

CONSORCIO:

CARTA N° 050 - 2019 — CONSORCIO - TUMBES.

CESAR AUGUSTO NUÑEZ ROQUE.

ASUNTO: RELACIÓN DE MENÚS

REFERENCIA: CONTRATO N° 010-2019-INPE/17.

De nuestra mayor consideración:

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos (as), niños y personal de seguridad que labora 24x48 horas, que se brindaran desde **el 21 DE JULIO del 2019** hasta el **20 de AGOSTO del 2019** en relación con el **contrato N° 010-2019-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24X48 horas del Establecimiento Penitenciario de Tumbes **(de la Oficina Regional Norte – Chiclayo)**.

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

Chiclayo, 04 de Julio del 2019.

FOLIOS (48)
Atentamente:

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Controlar y Supervisar los Menús Días.

08 III 2019 HSEA 08:00

NOTES

015 Election

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

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

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

CONTRATISTA

Lauriano Garcia Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

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RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TUMBES

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

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

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	MARTES 06/08/2019	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
18	MIÉRCOLES 07/08/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	ENSALADA MIXTA
19	JUEVES 08/08/2019	SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
20	VIERNES 09/08/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + PAVITA MECHADA + ENSALADA + INFUSION
21	SABADO 10/08/2019	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
22	DOMINGO 11/08/2019	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA
23	LUNES 12/08/2019	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
		DESAYUNO	SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
24	MARTES 13/08/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
25	MIÉRCOLES 14/08/2019	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
		ENTRADA	CEVICHE DE TOYO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
26	JUEVES 15/08/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
		DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		ENTRADA	ENSALADA MIXTA
27	VIERNES 16/08/2019	SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)
		CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
28	SABADO 17/08/2019	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + REFRESCO (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
29	DOMINGO 18/08/2019	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
30	LUNES 19/08/2019	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		DESAYUNO	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO
		ENTRADA	ENSALADA
31	MARTES 20/08/2019	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
		DESAYUNO	SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

FORMATO - B

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

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.	
DESAYUNO: QUINUA CON AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		674.68	26.15	12.74	116.47	104.58	114.68	465.83	685.09
						V.C. DESAYUNO			685.09
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
RES CON HUESO	160.00	142.80	34.08	2.56	0.00	136.32	23.04	0.00	159.36
FREJOL PANAMITO	80.00	268.00	17.20	1.36	48.56	68.80	12.24	194.24	275.28
ACEITE VEGETAL	6.00	42.43	0.00	6.00	0.00	0.00	63.00	0.00	63.00
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
LECHUGA	50.00	9.03	0.75	0.10	1.95	3.00	0.90	7.80	11.70
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PALILLO MOLIDO	2.00	1.08	0.01	0.07	0.11	0.03	0.65	0.46	1.14
NARANJA DE MESA	150.00	124.88	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMON	12.00	1.84	0.06	0.02	1.16	0.24	0.22	4.68	5.14
AZUCAR RUBIA	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1166.36	67.29	11.39	217.73	269.14	111.49	870.94	1251.57
						V. C. ALMUERZO			1251.57
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
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	16.00	141.44	0.00	16.00	0.00	0.00	144.00	0.00	144.00
SUB TOTAL		805.10	27.95	17.91	136.10	111.79	161.23	544.41	817.43
						V. C. CENA			817.43
						% DIST. CENA			30%
			VCT (Gr.)	121.39	42.04	470.30			
			VCT	485.51	387.40	1881.18			
			VCT (%)	18%	14%	68%			
						V. C. T. MENU		100%	2754

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

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

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

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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 FRESCA									
ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
CEBOLLA	26.00	11.47	0.36	0.05	2.94	1.46	0.47	11.75	13.68
CAMOTE	100.00	116.00	1.20	0.20	27.60	4.80	1.80	110.40	117.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1216.19	40.93	31.81	199.41	163.73	286.31	797.64	1247.68
						V. C. ALMUERZO			1248
						% DIST. ALMUERZO			45%
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
SUB TOTAL		808.74	29.38	20.98	130.88	117.53	188.82	523.52	829.87
						V. C. CENA			830
						% DIST. CENA			30%
		VCT (Gr.)	94.02	72.80	431.05				
		VCT	376.10	655.18	1724.16				
		VCT (%)	14%	24%	63%				
						V. C. T. MENU		100%	2755

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

44

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

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

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		693.57	22.30	17.16	117.27	89.18	154.44	469.02	712.64
						V.C. DESAYUNO			713
						% 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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		1262.37	83.59	22.34	189.00	334.37	201.02	755.97	1291.36
						V. C. ALMUERZO			1291
						% 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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00
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		838.62	32.77	10.03	156.95	127.07	99.18	627.72	853.97
						V. C. CENA			854
						% DIST. CENA			30%
			VCT (Gr.)	138.66	49.53	463.22			
			VCT	550.62	454.64	1852.71			
			VCT (%)	19%	16%	65%			
						V. C. T. MENU		100%	2858

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

FORMATO - B

43

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

24/07/2019 07/08/2019

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		669.70	23.89	17.89	22.61	95.54	161.01	435.06	691.61
						V.C. DESAYUNO			692
						% 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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		1191.48	48.77	26.18	204.54	195.09	244.55	818.10	1257.74
						V. C. ALMUERZO			1258
						% DIST. ALMUERZO			45%
CENA: Arroz graneado + pescado frito + menestra + ensalada + infusión									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		822.61	50.42	9.35	137.22	201.68	102.15	548.86	852.69
						V. C. CENA			853
						% DIST. CENA			30%
VCT (Gr.)			123.08	53.42	364.37				
VCT			492.31	507.71	1802.02				
VCT (%)			18%	18%	64%				
						V. C. T. MENU		100%	2802

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

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

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.	
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	30.00	11.36	0.00	0.00	29.49	0.00	0.00	117.95	117.95
SUB TOTAL		596.21	27.99	18.20	107.36	111.96	163.76	429.41	705.13
						V.C. DESAYUNO			705.13
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	20.00	186.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1243.82	45.30	26.92	210.53	181.19	242.20	842.11	1265.50
						V. C. ALMUERZO			1265.50
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		825.30	31.66	18.46	137.50	126.65	166.14	549.99	842.78
						V. C. CENA			842.78
						% DIST. CENA			30%
VCT (Gr.)			104.95	63.58	455.39				
VCT			419.80	572.10	1821.51				
VCT (%)			15%	20%	65%				
						V. C. T. MENU		100%	2813

CONTRATISTA

Lauriano García Ibarra
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

FORMATO - B

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

26/07/2019 09/08/2019

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.68	3.43
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.73	7.84
ACEITE VEGETAL	13.00	114.40	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		689.66	19.66	20.15	112.40	78.60	181.31	449.55	709.46
						V.C. DESAYUNO			709.46
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	150.00	174.15	32.40	5.85	0.45	129.60	52.65	1.80	184.05
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1281.64	65.14	18.32	208.10	260.57	164.84	832.40	1257.81
						V. C. ALMUERZO			1257.81
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + PAVITA MECHADA + 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
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		811.12	28.49	34.85	102.27	113.95	313.70	406.22	833.87
						V. C. CENA			833.87
						% DIST. CENA			30%
VCT (Gr.)			113.29	73.32	422.77				
VCT			453.12	659.85	1688.17				
VCT (%)			16%	24%	60%				
						V. C. T. MENU		100%	2801

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

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

27/07/2019 10/08/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON 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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% 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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
VCT (Gr.)			106.38	82.24	421.51				
VCT			425.51	740.05	1686.38				
VCT (%)			15%	26%	59%				
						V. C. T. MENU		100%	2852

CONTRATISTA

NUTRICIONISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

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

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

28/07/2019 11/08/2019

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 AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		674.68	26.15	12.74	116.47	104.58	114.68	455.83	685.09
						V.C. DESAYUNO			685.09
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
RES CON HUESO	160.00	142.80	34.08	2.56	0.00	136.32	23.04	0.00	159.36
FREJOL PANAMITO	80.00	268.00	17.20	1.36	48.56	68.80	12.24	194.24	275.28
ACEITE VEGETAL	6.00	42.43	0.00	6.00	0.00	0.00	63.00	0.00	63.00
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
LECHUGA	50.00	9.03	0.75	0.10	1.95	3.00	0.90	7.80	11.70
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PALILLO MOLIDO	2.00	1.08	0.01	0.07	0.11	0.03	0.65	0.46	1.14
NARANJA DE MESA	150.00	124.88	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMON	12.00	1.84	0.06	0.02	1.16	0.24	0.22	4.68	5.14
AZUCAR RUBIA	26.00	9.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1166.36	67.29	11.39	217.73	269.14	111.49	870.94	1251.57
						V. C. ALMUERZO			1251.57
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +INFUSION									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
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	16.00	141.44	0.00	16.00	0.00	0.00	144.00	0.00	144.00
SUB TOTAL		805.10	27.95	17.91	136.10	111.79	161.23	544.41	817.43
						V. C. CENA			817.43
						% DIST. CENA			30%
VCT (Gr.)			121.39	42.04	470.30				
VCT			485.51	387.40	1881.18				
VCT (%)			18%	14%	68%				
						V. C. T. MENU		100%	2754

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

FORMATO - B

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

29/07/2019 12/08/2019

MENÚ Nº 9 23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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 FRESCA									
ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
CEBOLLA	26.00	11.47	0.36	0.05	2.94	1.46	0.47	11.75	13.68
CAMOTE	100.00	116.00	1.20	0.20	27.60	4.80	1.80	110.40	117.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1216.19	40.93	31.81	199.41	163.73	286.31	797.64	1247.68
						V. C. ALMUERZO			1248
						% DIST. ALMUERZO			45%
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	0.37	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
SUB TOTAL		808.74	29.38	20.98	130.88	117.53	188.82	523.52	829.87
						V. C. CENA			830
						% DIST. CENA			30%
			VCT (Gr.)	94.02	72.80	431.05			
			VCT	376.10	655.18	1724.16			
			VCT (%)	14%	24%	63%			
						V. C. T. MENU		100%	2755

CONTRATISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

FORMATO - B

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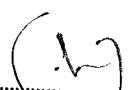
DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

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.	
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		693.57	22.30	17.16	117.27	89.18	154.44	469.02	712.64
						V.C. DESAYUNO			713
						% 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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		1262.37	83.59	22.34	189.00	334.37	201.02	755.97	1291.36
						V. C. ALMUERZO			1291
						% 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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00
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		838.62	32.77	10.03	156.95	127.07	99.18	627.72	853.97
						V. C. CENA			854
						% DIST. CENA			30%
			VCT (Gr.)	138.66	49.53	463.22			
			VCT	550.62	454.64	1852.71			
			VCT (%)	19%	16%	65%			
						V. C. T. MENU		100%	2858

CONTRATISTA


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

FORMATO - B

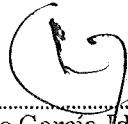
DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

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.	
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	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		669.70	23.89	17.89	22.61	95.54	161.01	435.06	691.61
						V.C. DESAYUNO			692
						% 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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		1191.48	48.77	26.18	204.54	195.09	244.55	818.10	1257.74
						V. C. ALMUERZO			1258
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSIÓN									
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
TOMATE	35.00	6.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		822.61	50.42	9.35	137.22	201.68	102.15	548.86	852.69
						V. C. CENA			853
						% DIST. CENA			30%
VCT (Gr.)			123.08	53.42	364.37				
VCT			492.31	507.71	1802.02				
VCT (%)			18%	18%	64%				
						V. C. T. MENU		100%	2802

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

FORMATO - B

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

01/08/2019 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.	
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	30.00	11.36	0.00	0.00	29.49	0.00	0.00	117.95	117.95
SUB TOTAL		596.21	27.99	18.20	107.36	111.96	163.76	429.41	705.13
						V.C. DESAYUNO			705.13
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	20.00	186.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1243.82	45.30	26.92	210.53	181.19	242.20	842.11	1265.50
						V. C. ALMUERZO			1265.50
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		825.30	31.66	18.46	137.50	126.65	166.14	549.99	842.78
						V. C. CENA			842.78
						% DIST. CENA			30%
VCT (Gr.)			104.95	63.58	455.39				
VCT			419.80	572.10	1821.51				
VCT (%)			15%	20%	65%				
						V. C. T. MENU		100%	2813

CONTRATISTA

Lauriano García Irogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Jonathan Valle Mendoza
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C.N.P 5897

FORMATO - B

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

02/08/2019 16/08/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
PAN	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ESPINACA	15.00	3.36	0.29	0.09	0.95	1.14	0.81	3.78	5.73
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.68	3.43
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.73	7.84
ACEITE VEGETAL	13.00	114.40	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		689.66	19.66	20.15	112.40	78.60	181.31	449.55	709.46
						V.C. DESAYUNO			709.46
						% DIST. DESAYUNO			25%

ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	150.00	174.15	32.40	5.85	0.45	129.60	52.65	1.80	184.05
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1281.64	65.14	18.32	208.10	260.57	164.84	832.40	1257.81
						V. C. ALMUERZO			1257.81
						% DIST. ALMUERZO			45%

CENA: ARROZ GRANEADO + PAVITA MECHADA + 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	8.58	0.28	0.07	1.51	1.12	0.63	6.02	7.77
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		811.12	28.49	34.85	102.27	113.95	313.70	406.22	833.87
						V. C. CENA			833.87
						% DIST. CENA			30%
			VCT (Gr.)	113.29	73.32	422.77			
			VCT	453.12	659.85	1688.17			
			VCT (%)	16%	24%	60%			
						V. C. T. MENU		100%	2801

CONTRATISTA

NUTRICIONISTA


Lauriano Garcia Ierogo
REPRESENTANTE DEL CONSORCIO


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

FORMATO - B

33

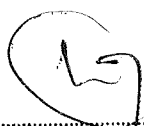
DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE TUMBES

03/08/2019 17/08/2019

MENÚ N° 14 28

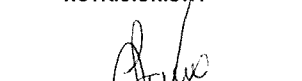
ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA									
QUINUA	25.00	93.50	3.40	1.45	16.58	13.60	13.05	66.30	92.95
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% 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	3.51	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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
		VCT (Gr.)	106.38	82.24	421.51				
		VCT	425.51	740.05	1686.38				
		VCT (%)	15%	26%	59%				
						V. C. T. MENU		100%	2852

CONTRATISTA



Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

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

DEL 21 DE 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	
1	DOMINGO	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	21/07/2019	ALMUERZO	TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + PAPAS + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE AGUADITO DE POLLO
2	LUNES	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	22/07/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
3	MARTES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	23/07/2019	ALMUERZO	ARROZ GRANEADO + CONSERVA DE PESCADO CON PAPAS
4	MIÉRCOLES	DESAYUNO	SOYA + 03 PANES CON MARGARINA
	24/07/2019	ALMUERZO	ARROZ GRANEADO + MOLLEJITA SALTADA + MENESTRA (ARVEJA PARTIDA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
5	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	25/07/2019	ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
6	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	26/07/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJON) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
7	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	27/07/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU DE POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
8	DOMINGO	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	28/07/2019	ALMUERZO	TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + PAPAS + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
9	LUNES	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	29/07/2019	ALMUERZO	ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
10	MARTES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	30/07/2019	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
11	MIÉRCOLES	DESAYUNO	SOYA + 03 PANES CON MARGARINA
	31/07/2019	ALMUERZO	ARROZ GRANEADO + MOLLEJITAS GUIADAS + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
12	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON JAMONADA
	01/08/2019	ALMUERZO	ARROZ A LA JARDINERA + POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
13	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	02/08/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
14	SABADO	DESAYUNO	QUINUA + 03 PANES CON QUESO
	03/08/2019	ALMUERZO	ARROZ GRANEADO + SECO DE POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
15	DOMINGO	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	04/08/2019	ALMUERZO	TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + PAPAS + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
16	LUNES	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	05/08/2019	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE

CONTRATISTA

Lauriano García Jorogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

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

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	MARTES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	06/08/2019	ALMUERZO	ARROZ GRANEADO + CONSERVA DE PESCADO CON PAPAS
18	MIERCOLES	CENA	ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	07/08/2019	ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSIÓN	
19	JUEVES	DESAYUNO	SOYA + 03 PANES CON MARGARINA
	08/08/2019	ALMUERZO	ARROZ GRANEADO + MOLLEJITA SALTADA + MENESTRA (ARVEJA PARTIDA) +
20	VIERNES	CENA	ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
	09/08/2019	ARROZ CON LECHE + 02 PANES	
21	SABADO	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
	10/08/2019	ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO + ENSALADA (REPOLLO) +
22	DOMINGO	CENA	FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	11/08/2019	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO	
23	LUNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	12/08/2019	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJON) +
24	MARTES	CENA	ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	13/08/2019	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION	
25	MIERCOLES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	14/08/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU DE POLLO + ENSALADA (REPOLLO) +
26	JUEVES	CENA	FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	15/08/2019	MAIZENA CON LECHE + 02 PANES	
27	VIERNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	16/08/2019	ALMUERZO	TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + PAPAS +
28	SABADO	CENA	ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	17/08/2019	SOPA DE SEMOLA CON HUEVOS REVUELTOS	
29	DOMINGO	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
	18/08/2019	ALMUERZO	ARROZ GRANEADO + PAVITA GUISADA + MENESTRA (LENTEJON) +
30	LUNES	CENA	ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	19/08/2019	ARROZ GRANEADO + GUIZO DE CORAZON DE POLLO + PAPAS + INFUSION	
31	MARTES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	20/08/2019	ALMUERZO	ARROZ GRANEADO + CONSERVA DE PESCADO CON PAPAS
		CENA	ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
			ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION

CONTRATISTA

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

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

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
AZUCAR RUBIA	17.00	0.06	0.00	16.71	0.00	0.00	66.84	66.84
SUB TOTAL		18.15	8.08	129.39	72.34	72.68	517.54	662.56
					V.C. DESAYUNO			662.56
					% DIST. DESAYUNO			26%
ALMUERZO: TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + PAPAS + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
FIDEO TALLARIN	150.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
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	34.00	0.00	34.00	0.00	0.00	306.00	0.00	306.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.10	3.13	3.49
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
AJI AMARILLO	3.00	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	1.00	0.00	0.00	0.05	0.00	0.00	0.20	0.20
REFRESCO DE SOBRE	2.00	0.00	0.00	1.98	0.00	0.00	7.93	7.93
AZUCAR RUBIA	35.00	0.08	0	34.41	0	0	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		52.06	37.48	205.94	207.90	336.94	823.77	1368.61
					V. C. ALMUERZO			1368.61
					% 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	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
ARVEJAS FRESCAS	15.00	1.07	0.09	2.82	4.26	0.81	11.28	16.35
ZANAHORIA	15.00	0.09	0.80	1.38	0.36	0.68	5.52	6.56
ACEITE VEGETAL	7.00	0.00	7.00	0.00	0.00	63.00	0.00	63.00
SUB TOTAL		24.51	18.39	76.55	98.02	158.99	217.00	474.01
					V. C. CENA			474.01
					% DIST. CENA			19%
	VCT (Gr.)	94.72	63.95	411.88				
	VCT (Kcal.)	378.26	568.61	1558.308				
	VCT (%)	15%	23%	62%				
					V. C. T. MENU		100%	2505

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

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

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 03 PANES CON MANJAR BLANCO								
AVENA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
AZUCAR RUBIA	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 A LA OLLA + 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
PAVITA	160.00	32.16	32.32	0.00	128.64	290.88	0.00	419.52
LENTEJAS 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
COL SILVESTRE	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	9.00	0.00	9.00	0.00	0.00	81.00	0.00	81.00
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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		64.75	45.25	210.33	258.88	407.25	841.39	1507.52
					V. C. ALMUERZO			1507.52
					% 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	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
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	2.00	0.00	5.00	2.00	0.00	18.00	0.00	18.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
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		17.84	6.96	101.85	71.28	35.63	399.45	506.36
					V. C. CENA			506.36
					% DIST. CENA			20%
	VCT (Gr.)	106.176	56.5	423.58				
	VCT (Kcal.)	380.68	481.49	1686.428				
	VCT (%)	15%	19%	66%				
					V. C. T. MENU		100%	2549

CONTRATISTA

NUTRICIONISTA

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FORMATO N° 01 - A

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

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

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON MERMELADA								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.32	71.34
SUB TOTAL		10.54	1.59	143.35	41.52	14.31	573.36	629.19
					V.C. DESAYUNO			629.19
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + CONSERVA DE PESCADO CON PAPAS + 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
CONSERVA DE PESCADO	100.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
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
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	18.00	0.25	0.04	2.03	1.01	0.32	8.14	9.47
ACEITE VEGETAL	20.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
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	35.00	0.12	0.00	34.41	0.00	0.00	137.62	137.62
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		47.29	37.91	216.19	188.68	341.20	864.80	1394.68
					V. C. ALMUERZO			1394.68
					% DIST. ALMUERZO			55%
CENA: ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SUB TOTAL		25.77	11.69	77.15	103.03	105.13	308.67	516.83
					V. C. CENA			516.83
					% DIST. CENA			20%
	VCT (Gr.)	83.6065	51.19	436.6953				
	VCT (Kcal.)	333.23	460.64	1746.83				
	VCT (%)	13%	18%	69%				
					V. C. T. MENU		100%	2541

CONTRATISTA

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Lic. Jhonatan Valle Mendoza
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FORMATO N° 01 - A

28

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

24/07/2019 07/08/2019

MENÚ N° 4 18

ALIMENTO	PESO 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: ARROZ GRANEADO + MOLLEJITA SALTADA + MENESTRA (ARVEJA PARTIDA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	100.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40
ARVEJA PARTIDA	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	26.00	0.00	26.00	0.00	0.00	234.00	0.00	234.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	2.00	0.00	0.00	1.98	0.00	0.00	7.93	7.93
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.06	37.11	219.10	211.81	333.94	876.45	1422.20
					V. C. ALMUERZO			1422.20
					% DIST. ALMUERZO			57%
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.)	79.765	62.59	405.5728				
	VCT (Kcal.)	318.01	563.22	1622.333				
	VCT (%)	13%	22%	65%				
					V. C. T. MENU		100%	2504

CONTRATISTA

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Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Jhonatan Valle Mendoza
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FORMATO N° 01 - A

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

25/07/2019 08/08/2019

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON MORTADELA								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
MORTADELA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		20.60	15.70	112.54	81.98	141.30	450.160	673.44
					V.C. DESAYUNO			673.44
					% DIST. DESAYUNO			27%
ALMUERZO: ARROZ CHAUFA CON HOT DOG + POLLO + 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	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
HOT DOG DE POLLO	20.00	2.20	6.86	0.00	8.80	61.74	0.00	70.54
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
CEBOLLA CHINA	25.00	0.58	0.10	1.88	2.30	0.90	7.50	10.70
COL SILVESTRE	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
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
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
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
SUB TOTAL		44.28	55.17	176.55	176.86	496.53	706.178	1379.57
					V. C. ALMUERZO			1379.57
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURAS + RES CON HUESO								
FIDEO SURTIDOS	30.00	2.82	0.60	23.46	11.28	0.54	93.84	105.66
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	4.50
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
OREGANO SECO	0.50	0.01	0	0.06	0.03	0.02	0.23	0.28
PORO	18.00	0.49	0.14	1.37	1.94	1.30	5.47	8.71
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	19.00	0.00	19.00	0.00	0.00	171.00	0.00	171.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
SUB TOTAL		26.04	21.56	39.8	104.11	189.21	159.18	452.5
					V. C. CENA			452.50
					% DIST. CENA			18%
VCT (Gr.)		90.92	92.43	328.89				
VCT (Kcal.)		362.95	827.04	1315.518				
VCT (%)		14%	33%	53%				
					V. C. T. MENU			2506

CONTRATISTA

NUTRICIONISTA

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FORMATO N° 01 - A

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

26/07/2019 09/08/2019

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 03 PANES CON ACEITUNA								
ACEITUNA	40.00	0.32	12.84	2.92	1.28	115.56	11.680	128.52
LECHE EVAPORADA	120.00	8.40	9.72	13.08	33.60	87.48	52.320	173.40
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	17.00	0.06	0.00	16.71	0.00	0.00	66.84	66.84
SUB TOTAL		16.34	22.74	90.13	65.12	204.66	360.52	630.30
					V.C. DESAYUNO			630.30
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJON) + 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	220.00	47.52	8.58	0.66	190.08	77.22	2.64	269.94
LENTEJAS SECAS	80.00	18.56	0.88	48.8	74.24	7.92	195.2	277.36
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	16.00	0.00	16.00	0.00	0.00	144.00	0.00	144.00
AZUCAR RUBIA	17.00	0.06	0.00	16.71	0.00	0.00	66.84	66.84
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		81.11	26.74	220.03	324.21	240.66	880.14	1445.01
					V. C. ALMUERZO			1445.01
					% DIST. ALMUERZO			56%
CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
CORAZON DE POLLO	80.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
TOMATE	7.00	0.06	0.01	0.30	0.22	0.13	1.20	1.55
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
ACEITE VEGETAL	1.00	0.00	1.00	0.00	0.00	9.00	0.00	9.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.103	7.19	90.37	100.3	64.7	361.53	526.53
					V. C. CENA			526.53
					% DIST. CENA			20%
	VCT (Gr.)	122.55	56.67	400.53				
	VCT (Kcal.)	489.63	510.02	1602.188				
	VCT (%)	19%	20%	62%				
					V. C. T. MENU		100%	2602

CONTRATISTA

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Lic. Jhonatan Valle Mendoza
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FORMATO N° 01 - A

24

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

27/07/2019 10/08/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 03 PANES CON QUESO								
QUINUA	28.00	3.81	1.62	18.56	15.23	14.62	74.26	104.11
QUESO	30.00	4.89	3.09	1.02	19.56	27.81	4.08	51.45
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	47.19	0.00	0.00	188.73	188.73
SUB TOTAL		16.42	4.89	124.19	65.03	44.05	496.75	605.83
					V.C. DESAYUNO			605.83
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + CAU CAU DE POLLO + 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	23.04	24.16	0.00	92.16	217.44	0.00	309.60
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	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
ARVEJAS FRESCAS	20.00	1.42	0.12	3.76	5.68	1.08	15.04	21.80
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
HIERBA BUENA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
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		43.98	41.39	217.45	175.61	372.54	869.80	1417.95
					V. C. ALMUERZO			1417.95
					% DIST. ALMUERZO			57%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIZENA	50.00	0.30	0.10	43.35	1.20	0.90	173.40	175.50
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		8.90	4.27	102.81	35.36	38.43	411.23	485.02
					V. C. CENA			485.02
					% DIST. CENA			19%
	VCT (Gr.)	69.295	50.55	444.445				
	VCT (Kcal.)	276	455.02	1777.778				
	VCT (%)	11%	18%	71%				
	V. C. T. MENU						100%	2509

CONTRATISTA

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FORMATO N° 01 - A

23

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

28/07/2019 11/08/2019

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
AZUCAR RUBIA	35.00	0.08	0	34.41	0	0	137.62	137.62
SUB TOTAL		18.17	8.08	147.09	72.34	72.68	588.32	733.34
					V.C. DESAYUNO			733.34
					% DIST. DESAYUNO			29%
ALMUERZO: TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + PAPAS + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
FIDEO TALLARIN	150.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
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	34.00	0.00	34.00	0.00	0.00	306.00	0.00	306.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
CULANTRO	10.00	0.30	0.10	0.70	1.30	1.20	2.80	5.30
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
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
REFRESCO DE SOBRE	2.00	0.00	0.00	1.98	0.00	0.00	7.93	7.93
AZUCAR RUBIA	35.00	0.08	0	34.41	0	0	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		51.95	37.47	203.80	207.59	337.46	815.22	1360.27
					V. C. ALMUERZO			1360.27
					% DIST. ALMUERZO			54%
CENA: SOPA DE SEMOLA CON HUEVOS REVUELTOS								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
PORO	20.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
ACEITE VEGETAL	12.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		10.13	15.41	59.47	40.52	138.69	237.88	417.09
					V. C. CENA			417.09
					% DIST. CENA			17%
	VCT (Gr.)	80.25	60.96	410.36				
	VCT (Kcal.)	320.45	548.83	1641.418				
	VCT (%)	13%	22%	65%				
					V. C. T. MENU		100%	2511

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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BROMATOLOGO NUTRICIONISTA
C.N.P 5897

FORMATO N° 01 - A

22

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

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.	
DESAYUNO: AVENA + 03 PANES CON MANJAR BLANCO								
AVENA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
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		23.61	4.29	120.24	50.52	38.61	480.98	570.11
					V.C. DESAYUNO			570.11
					% DIST. DESAYUNO			22%
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	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	8.00	0.00	8.00	0.00	0.00	72.00	0.00	72.00
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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		65.95	42.57	210.25	263.68	383.13	841.07	1487.88
					V. C. ALMUERZO			1487.88
					% DIST. ALMUERZO			58%
CENA: ARROZ GRANEADO + GUIO DE CORAZON DE POLLO + PAPAS + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
CORAZON DE POLLO	80.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
TOMATE	7.00	0.06	0.01	0.30	0.22	0.13	1.20	1.55
CEBOLLA	9.00	0.13	0.02	1.02	0.50	0.16	4.07	4.73
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
ACEITE VEGETAL	1.00	0.00	1.00	0.00	0.00	9.00	0.00	9.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.12	7.19	90.49	100.35	64.72	361.98	527.05
					V. C. CENA			527.05
					% DIST. CENA			20%
	VCT (Gr.)	114.686	54.05	420.9814				
	VCT (Kcal.)	414.55	486.46	1684.026				
	VCT (%)	16%	19%	65%				
					V. C. T. MENU		100%	2585

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

FORMATO N° 01 - A

21

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

30/07/2019 13/08/2019

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON MERMELADA								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.32	71.34
SUB TOTAL		10.54	1.59	143.35	41.52	14.31	573.36	629.19
					V.C. DESAYUNO			629.19
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + 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	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
ACHIOTE MOLIDO	1.00	0.07	0.05	0.78	0.26	0.41	3.13	3.80
COL SILVESTRE	30.00	0.75	0.18	3.63	3.00	1.62	14.52	19.14
HIERBA BUENA	5.00	0.16	0.50	0.85	0.62	0.45	1.40	2.47
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.5
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
ACEITE VEGETAL	37.00	0.00	37.00	0.00	0.00	333.00	0.00	333.00
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		32.19	41.52	231.40	128.12	369.55	923.57	1421.24
					V. C. ALMUERZO			1421.24
					% DIST. ALMUERZO			55%
CENA: ARROZ GRANEADO + MECHADO DE POLLO CON HUESO + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SUB TOTAL		25.77	11.69	77.15	103.03	105.13	308.67	516.83
					V. C. CENA			516.83
					% DIST. CENA			20%
	VCT (Gr.)	68.51	54.8	451.91				
	VCT (Kcal.)	272.67	488.99	1805.602				
	VCT (%)	11%	19%	70%				
					V. C. T. MENU			100%
								2567

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

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

31/07/2019 14/08/2019

MENÚ N° 11 25

ALIMENTO	PESO 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: ARROZ GRANEADO + MOLLEJITAS GUIADAS + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE								
ARROZ	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	100.00	20.50	7.00	1.60	82.00	63.00	6.40	151.40
ARVEJAS SECAS	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	26.00	0.00	26.00	0.00	0.00	234.00	0.00	234.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	2.00	0.00	0.00	1.98	0.00	0.00	7.93	7.93
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.06	37.11	219.10	211.81	333.94	876.45	1422.20
					V. C. ALMUERZO			1422.20
					% DIST. ALMUERZO			57%
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.)	79.765	62.59	405.5728				
	VCT (Kcal.)	318.01	563.22	1622.333				
	VCT (%)	13%	22%	65%				
					V. C. T. MENU		100%	2504

CONTRATISTA

NUTRICIONISTA

Lauriano García Iñrogo
REPRESENTANTE DEL CONSORCIO

Lic. Jhonatan Valle Mendoza
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C.N.P 5897

FORMATO N° 01 - A

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

01/08/2019 15/08/2019

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON JAMONADA								
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
JAMONADA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
SUB TOTAL		20.59	15.7	107.62	81.98	141.3	430.50	653.78
					V.C. DESAYUNO			653.78
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ A LA JARDINERA + POLLO + 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	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
ARVEJAS FRESCAS	10.00	0.71	0.06	1.86	2.84	0.54	7.52	10.90
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
COL SILVESTRE	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
AJI AMARILLO	3.00	0.03	0.02	0.26	0.11	0.19	1.06	1.36
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
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
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
ACEITE VEGETAL	38.00	0.00	38.00	0.00	0.00	342.00	0.00	342.00
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		38.81	52.01	195.69	154.83	468.10	782.87	1405.80
					V. C. ALMUERZO			1405.80
					% DIST. ALMUERZO			56%
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	4.50
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
PORO	18.00	0.49	0.14	1.37	1.94	1.30	5.47	8.71
CULANTRO	10.00	0.33	0.13	0.70	1.32	1.17	2.80	5.29
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
SUB TOTAL		28.89	7.89	64.98	115.52	71.02	259.91	446.45
					V. C. CENA			446.45
					% DIST. CENA			18%
	VCT (Gr.)	88.29	75.6	368.2914				
	VCT (Kcal.)	352.33	680.42	1473.276				
	VCT (%)	14%	27%	59%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

FORMATO N° 01 - A

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

02/08/2019 16/08/2019

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE + 03 PANES CON ACEITUNA								
ACEITUNA	40.00	0.32	12.84	2.92	1.28	115.56	11.680	128.52
LECHE EVAPORADA	120.00	8.40	9.72	13.08	33.60	87.48	52.320	173.40
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		16.34	22.74	89.15	65.12	204.66	356.59	626.37
					V.C. DESAYUNO			626.37
					% DIST. DESAYUNO			24%
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	220.00	47.52	8.58	0.66	190.08	77.22	2.64	269.94
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	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
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		79.91	27.42	219.13	319.41	246.78	876.53	1442.72
					V. C. ALMUERZO			1442.72
					% DIST. ALMUERZO			56%
CENA: ARROZ GRANEADO + CHANFAINITA + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
BOFE DE RES	60.00	8.04	1.32	0.00	32.16	11.88	0.00	44.04
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
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	2.00	0.00	5.00	2.00	0.00	18.00	0.00	18.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
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		17.843	6.96	101.85	71.28	35.63	399.45	506.36
					V. C. CENA			506.36
					% DIST. CENA			20%
	VCT (Gr.)	114.09	57.12	410.13				
	VCT (Kcal.)	455.81	487.07	1632.568				
	VCT (%)	18%	19%	63%				
					V. C. T. MENU		100%	2575

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

FORMATO N° 01 - A

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

03/08/2019 17/08/2019

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 03 PANES CON QUESO								
QUINUA	28.00	3.81	1.62	18.56	15.23	14.62	74.26	104.11
QUESO	30.00	4.89	3.09	1.02	19.56	27.81	4.08	51.45
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	47.19	0.00	0.00	188.73	188.73
SUB TOTAL		16.42	4.89	124.19	65.03	44.05	496.75	605.83
					V.C. DESAYUNO			605.83
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + SECO DE POLLO + 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	23.04	24.16	0.00	92.16	217.44	0.00	309.60
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	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CULANTRO	10.00	0.30	0.10	0.70	1.30	1.20	2.80	5.30
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
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	18.00	0.00	18.00	0.00	0.00	162.00	0.00	162.00
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		41.87	44.00	215.39	167.19	396.37	861.55	1425.11
					V. C. ALMUERZO			1425.11
					% DIST. ALMUERZO			57%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIZENA	50.00	0.30	0.10	43.35	1.20	0.90	173.40	175.50
LECHE EVAPORADA	50.00	3.50	4.05	5.45	14.00	36.45	21.80	72.25
PAN	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
CANELA ENTERA	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		8.90	4.27	102.81	35.36	38.43	411.23	485.02
					V. C. CENA			485.02
					% DIST. CENA			19%
	VCT (Gr.)	67.185	53.16	442.385				
	VCT (Kcal.)	267.58	478.85	1769.528				
	VCT (%)	11%	19%	70%				
					V. C. T. MENU		100%	2516

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

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	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	21/07/2019					
2	LUNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	22/07/2019					
3	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	23/07/2019					
4	MIERCOLES	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	24/07/2019					
5	JUEVES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSION
	25/07/2019					
6	VIERNES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSION
	26/07/2019					
7	SABADO	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	27/07/2019					
8	DOMINGO	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	28/07/2019					
9	LUNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	29/07/2019					
10	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	30/07/2019					
11	MIERCOLES	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION
	31/07/2019					
12	JUEVES	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 + LOCRE DE ZAPALLO + INFUSION
	01/08/2019					
13	VIERNES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	02/08/2019					
14	SABADO	AVENA CON LECHE + 01 PAN CON MERMELADA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	03/08/2019					
15	DOMINGO	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	04/08/2019					
16	LUNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	05/08/2019					

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

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
17	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	06/08/2019					
18	MIÉRCOLES	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	07/08/2019					
19	JUEVES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSIÓN
	08/08/2019					
20	VIERNES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSIÓN
	09/08/2019					
21	SABADO	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	10/08/2019					
22	DOMINGO	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	11/08/2019					
23	LUNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	12/08/2019					
24	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	13/08/2019					
25	MIÉRCOLES	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION
	14/08/2019					
26	JUEVES	QUINUA CON LECHE + 01 PAN CON HOT DOG	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN	MAZAMORRA DE NARANJA	ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION
	15/08/2019					
27	VIERNES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	16/08/2019					
28	SABADO	AVENA CON LECHE + 01 PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	17/08/2019					
29	DOMINGO	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	18/08/2019					
30	LUNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	19/08/2019					
31	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	20/08/2019					

CONTRATISTA

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

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SOYA + 01 PAN CON HUEVO SANCOCHADO									
SOYA	20.00	80.20	5.64	3.78	7.14	22.56	34.02	28.56	85.14
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		205.90	14.91	8.04	37.06	59.64	72.36	148.24	280.24
						VCT. DES.	280.24		20%

MEDIA MAÑANA LECHE									
LECHE EVAPORADA	80.00	114.40	5.60	6.48	8.72	22.40	58.32	34.88	115.60
AZÚCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		133.60	5.60	6.48	13.64	22.40	58.32	54.54	135.26
						VCT. DES.	135.26		10%

ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION									
ARROZ	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
AZÚCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		513.01	20.83	14.96	75.96	83.30	134.60	303.80	521.70
						VCT. ALM.	521.70		38%

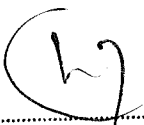
MEDIA TARDE MAZAMORRA MORADA									
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
MAIZ MORADO CANELA	20.00	71.40	1.46	0.68	15.24	5.84	6.12	60.96	72.92
CANELA ENTERA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZÚCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		160.80	1.58	0.72	37.50	6.32	6.48	149.98	162.78
						VCT. DES.	162.78		12%

CENA LECHE EVAPORADA + 01 PAN									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN	3.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZÚCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		266.05	11.27	10.19	35.72	45.08	91.67	142.86	279.61
						VCT. CEN	279.61		20%

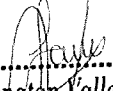
VCT (Gr.)	54.19	40.39	199.88
VCT (Kcal.)	216.74	363.43	799.42
VCT (%)	16%	26%	58%

VCT. MENU 1380 100%

CONTRATISTA


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FORMATO - B

13

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

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON POLLO									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
POLLO	25.00	0.00	4.55	2.55	0.00	18.20	22.95	0.00	41.15
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		241.82	14.07	10.71	32.99	56.28	96.39	131.96	284.63
						VCT. DES.	284.63		20%

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

ALMUERZO: ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSIÓN									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		514.59	18.45	12.68	83.37	73.78	114.14	333.45	521.37
						VCT. ALM.	521.37		37%

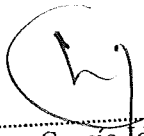
MEDIA TARDE MAIZENA CON LECHE									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.82	5.02	5.71	27.92	20.08	51.39	111.68	183.15
						VCT. DES.	183.15		13%

CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
HUEVOS ROSADOS	50.00	59.93	6.75	4.20	0.95	27.00	37.80	3.80	68.60
ESPINACA	10.00	2.24	0.19	0.06	0.63	0.76	0.54	2.52	3.82
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		281.59	11.12	7.53	43.86	44.48	67.77	175.44	287.69
						VCT. CEN.	287.69		20%

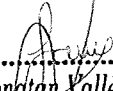
VCT (Gr.)	50.91	37.08	219.64
VCT (Kcal.)	203.62	333.74	878.53
VCT (%)	14%	24%	62%

VCT. MENU	1416	100%
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CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

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

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE + 01 PAN CON ACEITUNA									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
PAN	30.00	0.00	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ACEITUNA	25.00	0.00	0.20	8.03	1.83	0.80	72.23	7.30	80.33
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		166.72	9.58	13.75	44.86	38.32	123.94	179.42	341.68
						VCT. DES.	341.68		20%

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	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%

ALMUERZO: ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
POLLO	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
PAPA BLANCA	35.00	32.25	0.74	0.04	7.81	2.94	0.32	31.22	34.48
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		633.98	16.94	26.53	84.85	67.72	238.73	339.34	645.79
						VCT. ALM.	645.79		39%

MEDIA TARDE MANZANA PICADA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
SUB TOTAL		180.42	0.45	0.15	49.42	1.80	1.35	197.70	200.85
						VCT. DES.	200.85		12%

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

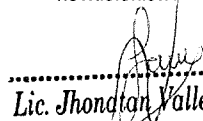
VCT (Gr.)	38.80	50.76	267.60
VCT (Kcal.)	155.16	456.95	1059.67
VCT (%)	9%	27%	63%

VCT. MENU	1672	100%
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CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


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

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

MENÚ N°

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ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE CON QUINUA + 01 PAN CON ATUN									
LECHE EVAPORADA	40.00	57.20	2.80	3.24	4.36	11.20	29.32	17.44	57.96
QUINUA	20.00	74.80	2.72	1.16	13.26	10.88	10.44	53.04	74.36
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ATUN	20.00	0.00	4.84	4.10	0.00	19.36	36.90	0.00	56.26
AZUCAR REFINADA	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		234.66	12.88	8.56	40.69	51.52	77.20	162.77	291.49
						VCT. DES.	291.49		20%

MEDIA MAÑANA MANGO CON LECHE									
MANGO	140.00	69.72	0.56	0.28	22.26	2.24	2.52	89.04	93.80
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.22	4.06	4.33	30.66	16.24	39.16	122.64	178.04
						VCT. DES.	178.04		12%

ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN									
ARROZ	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%
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CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

MENÚ N°

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ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON HUEVO DURO									
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		187.40	14.17	9.93	30.67	56.68	89.37	122.68	268.73
						VCT. DES.	268.73	20%	

MEDIA MAÑANA JUGO DE MANGO									
MANGO	150.00	74.70	0.60	0.30	23.85	2.40	2.70	95.40	100.50
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		93.90	0.60	0.30	28.77	2.40	2.70	115.06	120.16
						VCT. DES.	120		9%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
PESCADO	60.00	74.16	12.96	2.34	0.18	5.55	21.06	0.72	27.33
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	50.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
ARVEJITA PARTIDA	60.00	210.60	13.02	1.92	36.66	52.08	17.28	146.64	216.00
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		630.12	31.94	11.74	101.92	81.47	105.66	407.68	594.81
						VCT. ALM.	594.81		44%

MEDIA TARDE PIÑA EN ALMIBAR									
PIÑA	140.00	34.05	0.56	0.28	13.72	2.24	2.52	54.88	59.64
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.45	0.56	0.28	23.55	2.24	2.52	94.20	98.96
						VCT. DES.	98.96		7%

CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION									
ARROZ	20.00	71.80	1.64	0.10	15.56	6.56	0.90	62.24	69.70
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
HIGADO DE POLLO	40.00	62.80	8.20	2.80	0.06	32.80	25.20	2.56	60.56
ZANAHORIA	15.00	5.84	0.09	0.08	1.38	0.36	0.68	5.52	6.56
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		273.79	11.06	3.26	50.23	44.18	29.30	203.20	276.68
						VCT. CEN.	276.68		20%

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

VCT. MENU	1359.34	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

09

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

MENÚ N°

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20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: KIWICHA CON LECHE + 01 PAN CON QUESO									
KIWICHA	20.00	75.40	2.70	1.42	12.90	10.80	12.78	51.60	75.18
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		253.40	11.98	7.59	43.09	47.92	68.50	172.34	288.76
						VCT. DES.	288.76	20%	

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

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CARNE DE RES	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.22	31.59	13.92	90.55	126.36	125.28	362.14	613.78
						VCT. ALM.	613.78		42%

MEDIA TARDE MANZANA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		92.10	0.45	0.15	26.82	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		8%

CENA SOPA A LA MINUTA CON POLLO + INFUSION									
FIDEO	25.00	90.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		278.66	9.05	3.30	55.21	36.20	29.79	220.82	286.81
						VCT. CEN.	286.81		20%

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

VCT. MENU	1448	100%
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CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

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

MENÚ N°

7

21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE CON AVENA + 01 PAN CON MANJAR BLANCO									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
MANJAR BLANCO	7.00	22.54	0.55	0.64	3.76	2.21	5.80	15.04	23.05
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		262.26	9.23	5.55	45.70	36.93	50.18	182.80	269.91
						VCT. DES.	269.91		20%

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

ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
PAVITA	60.00	144.72	12.06	12.12	0.00	48.24	109.08	0.00	157.32
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		560.28	29.84	14.99	79.43	119.36	134.95	317.70	572.01
						VCT.ALM.	572.01		42%

MEDIA TARDE PLATANO DE SEDA									
PLATANO DE SEDA	140.00	79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
SUB TOTAL		79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
						VCT. DES.	129.78		10%

CENA SOPA DE AVENA + POLLO + INFUSION									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		255.50	8.12	8.86	38.98	32.48	79.83	155.90	268.21
						VCT.CEN	268.21		20%

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

VCT. MENU	1348	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


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

03

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

MENÚ N°

8

22

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

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

ALMUERZO: ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
POLLO	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		519.24	21.54	11.99	82.95	86.14	107.87	331.80	525.81
						VCT. ALM.	525.81		36%

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

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

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

VCT. MENU	1449	100%
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CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

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

06

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

MENÚ N°

9

23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PALTA									
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN	30.00	87.30	2.52	0.60	19.14	10.08	0.54	76.56	87.18
PALTA	25.00	0.00	0.43	3.13	1.40	1.70	28.13	5.60	35.43
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		187.40	7.85	9.40	33.09	31.38	79.70	132.34	243.42
						VCT. DES.	243.42		20%

MEDIA MAÑANA PLATANO DE SEDA PICADO									
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
						VCT. DES.	139.05		11%

ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		437.79	18.45	12.68	63.71	73.78	114.14	254.81	442.73
						VCT. ALM.	442.73		36%

MEDIA TARDE MAZAMORRA DE NARANJA									
MAIZENA	25.00	87.75	0.15	0.05	21.68	0.60	0.45	86.70	87.75
NARANJA	100.00	34.20	1.20	0.20	10.90	4.80	1.80	43.60	50.20
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		141.15	1.35	0.25	37.50	5.40	2.25	149.96	157.61
						VCT. DES.	157.61		13%

CENA SOPA DE SEMOLA + CARNE DE RES + INFUSION									
SEMOLA	20.00	72.40	1.56	0.22	15.68	6.24	1.98	62.72	70.94
CARNE DE RES	30.00	28.35	6.39	0.48	0.00	25.56	4.32	0.00	29.88
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
ZAPALLO	10.00	2.60	0.07	0.02	0.64	0.28	0.18	2.56	3.02
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		240.83	8.58	8.87	32.90	34.32	79.83	131.58	245.73
						VCT. CEN.	245.73		20%

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

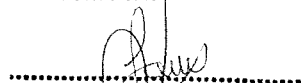
VCT. MENU	1229	100%
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CONTRATISTA



 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



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

MENÚ N°

10

24

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

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		136.32	0.56	0.14	36.06	2.24	1.26	144.22	147.72
						VCT. DES.	147.72		8%

ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA									
ARROZ	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
POLLO	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		708.35	29.87	17.11	111.47	119.46	153.99	445.84	719.29
						VCT. ALM.	719.29		41%

MEDIA TARDE MANZANA PICADA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		168.90	0.45	0.15	46.48	1.80	1.35	185.90	189.05
						VCT. DES.	189.05		11%

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

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

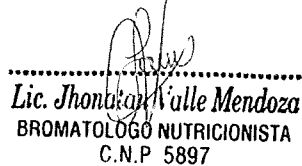
VCT. MENU	1766	100%
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CONTRATISTA



Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Lic. Jhonatan Valle Mendoza
BROMATOLOGO NUTRICIONISTA
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DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DEL E.P. DE TUMBES

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
PESCADO	50.00	0.00	10.80	1.95	0.15	43.20	17.55	0.60	61.35
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		203.82	17.52	6.87	33.69	70.08	62.06	134.78	266.92
						VCT. DES.	266.92		20%

MEDIA MAÑANA COMPOTA DE MANZANA									
MANZANA	130.00	63.18	0.39	0.13	18.98	1.56	1.17	75.92	78.65
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		144.90	0.51	0.17	39.27	2.04	1.53	157.08	160.65
						VCT. DES.	160.65		12%

ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE CERDO	60.00	106.92	8.64	9.06	0.00	34.56	81.54	0.00	116.10
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CAMOTE	60.00	69.60	0.72	0.12	16.56	2.88	1.08	66.24	70.20
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		462.23	13.68	19.47	59.97	54.72	175.23	239.88	469.83
						VCT. ALM.	469.83		35%

MEDIA TARDE MAZAMORRA MORADA									
MAIZ MORADO	25.00	89.25	1.83	0.85	19.05	7.30	7.65	76.20	91.15
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		170.97	1.95	0.89	39.34	7.78	8.01	157.36	173.15
						VCT. DES.	173.15		13%

CENA SOPA DE TRIGO + POLLO + INFUSION									
TRIGO	25.00	89.50	2.10	0.35	19.03	8.40	3.15	76.10	87.65
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		259.86	8.33	3.59	50.20	33.32	32.40	200.74	266.46
						VCT. CEN.	266.46		20%

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

VCT. MENU	1337	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

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

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON LECHE + 01 PAN CON HOT DOG									
QUINUA	20.00	74.80	2.72	1.16	13.26	10.88	10.44	53.04	74.36
LECHE EVAPORADA	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	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	69.36	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	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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 (%) 8% 27% 65%									
						VCT. MENU	1431.52		100%

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

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

02

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

MENÚ N° 13 27

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

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

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

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

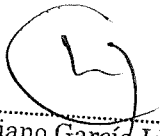
CENA ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	0.80	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	51.84	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.16	0.16	0.09	0.86	1.11
CEBOLLA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

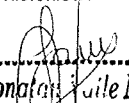
VCT (Gr.)	68.45	26.69	308.53
VCT (Kcal.)	273.80	240.21	1064.88
VCT (%)	17%	15%	67%

VCT. MENU	1579	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


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

MENÚ N°

14

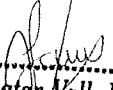
28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENU
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE + 01 PAN CON MERMELADA									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		254.70	8.98	4.92	46.04	34.83	44.51	184.17	263.51
						VCT. DES.	263.51		20%
MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		40.32	0.56	0.14	23.28	2.24	1.26	93.10	96.60
						VCT. DES.	96.60		7%
ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CARNE DE RES	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		544.50	30.56	9.83	84.34	122.24	88.51	337.36	548.11
						VCT.ALM.	548.11		42%
MEDIA TARDE PLATANO DE SEDA									
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
						VCT. DES.	139.05		11%
CENA SOPA DE FIDEO + POLLO + INFUSION									
FIDEO	20.00	72.00	1.88	0.04	15.64	7.52	0.36	62.56	70.44
PAPA AMARILLA	28.00	27.40	0.56	0.11	6.52	2.24	1.01	26.10	29.35
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		252.82	7.90	3.21	49.68	31.60	29.00	198.76	259.36
						VCT.CEN	259.36		20%
VCT (Gr.) 50.25 18.55 234.84									
VCT (Kcal.) 168.31 138.33 740.63									
VCT (%) 13% 11% 57%									
						VCT. MENU	1307		100%

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