENÚS CON APORTE CALÓRICO MAYOR A 2,500 KILOCALORIAS POR DÍA

| Nº DE MENÚ | FECHA                   | DETALLE DEL MENÚ |                                                                                                                                           |
|------------|-------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 1          | DOMINGO<br>21/07/2019   | DESAYUNO         | SOYA + 03 PANES CON MARGARINA                                                                                                             |
|            |                         | ALMUERZO         | TALLARINES ROJOS + MECHADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                 |
|            |                         | CENA             | ARROZ GRANEADO + POLLO CON HUESO A LA OLLA + INFUSIÓN                                                                                     |
| 2          | LUNES<br>22/07/2019     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                                  |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                           |
|            |                         | CENA             | SOPA DE TRIGO + RES CON HUESO                                                                                                             |
| 3          | MARTES<br>23/07/2019    | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                        |
|            |                         | ALMUERZO         | ARROZ GRANEADO + PAVITA + GUISADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                |
|            |                         | CENA             | MAIZENA CON LECHE + 02 PANES                                                                                                              |
| 4          | MIÉRCOLES<br>24/07/2019 | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                                                                                             |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
|            |                         | CENA             | AGUADITO DE POLLO                                                                                                                         |
| 5          | JUEVES<br>25/07/2019    | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                                 |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                  |
|            |                         | CENA             | ARROZ GRANEADO + GUIZO DE CORAZON DE POLLO + PAPAS + INFUSIÓN                                                                             |
| 6          | VIERNES<br>26/07/2019   | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                           |
|            |                         | ALMUERZO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            |                         | CENA             | ARROZ CON LECHE + 02 PANES                                                                                                                |
| 7          | SABADO<br>27/07/2019    | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                               |
|            |                         | ALMUERZO         | ARROZ GRANEADO + ESTOFADO DE POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                         |
|            |                         | CENA             | ARROZ GRANEADO + CHANFAINITA + INFUSIÓN                                                                                                   |
| 8          | DOMINGO<br>28/07/2019   | DESAYUNO         | SOYA + 03 PANES CON MARGARINA                                                                                                             |
|            |                         | ALMUERZO         | TALLARINES ROJOS + MECHADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                 |
|            |                         | CENA             | ARROZ GRANEADO + POLLO CON HUESO A LA OLLA + INFUSIÓN                                                                                     |
| 9          | LUNES<br>29/07/2019     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                                  |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                           |
|            |                         | CENA             | SOPA DE TRIGO + RES CON HUESO                                                                                                             |
| 10         | MARTES<br>30/07/2019    | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                        |
|            |                         | ALMUERZO         | ARROZ GRANEADO + PAVITA + GUISADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                |
|            |                         | CENA             | MAIZENA CON LECHE + 02 PANES                                                                                                              |
| 11         | MIÉRCOLES<br>31/07/2019 | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                                                                                             |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
|            |                         | CENA             | AGUADITO DE POLLO                                                                                                                         |
| 12         | JUEVES<br>01/08/2019    | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                                 |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                  |
|            |                         | CENA             | ARROZ GRANEADO + GUIZO DE CORAZON DE POLLO + PAPAS + INFUSIÓN                                                                             |
| 13         | VIERNES<br>02/08/2019   | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                           |
|            |                         | ALMUERZO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            |                         | CENA             | ARROZ CON LECHE + 02 PANES                                                                                                                |
| 14         | SABADO<br>03/08/2019    | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                               |
|            |                         | ALMUERZO         | ARROZ GRANEADO + ESTOFADO DE POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                         |
|            |                         | CENA             | ARROZ GRANEADO + CHANFAINITA + INFUSIÓN                                                                                                   |
| 15         | DOMINGO<br>04/08/2019   | DESAYUNO         | SOYA + 03 PANES CON MARGARINA                                                                                                             |
|            |                         | ALMUERZO         | TALLARINES ROJOS + MECHADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                 |
|            |                         | CENA             | ARROZ GRANEADO + POLLO CON HUESO A LA OLLA + INFUSIÓN                                                                                     |
| 16         | LUNES<br>05/08/2019     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                                  |
|            |                         | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                           |
|            |                         | CENA             | SOPA DE TRIGO + RES CON HUESO                                                                                                             |

CONTRATISTA

NUTRICIONISTA

  
**Lauriano García Idrogo**  
 REPRESENTANTE DEL CONSORCIO

   
 E.P. de Piura y Sullana  
 Nutricionista  
 C.I. 0428

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE PIURA Y SULLANA**

**DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019**

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

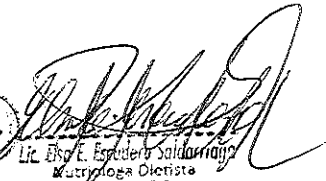
| N° DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                                                           |
|------------|------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 17         | MARTES     | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                        |
|            | 06/08/2019 | ALMUERZO         | ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                   |
| 18         | MIERCOLES  | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                                                                                             |
|            | 07/08/2019 | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
| 19         | JUEVES     | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                                 |
|            | 08/08/2019 | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                  |
| 20         | VIERNES    | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                           |
|            | 09/08/2019 | ALMUERZO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
| 21         | SABADO     | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                               |
|            | 10/08/2019 | ALMUERZO         | ARROZ GRANEADO + ESTOFADO DE POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                         |
| 22         | DOMINGO    | DESAYUNO         | SOYA + 03 PANES CON MARGARINA                                                                                                             |
|            | 11/08/2019 | ALMUERZO         | TALLARINES ROJOS + MECHADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                 |
| 23         | LUNES      | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                                  |
|            | 12/08/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                           |
| 24         | MARTES     | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                        |
|            | 13/08/2019 | ALMUERZO         | ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                   |
| 25         | MIERCOLES  | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                                                                                             |
|            | 14/08/2019 | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
| 26         | JUEVES     | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                                 |
|            | 15/08/2019 | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                  |
| 27         | VIERNES    | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                           |
|            | 16/08/2019 | ALMUERZO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
| 28         | SABADO     | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                               |
|            | 17/08/2019 | ALMUERZO         | ARROZ GRANEADO + ESTOFADO DE POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                         |
| 29         | DOMINGO    | DESAYUNO         | SOYA + 03 PANES CON MARGARINA                                                                                                             |
|            | 18/08/2019 | ALMUERZO         | TALLARINES ROJOS + MECHADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                 |
| 30         | LUNES      | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                                  |
|            | 19/08/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                           |
| 31         | MARTES     | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                        |
|            | 20/08/2019 | ALMUERZO         | ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                   |

CONTRATISTA

NUTRICIONISTA

  
**Lauriano García Idrogo**  
REPRESENTANTE DEL CONSORCIO



  
Lic. Efraim Esquivel Salazar  
Nutricionista Dietista  
CNP 0425

FORMATO N° 01 - A

30

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

21/07/2019 04/08/2019 18/08/2019

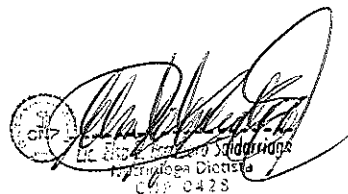
MENÚ N° 1 15 29

| ALIMENTO                                                                                                                            | PESO<br>BRUTO | PROT   | GRASAS | CARB.     | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|-----------|---------------------------|--------|---------|---------|
|                                                                                                                                     | (g)           | (g)    | (g)    | (g)       | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: 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: TALLARINES ROJOS + MECHADO 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   | 22.30     | 8.40                      | 0.90   | 89.20   | 98.50   |
| ACEITE VEGETAL                                                                                                                      | 33.00         | 0.00   | 33.00  | 0.00      | 0.00                      | 297.00 | 0.00    | 297.00  |
| PEPINILLOS                                                                                                                          | 30.00         | 0.15   | 0.03   | 0.78      | 0.60                      | 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    | 3.60    |
| SAZONADOR BLANCO                                                                                                                    | 2.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00    | 0.00    |
| SAL                                                                                                                                 | 1.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00    | 0.00    |
| VINAGRE                                                                                                                             | 1.00          | 0.00   | 0.00   | 0.05      | 0.00                      | 0.00   | 0.20    | 0.20    |
| REFRESCO DE SOBRE                                                                                                                   | 2.00          | 0.00   | 0.00   | 1.98      | 0.00                      | 0.00   | 7.93    | 7.93    |
| AZUCAR RUBIA                                                                                                                        | 35.00         | 0.12   | 0.00   | 34.41     | 0.00                      | 0.00   | 137.62  | 137.62  |
| PLATANO DE SEDA                                                                                                                     | 160.00        | 2.40   | 0.48   | 33.60     | 9.60                      | 4.32   | 134.40  | 148.32  |
| SUB TOTAL                                                                                                                           |               | 53.97  | 36.49  | 219.73    | 215.40                    | 328.07 | 878.93  | 1422.40 |
|                                                                                                                                     |               |        |        |           | V. C. ALMUERZO            |        |         | 1422.40 |
|                                                                                                                                     |               |        |        |           | % DIST. ALMUERZO          |        |         | 56%     |
| CENA: ARROZ GRANEADO + POLLO CON HUESO A LA OLLA + 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.)                                                                                                                           |               | 94.73  | 70.29  | 386.8934  |                           |        |         |         |
| VCT (Kcal.)                                                                                                                         |               | 377.35 | 632.15 | 1547.5856 |                           |        |         |         |
| VCT (%)                                                                                                                             |               | 15%    | 25%    | 61%       |                           |        |         |         |
|                                                                                                                                     |               |        |        |           | V. C. T. MENU             |        |         | 100%    |
|                                                                                                                                     |               |        |        |           |                           |        |         | 2557    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Lic. Esp. en Nutrición y Dietética  
Nutricionista Dietista  
CIP 0428

FORMATO N° 01 - A

29

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

22/07/2019 05/08/2019 19/08/2019

MENÚ N° 2 16 30

| ALIMENTO                                                                                                  | PESO<br>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                                                                                              | 40.00         | 0.14   | 0.00   | 39.33    | 0.00                      | 0.00   | 157.28 | 157.28  |
| SUB TOTAL                                                                                                 |               | 20.64  | 15.70  | 122.38   | 81.98                     | 141.30 | 489.48 | 712.76  |
|                                                                                                           |               |        |        |          | V.C. DESAYUNO             |        |        | 712.76  |
|                                                                                                           |               |        |        |          | % 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                                                                                              | 35.00         | 0.12   | 0.00   | 34.41    | 0.00                      | 0.00   | 137.62 | 137.62  |
| ACEITE VEGETAL                                                                                            | 32.00         | 0.00   | 32.00  | 0.00     | 0.00                      | 288.00 | 0.00   | 288.00  |
| REFresco DE SOBRE                                                                                         | 2.00          | 0.00   | 0.00   | 1.98     | 0.00                      | 0.00   | 7.93   | 7.93    |
| 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                                                                                                 |               | 31.89  | 36.47  | 217.83   | 127.08                    | 324.10 | 869.29 | 1320.47 |
|                                                                                                           |               |        |        |          | V. C. ALMUERZO            |        |        | 1320.47 |
|                                                                                                           |               |        |        |          | % DIST. ALMUERZO          |        |        | 53%     |
| 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                                                                                            | 12.00         | 0.00   | 12.00  | 0.00     | 0.00                      | 108.00 | 0.00   | 108.00  |
| 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  | 14.86  | 58.29    | 113.00                    | 133.75 | 233.15 | 479.90  |
|                                                                                                           |               |        |        |          | V. C. CENA                |        |        | 479.90  |
|                                                                                                           |               |        |        |          | % DIST. CENA              |        |        | 19%     |
| VCT (Gr.)                                                                                                 |               | 80.79  | 67.03  | 398.502  |                           |        |        |         |
| VCT (Kcal.)                                                                                               |               | 322.06 | 599.15 | 1591.918 |                           |        |        |         |
| VCT (%)                                                                                                   |               | 13%    | 24%    | 63%      |                           |        |        |         |
|                                                                                                           |               |        |        |          | V. C. T. MENU             |        | 100%   | 2513    |

CONTRATISTA

NUTRICIONISTA

Lauriano Arcia Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
Lic. *[Firma]*  
N.º de Identificación Profesional: 0428



27

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

24/07/2019 07/08/2019

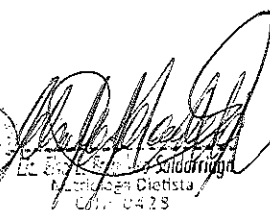
MENÚ N° 4 18

| ALIMENTO                                                                                                                                            | PESO<br>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 | 11.68  | 128.52  |
| LECHE EVAPORADA                                                                                                                                     | 120.00        | 8.40   | 9.72    | 13.08  | 33.60                     | 87.48  | 52.32  | 173.40  |
| PAN                                                                                                                                                 | 90.00         | 7.56   | 0.18    | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                                                                        | 21.00         | 0.07   | 0.00    | 20.64  | 0.00                      | 0.00   | 82.57  | 82.57   |
| SUB TOTAL                                                                                                                                           |               | 16.35  | 22.74   | 94.06  | 65.12                     | 204.66 | 376.25 | 646.03  |
|                                                                                                                                                     |               |        |         |        | V.C. DESAYUNO             |        |        | 646.03  |
|                                                                                                                                                     |               |        |         |        | % DIST. DESAYUNO          |        |        | 26%     |
| ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO MECHADO + 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   | 2.28    |
| 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                                                                                                                                      | 12.00         | 0.00   | 12.00   | 0.00   | 0.00                      | 108.00 | 0.00   | 108.00  |
| 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                                                                                                                                   | 2.00          | 0.00   | 0.00    | 1.98   | 0.00                      | 0.00   | 7.93   | 7.93    |
| AZUCAR RUBIA                                                                                                                                        | 21.00         | 0.07   | 0.00    | 20.64  | 0.00                      | 0.00   | 82.57  | 82.57   |
| LIMON                                                                                                                                               | 3.00          | 0.02   | 0.01    | 0.29   | 0.06                      | 0.05   | 1.16   | 1.27    |
| SUB TOTAL                                                                                                                                           |               | 54.34  | 23.22   | 234.31 | 217.03                    | 208.93 | 937.26 | 1363.22 |
|                                                                                                                                                     |               |        |         |        | V. C. ALMUERZO            |        |        | 1363.22 |
|                                                                                                                                                     |               |        |         |        | % DIST. ALMUERZO          |        |        | 54%     |
| 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.)                                                                                                                                           | 96.00         | 62.70  | 410.78  |        |                           |        |        |         |
| VCT (Kcal.)                                                                                                                                         | 383.39        | 564.25 | 1553.95 |        |                           |        |        |         |
| VCT (%)                                                                                                                                             | 15%           | 23%    | 62%     |        |                           |        |        |         |
|                                                                                                                                                     |               |        |         |        | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                                                     |               |        |         |        |                           |        |        | 2502    |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Nutricionista  
L.P. 0435





FORMATO N° 01 - A

29

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

27/07/2019 10/08/2019

MENÚ N° 7 21

| ALIMENTO                                                                                                                    | PESO<br>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                                                                                                                | 30.00         | 0.10   | 0.00   | 29.49    | 0.00                      | 0.00   | 117.96 | 117.96  |
| SUB TOTAL                                                                                                                   |               | 16.36  | 4.89   | 106.49   | 65.03                     | 44.05  | 425.98 | 535.06  |
|                                                                                                                             |               |        |        |          | V.C. DESAYUNO             |        |        | 535.06  |
|                                                                                                                             |               |        |        |          | % DIST. DESAYUNO          |        |        | 21%     |
| ALMUERZO: ARROZ GRANEADO + ESTOFADO DE 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   | 22.30    | 8.40                      | 0.90   | 89.20  | 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                                                                                                              | 31.00         | 0.00   | 31.00  | 0.00     | 0.00                      | 279.00 | 0.00   | 279.00  |
| REFRESCO DE SOBRE                                                                                                           | 2.00          | 0.00   | 0.00   | 1.98     | 0.00                      | 0.00   | 7.93   | 7.93    |
| PLATANO DE SEDA                                                                                                             | 160.00        | 2.40   | 0.48   | 33.60    | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                   |               | 47.54  | 49.05  | 218.29   | 189.72                    | 441.48 | 873.17 | 1504.37 |
|                                                                                                                             |               |        |        |          | V. C. ALMUERZO            |        |        | 1504.37 |
|                                                                                                                             |               |        |        |          | % DIST. ALMUERZO          |        |        | 60%     |
| 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                                                                                                                | 6.00          | 0.02   | 0.00   | 5.89     | 0.00                      | 0.00   | 23.59  | 23.59   |
| SAL                                                                                                                         | 2.00          | 0.00   | 0.00   | 0.00     | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                                   |               | 16.85  | 6.93   | 89.04    | 67.34                     | 62.32  | 356.23 | 485.89  |
|                                                                                                                             |               |        |        |          | V. C. CENA                |        |        | 485.89  |
|                                                                                                                             |               |        |        |          | % DIST. CENA              |        |        | 19%     |
|                                                                                                                             | VCT (Gr.)     | 80.753 | 60.87  | 413.822  |                           |        |        |         |
|                                                                                                                             | VCT (Kcal.)   | 322.09 | 547.85 | 1655.378 |                           |        |        |         |
|                                                                                                                             | VCT (%)       | 13%    | 22%    | 66%      |                           |        |        |         |
|                                                                                                                             |               |        |        |          | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                             |               |        |        |          |                           |        |        | 2525    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO



Lic. Efraín Esquivel Saldarriaga  
Nutriólogo Dietista  
C.R.P. 0428

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

28/07/2019 11/08/2019

MENÚ N° 8 22

| ALIMENTO                                                                                                                            | PESO<br>BRUTO | PROT   | GRASAS | CARB.     | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|-----------|---------------------------|--------|---------|---------|
|                                                                                                                                     | (g)           | (g)    | (g)    | (g)       | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: 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: TALLARINES ROJOS + MECHADO 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   | 22.30     | 8.40                      | 0.90   | 89.20   | 98.50   |
| ACEITE VEGETAL                                                                                                                      | 32.00         | 0.00   | 32.00  | 0.00      | 0.00                      | 288.00 | 0.00    | 288.00  |
| PEPINILLOS                                                                                                                          | 30.00         | 0.15   | 0.03   | 0.78      | 0.60                      | 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    | 3.60    |
| SAZONADOR BLANCO                                                                                                                    | 2.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00    | 0.00    |
| SAL                                                                                                                                 | 1.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00    | 0.00    |
| VINAGRE                                                                                                                             | 1.00          | 0.00   | 0.00   | 0.05      | 0.00                      | 0.00   | 0.20    | 0.20    |
| REFRESCO DE SOBRE                                                                                                                   | 2.00          | 0.00   | 0.00   | 1.98      | 0.00                      | 0.00   | 7.93    | 7.93    |
| AZUCAR RUBIA                                                                                                                        | 35.00         | 0.12   | 0.00   | 34.41     | 0.00                      | 0.00   | 137.62  | 137.62  |
| PLATANO DE SEDA                                                                                                                     | 160.00        | 2.40   | 0.48   | 33.60     | 9.60                      | 4.32   | 134.40  | 148.32  |
| SUB TOTAL                                                                                                                           |               | 53.97  | 35.49  | 219.73    | 215.40                    | 319.07 | 878.93  | 1413.40 |
|                                                                                                                                     |               |        |        |           | V. C. ALMUERZO            |        |         | 1413.40 |
|                                                                                                                                     |               |        |        |           | % DIST. ALMUERZO          |        |         | 56%     |
| CENA: ARROZ GRANEADO + POLLO CON HUESO A LA OLLA + 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                                                                                                                      | 1.00          | 0.00   | 1.00   | 0.00      | 0.00                      | 9.00   | 0.00    | 9.00    |
| 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  | 11.69  | 76.18     | 103.03                    | 105.13 | 304.74  | 512.90  |
|                                                                                                                                     |               |        |        |           | V. C. CENA                |        |         | 512.90  |
|                                                                                                                                     |               |        |        |           | % DIST. CENA              |        |         | 20%     |
| VCT (Gr.)                                                                                                                           |               | 94.73  | 68.29  | 386.8934  |                           |        |         |         |
| VCT (Kcal.)                                                                                                                         |               | 377.35 | 614.15 | 1547.5856 |                           |        |         |         |
| VCT (%)                                                                                                                             |               | 15%    | 24%    | 61%       |                           |        |         |         |
|                                                                                                                                     |               |        |        |           | V. C. T. MENU             |        | 100%    | 2539    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

Dr. Rm. F. Espinoza Soldado  
Nutricionista Dietista  
CNP 0428

FORMATO N° 01 - A

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

29/07/2019 12/08/2019

MENÚ N° 9 23

| ALIMENTO                                                                                                         | PESO BRUTO | PROT         | GRASAS       | CARB.         | K.CALORIAS PON NUTRIENTES |               |               | TOTAL          |
|------------------------------------------------------------------------------------------------------------------|------------|--------------|--------------|---------------|---------------------------|---------------|---------------|----------------|
|                                                                                                                  | (g)        | (g)          | (g)          | (g)           | PROT                      | GRASAS        | CARB.         |                |
| <b>DESAYUNO: Avena con leche + 03 Panes con mortadela</b>                                                        |            |              |              |               |                           |               |               |                |
| 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          |
| AZÚCAR RUBIA                                                                                                     | 35.00      | 0.12         | 0.00         | 34.41         | 0.00                      | 0.00          | 137.62        | 137.62         |
| <b>SUB TOTAL</b>                                                                                                 |            | <b>20.62</b> | <b>15.70</b> | <b>117.46</b> | <b>81.98</b>              | <b>141.30</b> | <b>469.82</b> | <b>693.10</b>  |
|                                                                                                                  |            |              |              |               | <b>V.C. DESAYUNO</b>      |               |               | <b>693.10</b>  |
|                                                                                                                  |            |              |              |               | <b>% DIST. DESAYUNO</b>   |               |               | <b>28%</b>     |
| <b>ALMUERZO: Arroz graneado + Chanfainita + Ensalada (repollo) + Fruta (Platano de seda) + Refresco de sobre</b> |            |              |              |               |                           |               |               |                |
| 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           |
| AZÚCAR RUBIA                                                                                                     | 40.00      | 0.14         | 0.00         | 39.33         | 0.00                      | 0.00          | 157.28        | 157.28         |
| ACEITE VEGETAL                                                                                                   | 32.00      | 0.00         | 32.00        | 0.00          | 0.00                      | 288.00        | 0.00          | 288.00         |
| REFRESCO DE SOBRE                                                                                                | 2.00       | 0.00         | 0.00         | 1.98          | 0.00                      | 0.00          | 7.93          | 7.93           |
| 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           |
| <b>SUB TOTAL</b>                                                                                                 |            | <b>31.91</b> | <b>36.47</b> | <b>222.75</b> | <b>127.08</b>             | <b>324.10</b> | <b>888.95</b> | <b>1340.13</b> |
|                                                                                                                  |            |              |              |               | <b>V. C. ALMUERZO</b>     |               |               | <b>1340.13</b> |
|                                                                                                                  |            |              |              |               | <b>% DIST. ALMUERZO</b>   |               |               | <b>53%</b>     |
| <b>CENA: Sopa de trigo + res con hueso</b>                                                                       |            |              |              |               |                           |               |               |                |
| 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                                                                                                   | 12.00      | 0.00         | 12.00        | 0.00          | 0.00                      | 108.00        | 0.00          | 108.00         |
| 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          |
| <b>SUB TOTAL</b>                                                                                                 |            | <b>28.26</b> | <b>14.86</b> | <b>58.29</b>  | <b>113.00</b>             | <b>133.75</b> | <b>233.15</b> | <b>479.90</b>  |
|                                                                                                                  |            |              |              |               | <b>V. C. CENA</b>         |               |               | <b>479.90</b>  |
|                                                                                                                  |            |              |              |               | <b>% DIST. CENA</b>       |               |               | <b>19%</b>     |
| VCT (Gr.)                                                                                                        | 80.79      | 67.03        | 398.502      |               |                           |               |               |                |
| VCT (Kcal.)                                                                                                      | 322.06     | 599.15       | 1591.918     |               |                           |               |               |                |
| VCT (%)                                                                                                          | 13%        | 24%          | 63%          |               |                           |               |               |                |
|                                                                                                                  |            |              |              |               | <b>V. C. T. MENU</b>      |               |               | <b>100%</b>    |
|                                                                                                                  |            |              |              |               |                           |               |               | <b>2513</b>    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO



Dr. Edo E. Salazar  
Nutricionista  
C.N. 0428

FORMATO N° 01 - A

21

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

30/07/2019 13/08/2019

MENÚ N° 10 24

| ALIMENTO                                                                                                                           | PESO<br>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         | 2.7    | 1.35     | 22.14  | 10.80                     | 12.15  | 88.56   | 111.51  |
| AZUCAR RUBIA                                                                                                                       | 16.00         | 0.06   | 0.00     | 15.73  | 0.00                      | 0.00   | 62.91   | 62.91   |
| 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                                                                                                                          |               | 23.58  | 4.29     | 111.40 | 50.52                     | 38.61  | 445.59  | 534.72  |
|                                                                                                                                    |               |        |          |        | V.C. DESAYUNO             |        |         | 534.72  |
|                                                                                                                                    |               |        |          |        | % DIST. DESAYUNO          |        |         | 21%     |
| ALMUERZO: ARROZ GRANEADO + PAVITA GUISADA + 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                                                                                                                     | 80.00         | 18.56  | 0.88     | 48.8   | 74.24                     | 7.92   | 195.2   | 277.36  |
| 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                                                                                                                     | 4.00          | 0.00   | 4.00     | 0.00   | 0.00                      | 36.00  | 0.00    | 36.00   |
| REFRESCO DE SOBRE                                                                                                                  | 2.00          | 0.00   | 0.00     | 1.98   | 0.00                      | 0.00   | 7.93    | 7.93    |
| 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                                                                                                                       | 16.00         | 0.06   | 0.00     | 15.73  | 0.00                      | 0.00   | 62.91   | 62.91   |
| LIMON                                                                                                                              | 3.00          | 0.02   | 0        | 0.29   | 0.06                      | 0.05   | 1.16    | 1.27    |
| SUB TOTAL                                                                                                                          |               | 66.56  | 38.71    | 222.81 | 265.98                    | 348.43 | 891.268 | 1505.68 |
|                                                                                                                                    |               |        |          |        | V. C. ALMUERZO            |        |         | 1505.68 |
|                                                                                                                                    |               |        |          |        | % DIST. ALMUERZO          |        |         | 60%     |
| 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                                                                                                                       | 16.00         | 0.06   | 0.00     | 15.73  | 0.00                      | 0.00   | 62.91   | 62.91   |
| SUB TOTAL                                                                                                                          |               | 8.9    | 4.27     | 102.81 | 35.36                     | 38.43  | 411.23  | 485.02  |
|                                                                                                                                    |               |        |          |        | V. C. CENA                |        |         | 485.02  |
|                                                                                                                                    |               |        |          |        | % DIST. CENA              |        |         | 19%     |
| VCT (Gr.)                                                                                                                          | 99.04         | 47.27  | 437.02   |        |                           |        |         |         |
| VCT (Kcal.)                                                                                                                        | 351.86        | 425.47 | 1748.088 |        |                           |        |         |         |
| VCT (%)                                                                                                                            | 14%           | 17%    | 69%      |        |                           |        |         |         |
|                                                                                                                                    |               |        |          |        | V. C. T. MENU             |        |         | 100%    |
|                                                                                                                                    |               |        |          |        |                           |        |         | 2525    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Iñero  
REPRESENTANTE DEL COMITÉ

CRP  
Lic. Sra. E. Escudero Saldaña  
Nutricionista Dietista  
CNP/0428

FORMATO N° 01 - A

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

31/07/2019 14/08/2019

MENÚ N° 11 25

| ALIMENTO                                                                                                                                            | PESO<br>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 | 11.68  | 128.52  |
| LECHE EVAPORADA                                                                                                                                     | 120.00        | 8.40   | 9.72   | 13.08   | 33.60                     | 87.48  | 52.32  | 173.40  |
| PAN                                                                                                                                                 | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                                                                        | 25.00         | 0.09   | 0.00   | 24.57   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                                                                           |               | 16.37  | 22.74  | 97.99   | 65.12                     | 204.66 | 391.98 | 661.76  |
|                                                                                                                                                     |               |        |        |         | V.C. DESAYUNO             |        |        | 661.76  |
|                                                                                                                                                     |               |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO MECHADO + 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                                                                                                                                      | 13.00         | 0.00   | 13.00  | 0.00    | 0.00                      | 117.00 | 0.00   | 117.00  |
| 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                                                                                                                                   | 2.90          | 0.00   | 0.00   | 1.98    | 0.00                      | 0.00   | 7.93   | 7.93    |
| AZUCAR RUBIA                                                                                                                                        | 21.00         | 0.07   | 0.00   | 20.64   | 0.00                      | 0.00   | 82.57  | 82.57   |
| LIMON                                                                                                                                               | 3.00          | 0.02   | 0.01   | 0.29    | 0.06                      | 0.05   | 1.16   | 1.27    |
| SUB TOTAL                                                                                                                                           |               | 54.34  | 24.22  | 234.31  | 217.03                    | 217.93 | 937.26 | 1372.22 |
|                                                                                                                                                     |               |        |        |         | V. C. ALMUERZO            |        |        | 1372.22 |
|                                                                                                                                                     |               |        |        |         | % DIST. ALMUERZO          |        |        | 55%     |
| 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                                                                                                                                      | 4.00          | 0.00   | 4.00   | 0.00    | 0.00                      | 36.00  | 0.00   | 36.00   |
| SUB TOTAL                                                                                                                                           |               | 25.31  | 14.74  | 82.41   | 101.24                    | 132.66 | 240.44 | 474.34  |
|                                                                                                                                                     |               |        |        |         | V. C. CENA                |        |        | 474.34  |
|                                                                                                                                                     |               |        |        |         | % DIST. CENA              |        |        | 19%     |
|                                                                                                                                                     | VCT (Gr.)     | 96.02  | 61.70  | 414.71  |                           |        |        |         |
|                                                                                                                                                     | VCT (Kcal.)   | 383.39 | 555.25 | 1569.68 |                           |        |        |         |
|                                                                                                                                                     | VCT (%)       | 15%    | 22%    | 63%     |                           |        |        |         |
|                                                                                                                                                     |               |        |        |         | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                                                     |               |        |        |         |                           |        |        | 2508    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
Dr. Edgardo Saldarriaga  
Nutricionista  
C.O.P. 0425



FORMATO N° 01 - A

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

02/08/2019 16/08/2019

MENÚ N° 13 27

| ALIMENTO                                                                                                                                  | PESO<br>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                                                                                                                              | 21.00         | 0.07  | 0.00   | 20.64     | 0.00                      | 0.00   | 82.57  | 82.57   |
| 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                                                                                                                                 |               | 10.41 | 1.57   | 111.92    | 41.36                     | 14.13  | 447.69 | 503.18  |
|                                                                                                                                           |               |       |        |           | V.C. DESAYUNO             |        |        | 503.18  |
|                                                                                                                                           |               |       |        |           | % DIST. DESAYUNO          |        |        | 20%     |
| 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                                                                                                                            | 80.00         | 17.36 | 2.56   | 48.88     | 69.44                     | 23.04  | 195.52 | 288.00  |
| 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      | 0.60                      | 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                                                                                                                            | 29.00         | 0.00  | 29.00  | 0.00      | 0.00                      | 261.00 | 0.00   | 261.00  |
| AZUCAR RUBIA                                                                                                                              | 25.00         | 0.09  | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| REFRESCO DE SOBRE                                                                                                                         | 2.00          | 0.00  | 0.00   | 1.98      | 0.00                      | 0.00   | 7.93   | 7.93    |
| PLATANO DE SEDA                                                                                                                           | 160.00        | 2.40  | 0.48   | 33.60     | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                                 |               | 66.98 | 39.08  | 227.79    | 267.57                    | 351.72 | 911.20 | 1530.49 |
|                                                                                                                                           |               |       |        |           | V. C. ALMUERZO            |        |        | 1530.49 |
|                                                                                                                                           |               |       |        |           | % DIST. ALMUERZO          |        |        | 61%     |
| 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                                                                                                                              | 21.00         | 0.07  | 0.00   | 20.64     | 0.00                      | 0.00   | 82.57  | 82.57   |
| 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                                                                                                                                 |               | 11.89 | 4.37   | 95.49     | 47.28                     | 39.33  | 381.97 | 468.58  |
|                                                                                                                                           |               |       |        |           | V. C. CENA                |        |        | 468.58  |
|                                                                                                                                           |               |       |        |           | % DIST. CENA              |        |        | 19%     |
| VCT (Gr.)                                                                                                                                 | 89.28         |       | 45.02  | 435.20    |                           |        |        |         |
| VCT (Kcal.)                                                                                                                               | 356.21        |       | 405.18 | 1740.8556 |                           |        |        |         |
| VCT (%)                                                                                                                                   | 14%           |       | 16%    | 70%       |                           |        |        |         |
|                                                                                                                                           |               |       |        |           | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                                           |               |       |        |           |                           |        |        | 2502    |

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Lic. Dora María Salazar  
Nut. Dietista  
C.O.P. 428

FORMATO N° 01 - A

17

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

03/08/2019 17/08/2019

MENÚ N° 14 28

| ALIMENTO                                                                                                                    | PESO<br>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                                                                                                                | 35.00         | 0.12   | 0.00     | 34.41  | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                                   |               | 16.38  | 4.89     | 111.41 | 65.03                     | 44.05  | 445.64 | 554.72  |
|                                                                                                                             |               |        |          |        | V.C. DESAYUNO             |        |        | 554.72  |
|                                                                                                                             |               |        |          |        | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ GRANEADO + ESTOFADO DE 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     | 22.30  | 8.40                      | 0.90   | 89.20  | 98.50   |
| ACHIOTE MOLIDO                                                                                                              | 0.50          | 0.03   | 0.02     | 0.39   | 0.13                      | 0.21   | 1.56   | 1.90    |
| AZUCAR RUBIA                                                                                                                | 30.00         | 0.10   | 0.00     | 29.49  | 0.00                      | 0.00   | 117.96 | 117.96  |
| 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                                                                                                              | 31.00         | 0.00   | 31.00    | 0.00   | 0.00                      | 279.00 | 0.00   | 279.00  |
| REFRESCO DE SOBRE                                                                                                           | 2.00          | 0.00   | 0.00     | 1.98   | 0.00                      | 0.00   | 7.93   | 7.93    |
| PLATANO DE SEDA                                                                                                             | 160.00        | 2.40   | 0.48     | 33.60  | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                   |               | 47.52  | 49.05    | 213.37 | 189.72                    | 441.48 | 853.51 | 1484.71 |
|                                                                                                                             |               |        |          |        | V.C. ALMUERZO             |        |        | 1484.71 |
|                                                                                                                             |               |        |          |        | % DIST. ALMUERZO          |        |        | 59%     |
| 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                                                                                                              | 3.00          | 0.00   | 3.00     | 0.00   | 0.00                      | 27.00  | 0.00   | 27.00   |
| 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                                                                                                                | 6.00          | 0.02   | 0.00     | 5.89   | 0.00                      | 0.00   | 23.59  | 23.59   |
| SAL                                                                                                                         | 2.00          | 0.00   | 0.00     | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                                   |               | 16.85  | 4.93     | 89.04  | 67.34                     | 44.32  | 356.23 | 467.89  |
|                                                                                                                             |               |        |          |        | V.C. CENA                 |        |        | 467.89  |
|                                                                                                                             |               |        |          |        | % DIST. CENA              |        |        | 19%     |
| VCT (Gr.)                                                                                                                   | 80.753        | 58.87  | 413.822  |        |                           |        |        |         |
| VCT (Kcal.)                                                                                                                 | 322.09        | 529.85 | 1655.378 |        |                           |        |        |         |
| VCT (%)                                                                                                                     | 13%           | 21%    | 66%      |        |                           |        |        |         |
|                                                                                                                             |               |        |          |        | V.C.T. MENU               | 100%   |        | 2507    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
Eduardo Salazar  
Dietista  
0428

RELACION DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. SULLANA

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

| Nº | FECHA      | DESAYUNO                                   | MEDIA MAÑANA              | ALMUERZO                                                                       | MEDIA TARDE               | CENA                                                      |
|----|------------|--------------------------------------------|---------------------------|--------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|
| 1  | 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                          |
|    | 21/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 2  | 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              |
|    | 22/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 3  | 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 |
|    | 23/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 4  | MIERCOLES  | AVENA CON LECHE + 01 PAN CON MERMELADA     | JUGO DE PAPAYA            | ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA                            | PLATANO DE SEDA           | SOPA DE FIDEO + POLLO + INFUSION                          |
|    | 24/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 5  | JUEVES     | SOYA + 01 PAN CON HUEVO SANCOCHADO         | LECHE                     | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION                | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 25/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 6  | 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          |
|    | 26/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 7  | 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                                           |
|    | 27/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 8  | 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                         |
|    | 28/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 9  | 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               |
|    | 29/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 10 | 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                     |
|    | 30/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 11 | 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                          |
|    | 31/07/2019 |                                            |                           |                                                                                |                           |                                                           |
| 12 | JUEVES     | SOYA + 01 PAN CON JAMONADA                 | LECHE                     | ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION                      | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 01/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 13 | 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                  |
|    | 02/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 14 | 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                                           |
|    | 03/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 15 | 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                          |
|    | 04/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 16 | 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              |
|    | 05/08/2019 |                                            |                           |                                                                                |                           |                                                           |

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Lic. S. R. Salazar  
Nutricionista Dietista  
CNI 0423

# RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. SULLANA

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENÚ CON APORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

| Nº | FECHA      | DESAYUNO                                   | MEDIA MAÑANA              | ALMUERZO                                                                       | MEDIA TARDE               | CENA                                                      |
|----|------------|--------------------------------------------|---------------------------|--------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|
| 17 | 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 |
|    | 06/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 18 | MIÉRCOLES  | 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                          |
|    | 07/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 19 | JUEVES     | SOYA + 01 PAN CON HUEVO SANCOCHADO         | LECHE                     | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION                | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 08/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 20 | 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          |
|    | 09/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 21 | 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                                           |
|    | 10/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 22 | 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                         |
|    | 11/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 23 | LUNES      | LECHE + 01 PAN CON HUEVO DURO              | JUGO DE MANGO             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION        | PIÑA EN ALMIBAR           | AGUADITO CON MENUENCIA DE POLLO + INFUSION                |
|    | 12/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 24 | 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                     |
|    | 13/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 25 | 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 + INFUSION                          |
|    | 14/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 26 | JUEVES     | SOYA + 01 PAN CON JAMONADA                 | LECHE                     | ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION                      | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 15/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 27 | 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                  |
|    | 16/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 28 | 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                                           |
|    | 17/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 29 | 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                          |
|    | 18/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 30 | 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 + LOCO DE ZAPALLO + INFUSION               |
|    | 19/08/2019 |                                            |                           |                                                                                |                           |                                                           |
| 31 | 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 |
|    | 20/08/2019 |                                            |                           |                                                                                |                           |                                                           |

CONTRATISTA

Lauriano García Ibarro  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Roberto Salazar  
N.º 0428

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

MENÚ N° 1 15 29

| ALIMENTO                                          | PESO BRUTO | KCAL.         | PROT         | GRASA       | CHO          | VALOR CALORICO TOTAL (KCAL) |               |               | DIST. CAL %<br>POR MENÚ |
|---------------------------------------------------|------------|---------------|--------------|-------------|--------------|-----------------------------|---------------|---------------|-------------------------|
|                                                   | (g)        | (g)           | (g)          | (g)         | (g)          | PROT                        | GRASAS        | CHO           |                         |
| <b>DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO</b> |            |               |              |             |              |                             |               |               |                         |
| 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                   |
| <b>SUB TOTAL</b>                                  |            | <b>203.82</b> | <b>17.52</b> | <b>6.87</b> | <b>33.69</b> | <b>70.08</b>                | <b>62.06</b>  | <b>134.78</b> | <b>266.92</b>           |
|                                                   |            |               |              |             |              | <b>VCT. DES.</b>            | <b>266.92</b> |               | <b>20%</b>              |

|                                        |        |               |             |             |              |                  |               |               |               |
|----------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA COMPOTA DE MANZANA</b> |        |               |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                       |        | <b>144.90</b> | <b>0.51</b> | <b>0.17</b> | <b>39.27</b> | <b>2.04</b>      | <b>1.53</b>   | <b>157.08</b> | <b>160.65</b> |
|                                        |        |               |             |             |              | <b>VCT. DES.</b> | <b>160.65</b> |               | <b>12%</b>    |

|                                                                                        |       |               |              |              |              |                  |               |               |               |
|----------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                                       |       | <b>462.23</b> | <b>13.68</b> | <b>19.47</b> | <b>59.97</b> | <b>54.72</b>     | <b>175.23</b> | <b>239.88</b> | <b>469.83</b> |
|                                                                                        |       |               |              |              |              | <b>VCT. ALM.</b> | <b>469.83</b> |               | <b>35%</b>    |

|                                     |       |               |             |             |              |                  |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAZAMORRA MORADA</b> |       |               |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                    |       | <b>170.97</b> | <b>1.95</b> | <b>0.89</b> | <b>39.34</b> | <b>7.78</b>      | <b>8.01</b>   | <b>157.36</b> | <b>173.15</b> |
|                                     |       |               |             |             |              | <b>VCT. DES.</b> | <b>173.15</b> |               | <b>13%</b>    |

|                                              |       |               |             |             |              |                  |               |               |               |
|----------------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA SOPA DE TRIGO + POLLO + INFUSION</b> |       |               |             |             |              |                  |               |               |               |
| 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          | 96.30         | 98.30         |
| ANIS                                         | 5.00  | 0.00          | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                             |       | <b>259.86</b> | <b>8.33</b> | <b>3.59</b> | <b>50.20</b> | <b>33.32</b>     | <b>32.40</b>  | <b>200.74</b> | <b>266.46</b> |
|                                              |       |               |             |             |              | <b>VCT. CEN.</b> | <b>266.46</b> |               | <b>20%</b>    |

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

VCT. MENU 1337 100%

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Dr. [Signature]  
Lic. Soc. Nutricionista  
N.º 0423

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

MENÚ N° 2 16

| ALIMENTO                                        | PESO BRUTO | KCAL   | PROT | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL % POR MENÚ |
|-------------------------------------------------|------------|--------|------|-------|-------|-----------------------------|--------|--------|----------------------|
|                                                 | (g)        | (g)    | (g)  | (g)   | (g)   | PROT                        | GRASAS | CHO    |                      |
| DESAYUNO: 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  |
| AZUCAR 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  |
| AZUCAR REFINADA                                                                          | 5.00  | 19.20  | 0.00  | 0.00  | 4.92  | 0.00  | 0.00   | 19.66  | 19.66  |
| PAPA AMARILLA                                                                            | 35.00 | 34.25  | 0.70  | 0.14  | 8.16  | 2.80  | 1.26   | 32.62  | 36.68  |
| MARGARINA                                                                                | 7.00  | 50.40  | 0.04  | 5.67  | 0.02  | 0.17  | 51.03  | 0.08   | 51.28  |
| ZAPALLO                                                                                  | 20.00 | 5.20   | 0.14  | 0.04  | 1.28  | 0.56  | 0.36   | 5.12   | 6.04   |
| ANIS                                                                                     | 5.00  | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| SUB TOTAL                                                                                |       | 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   | 89.36  | 70.20  |
| AZUCAR 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   | 155.80 | 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   |
| AZUCAR 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 (%)    | 6%     | 27%    | 65%    |

VCT. MENU 1431.52 100%

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Lic. Soledad Salazar  
Nutricionista Dietista  
C.T. 0428

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

MENÚ N° 3 17

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

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

|                                                                          |       |               |              |             |               |                  |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|-------------|---------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN</b> |       |               |              |             |               |                  |               |               |               |
| 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        |
| AZÚCAR REFINADA                                                          | 20.00 | 76.80         | 0.00         | 0.00        | 19.66         | 0.00             | 0.00          | 78.64         | 78.64         |
| ANIS                                                                     | 5.00  | 0.00          | 0.00         | 0.00        | 0.00          | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                         |       | <b>590.81</b> | <b>31.37</b> | <b>5.88</b> | <b>103.73</b> | <b>125.48</b>    | <b>52.92</b>  | <b>414.88</b> | <b>593.28</b> |
|                                                                          |       |               |              |             |               | <b>VCT. ALM.</b> | <b>593.28</b> |               | <b>38%</b>    |

|                                       |        |               |             |             |              |                  |               |               |               |
|---------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA EN ALMIBAR</b> |        |               |             |             |              |                  |               |               |               |
| MANZANA                               | 150.00 | 72.90         | 0.45        | 0.15        | 21.90        | 1.80             | 1.35          | 87.60         | 90.75         |
| AZÚCAR REFINADA                       | 20.00  | 76.80         | 0.00        | 0.00        | 19.66        | 0.00             | 0.00          | 78.64         | 78.64         |
| <b>SUB TOTAL</b>                      |        | <b>149.70</b> | <b>0.45</b> | <b>0.15</b> | <b>41.56</b> | <b>1.80</b>      | <b>1.35</b>   | <b>166.24</b> | <b>169.39</b> |
|                                       |        |               |             |             |              | <b>VCT. DES.</b> | <b>169.39</b> |               | <b>11%</b>    |

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

|             |        |        |         |
|-------------|--------|--------|---------|
| 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

*[Firma]*  
Lic. Edith E. Salazar  
Nutricionista  
C.O.P. 0428

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

MENÚ N°

4

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| ALIMENTO                                      | PESO BRUTO | KCAL          | PROT        | GRASA       | CHO          | VALOR CALORICO TOTAL (KCAL) |               |               | DIST. CAL % POR MENÚ |  |
|-----------------------------------------------|------------|---------------|-------------|-------------|--------------|-----------------------------|---------------|---------------|----------------------|--|
|                                               | (g)        | (g)           | (g)         | (g)         | (g)          | PROT                        | GRASAS        | CHO           |                      |  |
| <b>DESAYUNO:</b>                              |            |               |             |             |              |                             |               |               |                      |  |
| <b>AVENA CON LECHE + 01 PAN CON MERMELEDA</b> |            |               |             |             |              |                             |               |               |                      |  |
| 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                |  |
| <b>SUB TOTAL</b>                              |            | <b>254.70</b> | <b>8.98</b> | <b>4.92</b> | <b>46.04</b> | <b>34.83</b>                | <b>44.51</b>  | <b>184.17</b> | <b>263.51</b>        |  |
|                                               |            |               |             |             |              | <b>VCT. DES.</b>            | <b>263.51</b> |               | <b>20%</b>           |  |

|                       |        |              |             |             |              |                  |              |              |              |
|-----------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA MAÑANA</b>   |        |              |             |             |              |                  |              |              |              |
| <b>JUGO DE PAPAYA</b> |        |              |             |             |              |                  |              |              |              |
| 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        |
| <b>SUB TOTAL</b>      |        | <b>40.32</b> | <b>0.56</b> | <b>0.14</b> | <b>23.28</b> | <b>2.24</b>      | <b>1.26</b>  | <b>93.10</b> | <b>96.60</b> |
|                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>96.60</b> |              | <b>7%</b>    |

|                                                            |       |               |              |             |              |                  |               |               |               |
|------------------------------------------------------------|-------|---------------|--------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO:</b>                                           |       |               |              |             |              |                  |               |               |               |
| <b>ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA</b> |       |               |              |             |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                           |       | <b>544.50</b> | <b>30.56</b> | <b>9.83</b> | <b>84.34</b> | <b>122.24</b>    | <b>88.51</b>  | <b>337.36</b> | <b>548.11</b> |
|                                                            |       |               |              |             |              | <b>VCT. ALM.</b> | <b>548.11</b> |               | <b>42%</b>    |

|                        |        |              |             |             |              |                  |               |               |               |
|------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE</b>     |        |              |             |             |              |                  |               |               |               |
| <b>PLATANO DE SEDA</b> |        |              |             |             |              |                  |               |               |               |
| PLATANO DE SEDA        | 150.00 | 84.66        | 2.25        | 0.45        | 31.50        | 9.00             | 4.05          | 126.00        | 139.05        |
| <b>SUB TOTAL</b>       |        | <b>84.66</b> | <b>2.25</b> | <b>0.45</b> | <b>31.50</b> | <b>9.00</b>      | <b>4.05</b>   | <b>126.00</b> | <b>139.05</b> |
|                        |        |              |             |             |              | <b>VCT. DES.</b> | <b>139.05</b> |               | <b>11%</b>    |

|                                         |       |               |             |             |              |                  |               |               |               |
|-----------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA</b>                             |       |               |             |             |              |                  |               |               |               |
| <b>SOPA DE FIDEO + POLLO + INFUSION</b> |       |               |             |             |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                        |       | <b>252.82</b> | <b>7.90</b> | <b>3.21</b> | <b>49.68</b> | <b>31.60</b>     | <b>29.00</b>  | <b>198.76</b> | <b>259.36</b> |
|                                         |       |               |             |             |              | <b>VCT. CEN.</b> | <b>259.36</b> |               | <b>20%</b>    |

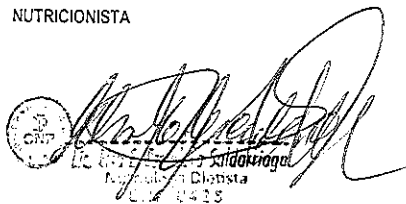
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 50.25  | 18.55  | 234.84 |
| VCT (Kcal.) | 168.31 | 138.33 | 740.63 |
| VCT (%)     | 13%    | 11%    | 57%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1307</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
Nutricionista  
C.O.P. 4415

10

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

MENÚ N°

5

19

| ALIMENTO                                            | PESO BRUTO | KCAL.         | PROT         | GRASA       | CHO          | VALOR CALORICO TOTAL (KCAL) |               |               | DIST. CAL %<br>POR MENÚ |
|-----------------------------------------------------|------------|---------------|--------------|-------------|--------------|-----------------------------|---------------|---------------|-------------------------|
|                                                     | (g)        | (g)           | (g)          | (g)         | (g)          | PROT                        | GRASAS        | CHO           |                         |
| <b>DESAYUNO: SOYA + 01 PAN CON HUEVO SANCOCHADO</b> |            |               |              |             |              |                             |               |               |                         |
| 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                   |
| <b>SUB TOTAL</b>                                    |            | <b>205.90</b> | <b>14.91</b> | <b>8.04</b> | <b>37.06</b> | <b>59.64</b>                | <b>72.36</b>  | <b>148.24</b> | <b>280.24</b>           |
|                                                     |            |               |              |             |              | <b>VCT. DES.</b>            | <b>280.24</b> |               | <b>20%</b>              |

|                           |       |               |             |             |              |                  |               |              |               |
|---------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA MAÑANA LECHE</b> |       |               |             |             |              |                  |               |              |               |
| 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         |
| <b>SUB TOTAL</b>          |       | <b>133.60</b> | <b>5.60</b> | <b>6.48</b> | <b>13.64</b> | <b>22.40</b>     | <b>58.32</b>  | <b>54.54</b> | <b>135.26</b> |
|                           |       |               |             |             |              | <b>VCT. DES.</b> | <b>135.26</b> |              | <b>10%</b>    |

|                                                                                  |       |               |              |              |              |                 |               |               |               |
|----------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION</b> |       |               |              |              |              |                 |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                                 |       | <b>513.01</b> | <b>20.83</b> | <b>14.96</b> | <b>75.96</b> | <b>83.30</b>    | <b>134.60</b> | <b>303.80</b> | <b>521.70</b> |
|                                                                                  |       |               |              |              |              | <b>VCT.ALM.</b> | <b>521.70</b> |               | <b>38%</b>    |

|                                     |       |               |             |             |              |                  |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAZAMORRA MORADA</b> |       |               |             |             |              |                  |               |               |               |
| 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          | 80.96         | 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         |
| <b>SUB TOTAL</b>                    |       | <b>160.80</b> | <b>1.58</b> | <b>0.72</b> | <b>37.50</b> | <b>6.32</b>      | <b>6.48</b>   | <b>149.98</b> | <b>162.78</b> |
|                                     |       |               |             |             |              | <b>VCT. DES.</b> | <b>162.78</b> |               | <b>12%</b>    |

|                                      |        |               |              |              |              |                |               |               |               |
|--------------------------------------|--------|---------------|--------------|--------------|--------------|----------------|---------------|---------------|---------------|
| <b>CENA LECHE EVAPORADA + 01 PAN</b> |        |               |              |              |              |                |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                     |        | <b>266.05</b> | <b>11.27</b> | <b>10.19</b> | <b>35.72</b> | <b>45.08</b>   | <b>91.67</b>  | <b>142.86</b> | <b>279.61</b> |
|                                      |        |               |              |              |              | <b>VCT.CEN</b> | <b>279.61</b> |               | <b>20%</b>    |

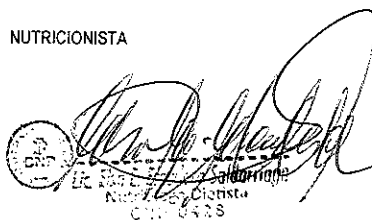
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 54.19  | 40.39  | 199.88 |
| VCT (Kcal.) | 216.74 | 363.43 | 799.42 |
| VCT (%)     | 16%    | 26%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1380</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

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NUTRICIONISTA

  
Lic. Rosa María Salazar  
Nutricionista  
C.O.P. 0485

09

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

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           |                      |
| <b>DESAYUNO: LECHE + 01 PAN CON POLLO</b> |            |               |              |              |              |                             |              |               |                      |
| 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                |
| AZÚCAR REFINADA                           | 3.00       | 11.52         | 0.00         | 0.00         | 2.95         | 0.00                        | 0.00         | 11.80         | 11.80                |
| <b>SUB TOTAL</b>                          |            | <b>241.82</b> | <b>14.07</b> | <b>10.71</b> | <b>32.99</b> | <b>56.28</b>                | <b>95.39</b> | <b>131.96</b> | <b>284.63</b>        |
|                                           |            |               |              |              |              | VCT. DES.                   | 284.63       |               | 20%                  |

|                                               |        |              |             |             |              |             |             |               |               |
|-----------------------------------------------|--------|--------------|-------------|-------------|--------------|-------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA PLATANO DE LA ISLA PICADO</b> |        |              |             |             |              |             |             |               |               |
| PLATANO DE LA ISLA                            | 150.00 | 84.66        | 2.25        | 0.45        | 31.50        | 9.00        | 4.05        | 126.00        | 139.05        |
| <b>SUB TOTAL</b>                              |        | <b>84.66</b> | <b>2.25</b> | <b>0.45</b> | <b>31.50</b> | <b>9.00</b> | <b>4.05</b> | <b>126.00</b> | <b>139.05</b> |
|                                               |        |              |             |             |              | VCT. DES.   | 139.05      |               | 10%           |

|                                                                                    |       |               |              |              |              |              |               |               |               |
|------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSIÓN</b> |       |               |              |              |              |              |               |               |               |
| 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         |
| AZÚCAR 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          |
| <b>SUB TOTAL</b>                                                                   |       | <b>514.59</b> | <b>18.45</b> | <b>12.68</b> | <b>83.37</b> | <b>73.78</b> | <b>114.14</b> | <b>333.45</b> | <b>521.37</b> |
|                                                                                    |       |               |              |              |              | VCT. ALM.    | 521.37        |               | 37%           |

|                                      |       |               |             |             |              |              |              |               |               |
|--------------------------------------|-------|---------------|-------------|-------------|--------------|--------------|--------------|---------------|---------------|
| <b>MEDIA TARDE MAIZENA CON LECHE</b> |       |               |             |             |              |              |              |               |               |
| 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         |
| AZÚCAR REFINADA                      | 3.00  | 11.52         | 0.00        | 0.00        | 2.95         | 0.00         | 0.00         | 11.80         | 11.80         |
| <b>SUB TOTAL</b>                     |       | <b>181.82</b> | <b>5.02</b> | <b>5.71</b> | <b>27.92</b> | <b>20.08</b> | <b>51.39</b> | <b>111.68</b> | <b>183.15</b> |
|                                      |       |               |             |             |              | VCT. DES.    | 183.15       |               | 13%           |

|                                                              |       |               |              |             |              |              |              |               |               |
|--------------------------------------------------------------|-------|---------------|--------------|-------------|--------------|--------------|--------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN</b> |       |               |              |             |              |              |              |               |               |
| 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        | 3.90          | 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          |
| AZÚCAR REFINADA                                              | 3.00  | 11.52         | 0.00         | 0.00        | 2.95         | 0.00         | 0.00         | 11.80         | 11.80         |
| <b>SUB TOTAL</b>                                             |       | <b>281.59</b> | <b>11.12</b> | <b>7.53</b> | <b>43.86</b> | <b>44.48</b> | <b>67.77</b> | <b>175.44</b> | <b>287.69</b> |
|                                                              |       |               |              |             |              | VCT. CEN.    | 287.69       |               | 20%           |

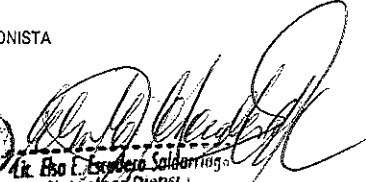
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 50.91  | 37.08  | 219.64 |
| VCT (Kcal.) | 203.62 | 333.74 | 878.53 |
| VCT (%)     | 14%    | 24%    | 62%    |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1416 | 100% |
|-----------|------|------|

CONTRATISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
CNP  
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08

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

MENÚ N°

7

21

| ALIMENTO                                             | PESO BRUTO | KCAL.  | PROT | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|------------------------------------------------------|------------|--------|------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                                      | (g)        | (g)    | (g)  | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| <b>DESAYUNO: Avena con leche + 01 pan con aceite</b> |            |        |      |       |       |                             |        |        |                         |
| 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%                     |

|                                    |        |        |      |      |       |           |        |        |        |
|------------------------------------|--------|--------|------|------|-------|-----------|--------|--------|--------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |        |      |      |       |           |        |        |        |
| PAPAYA                             | 140.00 | 40.32  | 0.56 | 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%     |

|                                                                                         |       |        |       |       |       |           |        |        |        |
|-----------------------------------------------------------------------------------------|-------|--------|-------|-------|-------|-----------|--------|--------|--------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA</b> |       |        |       |       |       |           |        |        |        |
| 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%    |

|                                              |        |        |      |      |       |           |        |        |        |
|----------------------------------------------|--------|--------|------|------|-------|-----------|--------|--------|--------|
| <b>MEDIA TARDE MANZANA PICADA EN ALMIBAR</b> |        |        |      |      |       |           |        |        |        |
| 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%    |

|                             |        |        |       |       |       |           |        |        |        |
|-----------------------------|--------|--------|-------|-------|-------|-----------|--------|--------|--------|
| <b>CENA LECHE EVAPORADA</b> |        |        |       |       |       |           |        |        |        |
| 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  | 14.76 | 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 | 1069.67 |
| VCT (%)     | 9%     | 27%    | 63%     |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1672 | 100% |
|-----------|------|------|

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

Lic. Elsa E. Guerrero Salazar  
Nutricionista Dietista  
C.O.P. 0428

07

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

MENÚ N°

8

22

| ALIMENTO                                     | PESO BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENU |
|----------------------------------------------|------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                              | (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   | 69.04  | 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

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Dietista  
428

OK

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

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           |                      |
| <b>DESAYUNO: LECHE + 01 PAN CON HUEVO DURO</b> |            |               |              |             |              |                             |               |               |                      |
| 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                |
| <b>SUB TOTAL</b>                               |            | <b>187.40</b> | <b>14.17</b> | <b>9.93</b> | <b>30.67</b> | <b>56.68</b>                | <b>89.37</b>  | <b>122.68</b> | <b>268.73</b>        |
|                                                |            |               |              |             |              | <b>VCT. DES.</b>            | <b>268.73</b> |               | <b>20%</b>           |

|                                   |        |              |             |             |              |                  |             |               |               |
|-----------------------------------|--------|--------------|-------------|-------------|--------------|------------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA JUGO DE MANGO</b> |        |              |             |             |              |                  |             |               |               |
| 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         |
| <b>SUB TOTAL</b>                  |        | <b>93.90</b> | <b>0.60</b> | <b>0.30</b> | <b>28.77</b> | <b>2.40</b>      | <b>2.70</b> | <b>115.06</b> | <b>120.16</b> |
|                                   |        |              |             |             |              | <b>VCT. DES.</b> | <b>120</b>  |               | <b>9%</b>     |

|                                                                                          |       |               |              |              |               |                  |               |               |               |
|------------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|---------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN</b> |       |               |              |              |               |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                                         |       | <b>630.12</b> | <b>31.94</b> | <b>11.74</b> | <b>101.92</b> | <b>81.47</b>     | <b>105.66</b> | <b>407.68</b> | <b>594.81</b> |
|                                                                                          |       |               |              |              |               | <b>VCT. ALM.</b> | <b>594.81</b> |               | <b>44%</b>    |

|                                    |        |              |             |             |              |                  |              |              |              |
|------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA TARDE PIÑA EN ALMIBAR</b> |        |              |             |             |              |                  |              |              |              |
| 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        |
| <b>SUB TOTAL</b>                   |        | <b>72.45</b> | <b>0.56</b> | <b>0.28</b> | <b>23.55</b> | <b>2.24</b>      | <b>2.52</b>  | <b>94.20</b> | <b>98.96</b> |
|                                    |        |              |             |             |              | <b>VCT. DES.</b> | <b>98.96</b> |              | <b>7%</b>    |

|                                                         |       |               |              |             |              |                  |               |               |               |
|---------------------------------------------------------|-------|---------------|--------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION</b> |       |               |              |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                                        |       | <b>273.79</b> | <b>11.06</b> | <b>3.26</b> | <b>50.23</b> | <b>44.18</b>     | <b>29.30</b>  | <b>203.20</b> | <b>276.68</b> |
|                                                         |       |               |              |             |              | <b>VCT. CEN.</b> | <b>276.68</b> |               | <b>20%</b>    |

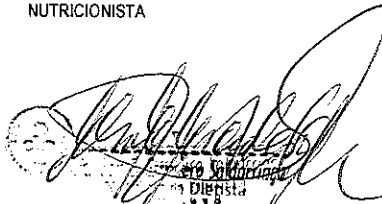
|            |        |        |        |
|------------|--------|--------|--------|
| VCT (Gr.)  | 58.33  | 25.51  | 235.14 |
| VCT (Kcal) | 186.97 | 229.55 | 942.82 |
| VCT (%)    | 14%    | 17%    | 69%    |

VCT. MENU 1359.34 100%

CONTRATISTA

NUTRICIONISTA

  
Lauriano Gareta Adrogo  
REPRESENTANTE DEL CONSORCIO

  
Nutricionista

03

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

MENÚ N°

10

24

| ALIMENTO                                              | PESO BRUTO | KCAL.         | PROT         | GRASA       | CHO          | VALOR CALORICO TOTAL (KCAL) |               |               | DIST. CAL % POR MENU |
|-------------------------------------------------------|------------|---------------|--------------|-------------|--------------|-----------------------------|---------------|---------------|----------------------|
|                                                       | (g)        | (g)           | (g)          | (g)         | (g)          | PROT                        | GRASAS        | CHO           |                      |
| <b>DESAYUNO: KIWICHA CON LECHE + 01 PAN CON QUESO</b> |            |               |              |             |              |                             |               |               |                      |
| 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                |
| <b>SUB TOTAL</b>                                      |            | <b>253.40</b> | <b>11.98</b> | <b>7.59</b> | <b>43.09</b> | <b>47.92</b>                | <b>68.50</b>  | <b>172.34</b> | <b>288.76</b>        |
|                                                       |            |               |              |             |              | <b>VCT. DES.</b>            | <b>288.76</b> |               | <b>20%</b>           |

|                                     |        |               |             |             |              |                  |              |              |               |
|-------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|--------------|--------------|---------------|
| <b>MEDIA MAÑANA FRESA CON LECHE</b> |        |               |             |             |              |                  |              |              |               |
| 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         |
| <b>SUB TOTAL</b>                    |        | <b>128.90</b> | <b>4.48</b> | <b>5.17</b> | <b>20.86</b> | <b>17.92</b>     | <b>46.72</b> | <b>83.44</b> | <b>148.08</b> |
|                                     |        |               |             |             |              | <b>VCT. DES.</b> | <b>148</b>   |              | <b>10%</b>    |

|                                                                          |       |               |              |              |              |                  |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                         |       | <b>610.22</b> | <b>31.59</b> | <b>13.92</b> | <b>90.55</b> | <b>126.36</b>    | <b>125.28</b> | <b>362.14</b> | <b>613.78</b> |
|                                                                          |       |               |              |              |              | <b>VCT. ALM.</b> | <b>613.78</b> |               | <b>42%</b>    |

|                                       |        |              |             |             |              |                  |               |               |               |
|---------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA EN ALMIBAR</b> |        |              |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                      |        | <b>92.10</b> | <b>0.45</b> | <b>0.15</b> | <b>26.82</b> | <b>1.80</b>      | <b>1.35</b>   | <b>107.26</b> | <b>110.41</b> |
|                                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>110.41</b> |               | <b>8%</b>     |

|                                                   |       |               |             |             |              |                  |               |               |               |
|---------------------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA SOPA A LA MINUTA CON POLLO + INFUSION</b> |       |               |             |             |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                  |       | <b>278.66</b> | <b>9.05</b> | <b>3.30</b> | <b>55.21</b> | <b>36.20</b>     | <b>29.79</b>  | <b>220.82</b> | <b>286.81</b> |
|                                                   |       |               |             |             |              | <b>VCT. CEN.</b> | <b>286.81</b> |               | <b>20%</b>    |

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

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1448</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Dra. E. Esmeralda Solari  
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C. 17 0428

04

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

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           |                      |
| <b>DESAYUNO: LECHE CON AVENA + 01 PAN CON MANJAR BLANCO</b> |            |               |             |             |              |                             |               |               |                      |
| 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          | 76.66         | 87.18                |
| MANJAR BLANCO                                               | 7.00       | 22.54         | 0.55        | 0.64        | 3.76         | 2.21                        | 5.80          | 15.04         | 23.05                |
| AZÚCAR REFINADA                                             | 3.00       | 11.52         | 0.00        | 0.00        | 2.95         | 0.00                        | 0.00          | 11.80         | 11.80                |
| <b>SUB TOTAL</b>                                            |            | <b>262.26</b> | <b>9.23</b> | <b>5.55</b> | <b>45.70</b> | <b>36.93</b>                | <b>50.18</b>  | <b>182.80</b> | <b>269.91</b>        |
|                                                             |            |               |             |             |              | <b>VCT. DES.</b>            | <b>269.91</b> |               | <b>20%</b>           |

|                                   |        |              |             |             |              |                  |               |               |               |
|-----------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA PAPAYA PICADA</b> |        |              |             |             |              |                  |               |               |               |
| PAPAYA                            | 140.00 | 40.32        | 0.56        | 0.14        | 11.48        | 2.24             | 1.26          | 45.92         | 49.42         |
| AZÚCAR REFINADA                   | 15.00  | 57.60        | 0.00        | 0.00        | 14.75        | 0.00             | 0.00          | 58.98         | 58.98         |
| <b>SUB TOTAL</b>                  |        | <b>97.92</b> | <b>0.56</b> | <b>0.14</b> | <b>26.23</b> | <b>2.24</b>      | <b>1.26</b>   | <b>104.90</b> | <b>108.40</b> |
|                                   |        |              |             |             |              | <b>VCT. DES.</b> | <b>108.40</b> |               | <b>8%</b>     |

|                                                                          |       |               |              |              |              |                  |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA</b> |       |               |              |              |              |                  |               |               |               |
| 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          |
| AZÚCAR REFINADA                                                          | 3.00  | 11.52         | 0.00         | 0.00         | 2.95         | 0.00             | 0.00          | 11.80         | 11.80         |
| LIMON                                                                    | 2.00  | 0.31          | 0.01         | 0.00         | 0.19         | 0.04             | 0.04          | 0.78          | 0.86          |
| CEBOLLA                                                                  | 5.00  | 2.21          | 0.07         | 0.01         | 0.57         | 0.28             | 0.09          | 2.26          | 2.63          |
| <b>SUB TOTAL</b>                                                         |       | <b>560.28</b> | <b>29.84</b> | <b>14.99</b> | <b>79.43</b> | <b>119.36</b>    | <b>134.95</b> | <b>317.70</b> | <b>572.01</b> |
|                                                                          |       |               |              |              |              | <b>VCT. ALM.</b> | <b>572.01</b> |               | <b>42%</b>    |

|                                    |        |              |             |             |              |                  |               |               |               |
|------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE PLATANO DE SEDA</b> |        |              |             |             |              |                  |               |               |               |
| PLATANO DE SEDA                    | 140.00 | 79.02        | 2.10        | 0.42        | 29.40        | 8.40             | 3.78          | 117.60        | 129.78        |
| <b>SUB TOTAL</b>                   |        | <b>79.02</b> | <b>2.10</b> | <b>0.42</b> | <b>29.40</b> | <b>8.40</b>      | <b>3.78</b>   | <b>117.60</b> | <b>129.78</b> |
|                                    |        |              |             |             |              | <b>VCT. DES.</b> | <b>129.78</b> |               | <b>10%</b>    |

|                                              |       |               |             |             |              |                  |               |               |               |
|----------------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA SOPA DE AVENA + POLLO + INFUSION</b> |       |               |             |             |              |                  |               |               |               |
| 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         |
| AZÚCAR 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          |
| <b>SUB TOTAL</b>                             |       | <b>255.50</b> | <b>8.12</b> | <b>8.86</b> | <b>38.98</b> | <b>32.48</b>     | <b>79.83</b>  | <b>155.90</b> | <b>268.21</b> |
|                                              |       |               |             |             |              | <b>VCT. CEN.</b> | <b>268.21</b> |               | <b>20%</b>    |

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

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1348</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Eduardo Salazar Salazar  
Nutricionista  
N.º 0428

03

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

MENÚ N°

12

26

| ALIMENTO                                    | PESO BRUTO | KCAL.         | PROT         | GRASA       | CHO          | VALOR CALORICO TOTAL (KCAL) |               |               | DIST. CAL %<br>POR MENÚ |
|---------------------------------------------|------------|---------------|--------------|-------------|--------------|-----------------------------|---------------|---------------|-------------------------|
|                                             | (g)        | (g)           | (g)          | (g)         | (g)          | PROT                        | GRASAS        | CHO           |                         |
| <b>DESAYUNO: SOYA + 01 PAN CON JAMONADA</b> |            |               |              |             |              |                             |               |               |                         |
| 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                   |
| <b>SUB TOTAL</b>                            |            | <b>213.58</b> | <b>11.30</b> | <b>9.74</b> | <b>38.08</b> | <b>45.20</b>                | <b>87.66</b>  | <b>152.30</b> | <b>285.16</b>           |
|                                             |            |               |              |             |              | <b>VCT. DES.</b>            | <b>285.16</b> |               | <b>20%</b>              |

|                           |        |               |             |             |              |                  |               |              |               |
|---------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA MAÑANA LECHE</b> |        |               |             |             |              |                  |               |              |               |
| 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         |
| <b>SUB TOTAL</b>          |        | <b>173.72</b> | <b>7.00</b> | <b>8.10</b> | <b>18.76</b> | <b>28.00</b>     | <b>72.90</b>  | <b>75.06</b> | <b>175.96</b> |
|                           |        |               |             |             |              | <b>VCT. DES.</b> | <b>175.96</b> |              | <b>12%</b>    |

|                                                                            |       |               |              |              |              |                  |               |               |               |
|----------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION</b> |       |               |              |              |              |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                           |       | <b>519.24</b> | <b>21.54</b> | <b>11.99</b> | <b>82.95</b> | <b>86.14</b>     | <b>107.87</b> | <b>331.80</b> | <b>525.81</b> |
|                                                                            |       |               |              |              |              | <b>VCT. ALM.</b> | <b>525.81</b> |               | <b>36%</b>    |

|                                     |       |               |             |             |              |                  |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAZAMORRA MORADA</b> |       |               |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                    |       | <b>143.80</b> | <b>1.58</b> | <b>0.72</b> | <b>40.44</b> | <b>6.32</b>      | <b>6.48</b>   | <b>161.78</b> | <b>174.58</b> |
|                                     |       |               |             |             |              | <b>VCT. DES.</b> | <b>174.58</b> |               | <b>12%</b>    |

|                                      |        |               |              |              |              |                  |               |               |               |
|--------------------------------------|--------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA LECHE EVAPORADA + 01 PAN</b> |        |               |              |              |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                     |        | <b>285.25</b> | <b>11.27</b> | <b>10.19</b> | <b>37.69</b> | <b>45.08</b>     | <b>91.67</b>  | <b>150.72</b> | <b>287.47</b> |
|                                      |        |               |              |              |              | <b>VCT. CEN.</b> | <b>287.47</b> |               | <b>20%</b>    |

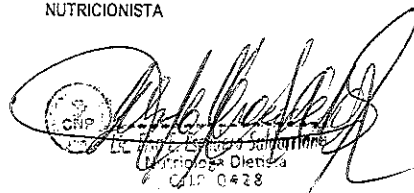
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 52.69  | 40.74  | 217.92 |
| VCT (Kcal.) | 210.74 | 366.58 | 871.66 |
| VCT (%)     | 15%    | 25%    | 60%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1449</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
L.C. María Elena Sullana  
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02

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

MENÚ N°

13

27

| ALIMENTO                           | PESO BRUTO | KCAL.  | PROT | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>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                   |
| AZÚCAR 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  |
| AZÚCAR 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  |
| AZÚCAR 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   |
| AZÚCAR 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% |
|-----------|------|------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
Lic. Eka E. Brando Saldaña  
Nutricionista Dietista  
C.O. 0428

01

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

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           |                      |
| <b>DESAYUNO: Avena con leche + 01 pan con aceituna</b> |            |               |              |              |              |                             |               |               |                      |
| 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                |
| <b>SUB TOTAL</b>                                       |            | <b>181.02</b> | <b>10.28</b> | <b>14.56</b> | <b>45.95</b> | <b>41.12</b>                | <b>131.00</b> | <b>183.78</b> | <b>355.90</b>        |
|                                                        |            |               |              |              |              | <b>VCT. DES.</b>            | <b>355.90</b> |               | <b>20%</b>           |

|                                    |        |               |             |             |              |                  |               |               |               |
|------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |               |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                   |        | <b>136.32</b> | <b>0.56</b> | <b>0.14</b> | <b>36.06</b> | <b>2.24</b>      | <b>1.26</b>   | <b>144.22</b> | <b>147.72</b> |
|                                    |        |               |             |             |              | <b>VCT. DES.</b> | <b>147.72</b> |               | <b>8%</b>     |

|                                                                                    |       |               |              |              |               |                  |               |               |               |
|------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|---------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA</b> |       |               |              |              |               |                  |               |               |               |
| 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          |
| <b>SUB TOTAL</b>                                                                   |       | <b>708.35</b> | <b>29.87</b> | <b>17.11</b> | <b>111.47</b> | <b>119.46</b>    | <b>153.99</b> | <b>445.84</b> | <b>719.29</b> |
|                                                                                    |       |               |              |              |               | <b>VCT. ALM.</b> | <b>719.29</b> |               | <b>41%</b>    |

|                                              |        |               |             |             |              |                  |               |               |               |
|----------------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA PICADA EN ALMIBAR</b> |        |               |             |             |              |                  |               |               |               |
| 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         |
| <b>SUB TOTAL</b>                             |        | <b>168.90</b> | <b>0.45</b> | <b>0.15</b> | <b>46.48</b> | <b>1.80</b>      | <b>1.35</b>   | <b>185.90</b> | <b>189.05</b> |
|                                              |        |               |             |             |              | <b>VCT. DES.</b> | <b>189.05</b> |               | <b>11%</b>    |

|                             |        |               |              |              |              |                 |               |               |               |
|-----------------------------|--------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA LECHE EVAPORADA</b> |        |               |              |              |              |                 |               |               |               |
| 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         |
| <b>SUB TOTAL</b>            |        | <b>350.53</b> | <b>11.27</b> | <b>10.19</b> | <b>54.40</b> | <b>45.08</b>    | <b>91.67</b>  | <b>217.56</b> | <b>354.31</b> |
|                             |        |               |              |              |              | <b>VCT. CEN</b> | <b>354.31</b> |               | <b>20%</b>    |

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

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1766</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

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