

**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TUMBES**  
**DEL DE ENERO AL DE FEBRERO DE 2018**

MENÚS CON APORTE CALÓRICO MAYOR A 2.750 KILOCALORIAS POR DÍA

| Nº DE MENÚ | FECHA     | DETALLE DEL MENÚ |                                                                                                            |
|------------|-----------|------------------|------------------------------------------------------------------------------------------------------------|
| 1          | DOMINGO   | DESAYUNO         | QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO                                                               |
|            |           | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            |           | SEGUNDO          | ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA) + FRUTA                          |
| 2          | LUNES     | CENA             | ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSION                                              |
|            |           | DESAYUNO         | AVENA CON QUINUA + 03 PANES CON PALTA                                                                      |
|            |           | ENTRADA          | SOPA DE VERDURA CON MENUDENCIA DE POLLO                                                                    |
| 3          | MARTES    | SEGUNDO          | ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA |
|            |           | CENA             | ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSION                                         |
|            |           | DESAYUNO         | LECHE DE SOYA + 03 PANES CON HUEVO FRITO                                                                   |
| 4          | MIERCOLES | ENTRADA          | SOPA DE SEMOLA + RES CON HUESO                                                                             |
|            |           | SEGUNDO          | ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA                      |
|            |           | CENA             | SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION                                                           |
| 5          | JUEVES    | DESAYUNO         | SOYA + 03 PANES CON ACEITUNA                                                                               |
|            |           | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA + SARZA + REFRESCO DE (MANZANA) + FRUTA                 |
| 6          | VIERNES   | CENA             | ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSION                                           |
|            |           | DESAYUNO         | AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO                                                  |
|            |           | ENTRADA          | ENSALADA RUSA                                                                                              |
| 7          | SABADO    | SEGUNDO          | TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA) + FRUTA                                       |
|            |           | CENA             | YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION                                                      |
|            |           | DESAYUNO         | LECHE CON CAFE + 03 PANES CON QUESO FRESCO                                                                 |
| 8          | DOMINGO   | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFRESCO DE (PIÑA) + FRUTA                    |
|            |           | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSION                                     |
| 9          | LUNES     | DESAYUNO         | KIWICHA + 03 PANES CON MILANESA DE POLLO                                                                   |
|            |           | ENTRADA          | SOPA A LA MINUTA                                                                                           |
|            |           | SEGUNDO          | ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA                              |
| 10         | MARTES    | CENA             | CALDO DE POLLO + FRUTA + INFUSION                                                                          |
|            |           | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA                                                   |
|            |           | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 11         | MIERCOLES | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + INFUSION + FRUTA                                      |
|            |           | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
|            |           | DESAYUNO         | LECHE DE SOYA + 03 PANES CON PALTA                                                                         |
| 12         | JUEVES    | ENTRADA          | SOPA DE VERDURA CON POLLO                                                                                  |
|            |           | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO (FILETE) + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)              |
|            |           | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSION                                     |
| 13         | VIERNES   | DESAYUNO         | QUINUA CON MACA + 03 PANES CON HUEVO DURO                                                                  |
|            |           | ENTRADA          | CEVICHE DE TOYO CON CAMOTE SANCOCHADO                                                                      |
|            |           | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA                       |
| 14         | SABADO    | CENA             | ARROZ GRANEADO + LOMITO SALTADO + FRUTA + INFUSION                                                         |
|            |           | DESAYUNO         | SOYA + 03 PANES CON ACEITUNA                                                                               |
|            |           | ENTRADA          | ENROLLADO DE PAPA CON CONSERVA DE PESCADO                                                                  |
| 15         | DOMINGO   | SEGUNDO          | ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA                                                      |
|            |           | CENA             | ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + INFUSION                                            |
|            |           | DESAYUNO         | AVENA + 03 PANES CON MILANESA DE POLLO                                                                     |
| 16         | LUNES     | ENTRADA          | ENSALADA                                                                                                   |
|            |           | SEGUNDO          | TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA                                      |
|            |           | CENA             | CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSION                                                             |
| 17         | MARTES    | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO + FRUTA                                                               |
|            |           | ENTRADA          | ENSALADA                                                                                                   |
|            |           | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA                                  |
| 18         | MIERCOLES | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSION                                            |
|            |           | DESAYUNO         | KIWICHA + 03 PANES CON SALTADITO DE RES                                                                    |
|            |           | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 19         | JUEVES    | SEGUNDO          | ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + SARZA + REFRESCO DE (PIÑA) + FRUTA                       |
|            |           | CENA             | TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION                                                |
|            |           | DESAYUNO         | QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO                                                               |
| 20         | VIERNES   | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            |           | SEGUNDO          | ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA) + FRUTA                          |
|            |           | CENA             | ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSION                                              |
| 21         | SABADO    | DESAYUNO         | AVENA CON QUINUA + 03 PANES CON PALTA                                                                      |
|            |           | ENTRADA          | SOPA DE VERDURA CON MENUDENCIA DE POLLO                                                                    |
|            |           | SEGUNDO          | ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA |
| 22         | DOMINGO   | CENA             | ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSION                                         |

CONTRATISTA

NUTRICIONISTA

**Lauriano García Idrogo**  
DNI. N° 26641889

**Dr. Sergio Antonio Saavedra Cieza**  
AREA DE NUTRICIÓN  
CNP. 2066

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**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE TUMBES**  
**DEL DE ENERO AL DE FEBRERO DE 2018**

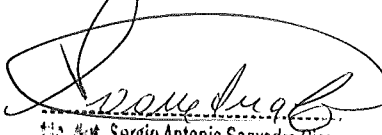
MENÚS CON APORTE CALÓRICO MAYOR A 2,750 KILOCALORIAS POR DÍA

| Nº DE MENÚ | FECHA     | DETALLE DEL MENÚ |                                                                                                           |
|------------|-----------|------------------|-----------------------------------------------------------------------------------------------------------|
| 17         | MARTES    | DESAYUNO         | LECHE DE SOYA + 03 PANES CON HUEVO FRITO                                                                  |
|            |           | ENTRADA          | SOPA DE SEMOLA + RES CON HUESO                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA                      |
| 18         | MIÉRCOLES | CENA             | SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION                                                          |
|            |           | DESAYUNO         | SOYA + 03 PANES CON ACEITUNA                                                                              |
|            |           | ENTRADA          | ENSALADA FRESCA                                                                                           |
| 19         | JUEVES    | SEGUNDO          | ARROZ GRANEADO+ SECO DE CABRITO+ YUCA SANCOCHADA + SARZA + REFRESCO DE (MANZANA) + FRUTA                  |
|            |           | CENA             | ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSION                                          |
|            |           | DESAYUNO         | AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO                                                 |
| 20         | VIERNES   | ENTRADA          | ENSALADA RUSA                                                                                             |
|            |           | SEGUNDO          | TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA) + FRUTA                                      |
|            |           | CENA             | YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION                                                     |
| 21         | SABADO    | DESAYUNO         | LECHE CON CAFE + 03 PANES CON QUESO FRESCO                                                                |
|            |           | ENTRADA          | ENSALADA FRESCA                                                                                           |
|            |           | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFRESCO DE (PIÑA) + FRUTA                   |
| 22         | DOMINGO   | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSION                                    |
|            |           | DESAYUNO         | KIWICHA + 03 PANES CON MILANESA DE POLLO                                                                  |
|            |           | ENTRADA          | SOPA A LA MINUTA                                                                                          |
| 23         | LUNES     | SEGUNDO          | ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA                             |
|            |           | CENA             | CALDO DE POLLO + FRUTA + INFUSION                                                                         |
|            |           | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA                                                  |
| 24         | MARTES    | ENTRADA          | ENSALADA MIXTA                                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + INFUSION + FRUTA                                     |
|            |           | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSION                                 |
| 25         | MIÉRCOLES | DESAYUNO         | LECHE DE SOYA + 03 PANES CON PALTA                                                                        |
|            |           | ENTRADA          | SOPA DE VERDURA CON POLLO                                                                                 |
|            |           | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO (FILET) + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)              |
| 26         | JUEVES    | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSION                                    |
|            |           | DESAYUNO         | QUINUA CON MACA + 03 PANES CON HUEVO DURO                                                                 |
|            |           | ENTRADA          | CEVICHE DE TOYO CON CAMOTE SANCOCHADO                                                                     |
| 27         | VIERNES   | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA                       |
|            |           | CENA             | ARROZ GRANEADO + LOMITO SALTADO + FRUTA + INFUSION                                                        |
|            |           | DESAYUNO         | SOYA + 03 PANES CON ACEITUNA                                                                              |
| 28         | SABADO    | ENTRADA          | ENROLLADO DE PAPA CON CONSERVA DE PESCADO                                                                 |
|            |           | SEGUNDO          | ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA                                                     |
|            |           | CENA             | ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + INFUSION                                           |
| 29         | DOMINGO   | DESAYUNO         | AVENA + 03 PANES CON MILANESA DE POLLO                                                                    |
|            |           | ENTRADA          | ENSALADA                                                                                                  |
|            |           | SEGUNDO          | TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA                                     |
| 30         | LUNES     | CENA             | CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSION                                                            |
|            |           | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO + FRUTA                                                              |
|            |           | ENTRADA          | ENSALADA                                                                                                  |
| 31         | MARTES    | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA                                 |
|            |           | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSION                                           |
|            |           | DESAYUNO         | KIWICHA + 03 PANES CON SALTADITO DE RES                                                                   |
| 32         | MIÉRCOLES | ENTRADA          | ENSALADA FRESCA                                                                                           |
|            |           | SEGUNDO          | ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + SARZA + REFRESCO DE (PIÑA) + FRUTA                      |
|            |           | CENA             | TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION                                               |
| 33         | JUEVES    | DESAYUNO         | QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO                                                              |
|            |           | ENTRADA          | ENSALADA MIXTA                                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA) + FRUTA                         |
| 34         | VIERNES   | CENA             | ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSION                                             |
|            |           | DESAYUNO         | AVENA CON QUINUA + 03 PANES CON PALTA                                                                     |
|            |           | ENTRADA          | SOPA DE VERDURA CON MENUDENCIA DE POLLO                                                                   |
| 35         | SABADO    | SEGUNDO          | ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFRESCO DE MAIZ MORADO CON (MANZANA) + FRUTA |
|            |           | CENA             | ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSION                                        |
|            |           | DESAYUNO         | LECHE DE SOYA + 03 PANES CON HUEVO FRITO                                                                  |
| 36         | DOMINGO   | ENTRADA          | SOPA DE SEMOLA + RES CON HUESO                                                                            |
|            |           | SEGUNDO          | ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA                      |
|            |           | CENA             | SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION                                                          |

CONTRATISTA

NUTRICIONISTA

  
**Lauriano García Idrogo**  
 DNI. N° 26641889

  
**Sr. Srta. Sergio Antonio Saavedra Cienfuegos**  
 AREA DE NUTRICIÓN  
 CNP. 2086

FORMATO N° 03 - C

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

MENÚ N° 1 15 29

| ALIMENTO                                                                                          | PESO<br>BRUTO | KCAL    | PROT        | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------|---------------|---------|-------------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                                   | (g)           |         | (g)         | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA + 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   |
| PAN FRANCES                                                                                       | 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                                                                                         |               | 605.28  | 23.49       | 11.94  | 102.07 | 93.94                     | 107.48 | 408.23 | 609.65  |
|                                                                                                   |               |         |             |        |        | V.C. DESAYUNO             |        |        | 609.65  |
|                                                                                                   |               |         |             |        |        | % DIST. DESAYUNO          |        |        | 22%     |
| ENTRADA: ENSALADA MIXTA                                                                           |               |         |             |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA) |               |         |             |        |        |                           |        |        |         |
| ARROZ SUPERIOR                                                                                    | 150.00        | 538.50  | 12.30       | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                                   | 160.00        | 244.80  | 29.12       | 16.32  | 0.00   | 116.48                    | 146.88 | 0.00   | 263.36  |
| ZANAHORIA                                                                                         | 30.00         | 11.69   | 0.18        | 0.15   | 2.76   | 0.72                      | 1.35   | 11.04  | 13.11   |
| CHOCLO DESGRANADO                                                                                 | 15.00         | 22.50   | 0.57        | 0.15   | 4.40   | 2.28                      | 1.35   | 17.58  | 21.21   |
| AJI AMARILLO                                                                                      | 1.00          | 0.30    | 0.01        | 0.01   | 0.09   | 0.04                      | 0.06   | 0.35   | 0.45    |
| ZAPALLO                                                                                           | 30.00         | 7.80    | 0.21        | 0.06   | 1.92   | 0.84                      | 0.54   | 7.68   | 9.06    |
| AJOS                                                                                              | 2.00          | 1.55    | 0.11        | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                                               | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 5.00          | 44.20   | 0.00        | 5.00   | 0.00   | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAPA BLANCA                                                                                       | 120.00        | 110.58  | 2.52        | 0.12   | 26.76  | 10.08                     | 1.08   | 107.04 | 118.20  |
| ARVEJAS FRESCAS                                                                                   | 20.00         | 16.96   | 1.42        | 0.12   | 3.76   | 5.68                      | 1.08   | 15.04  | 21.80   |
| TOMATE                                                                                            | 40.00         | 7.52    | 0.32        | 0.08   | 1.72   | 1.28                      | 0.72   | 6.88   | 8.88    |
| PIÑA                                                                                              | 40.00         | 9.73    | 0.16        | 0.08   | 3.92   | 0.64                      | 0.72   | 15.68  | 17.04   |
| SAZONADOR BLANCO                                                                                  | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                                                   | 150.00        | 51.30   | 1.80        | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                                                      | 20.00         | 76.80   | 0.00        | 0.00   | 19.66  | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                         |               | 1144.23 | 48.72       | 23.16  | 198.65 | 194.89                    | 208.37 | 794.56 | 1197.82 |
|                                                                                                   |               |         |             |        |        | V. C. ALMUERZO            |        |        | 1197.82 |
|                                                                                                   |               |         |             |        |        | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN                               |               |         |             |        |        |                           |        |        |         |
| ARROZ SUPERIOR                                                                                    | 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                                                                                            | 40.00         | 7.52    | 0.32        | 0.08   | 1.72   | 1.28                      | 0.72   | 6.88   | 8.88    |
| LENTEJAS SECAS                                                                                    | 80.00         | 271.20  | 18.08       | 0.80   | 48.80  | 72.32                     | 7.20   | 195.20 | 274.72  |
| CEBOLLA                                                                                           | 80.00         | 35.28   | 1.12        | 0.16   | 9.04   | 4.48                      | 1.44   | 36.16  | 42.08   |
| SAL                                                                                               | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 7.00          | 61.88   | 0.00        | 7.00   | 0.00   | 0.00                      | 63.00  | 0.00   | 63.00   |
| AZUCAR RUBIA                                                                                      | 21.00         | 80.64   | 0.00        | 0.00   | 20.64  | 0.00                      | 0.00   | 82.57  | 82.57   |
| TORONJIL                                                                                          | 10.00         | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                         |               | 930.55  | 54.98       | 13.56  | 150.61 | 219.92                    | 122.04 | 602.45 | 944.41  |
|                                                                                                   |               |         |             |        |        | V. C. CENA                |        |        | 944.41  |
|                                                                                                   |               |         |             |        |        | % DIST. CENA              |        |        | 34%     |
|                                                                                                   |               |         | VCT (Gr.)   | 127.19 | 48.66  | 451.33                    |        |        |         |
|                                                                                                   |               |         | VCT (Kcal.) | 508.75 | 437.89 | 1805.24                   |        |        |         |
|                                                                                                   |               |         | VCT (%)     | 18%    | 16%    | 66%                       |        |        |         |
|                                                                                                   |               |         |             |        |        | V. C. T. MENU             |        |        | 2752    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

U.S. Nat. Sergio Antonio Saavedra Ciro  
AREA DE NUTRICIÓN  
CNP. 2066

FORMATO N° 03 - C

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

MENÚ N° 2 16 30

| ALIMENTO                                                                                                            | PESO<br>BRUTO | KCAL.   | PROT        | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------------------------|---------------|---------|-------------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                                                     | (g)           |         | (g)         | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: Avena con Quinoa + 03 Panes con Palta                                                                     |               |         |             |        |        |                           |        |        |         |
| QUINUA                                                                                                              | 25.00         | 93.50   | 3.40        | 1.45   | 16.58  | 13.60                     | 13.05  | 66.30  | 92.95   |
| AVENA                                                                                                               | 25.00         | 86.75   | 3.33        | 1.00   | 18.00  | 13.30                     | 9.00   | 72.00  | 94.30   |
| PAN FRANCES                                                                                                         | 90.00         | 261.90  | 7.56        | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| PALTA                                                                                                               | 70.00         | 60.52   | 1.19        | 8.75   | 3.92   | 4.76                      | 78.75  | 15.68  | 99.19   |
| AZUCAR RUBIA                                                                                                        | 25.00         | 96.00   | 0.00        | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                                           |               | 598.67  | 15.48       | 11.38  | 120.50 | 61.90                     | 102.42 | 481.96 | 646.28  |
|                                                                                                                     |               |         |             |        |        | V.C. DESAYUNO             |        |        | 646.28  |
|                                                                                                                     |               |         |             |        |        | % DIST. DESAYUNO          |        |        | 23%     |
| ENTRADA: SOPA DE VERDURA CON MENUENCIA DE POLLO                                                                     |               |         |             |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + FRUTA + REFRESCO DE MAIZ MORADO CON (MANZANA) |               |         |             |        |        |                           |        |        |         |
| ARROZ SUPERIOR                                                                                                      | 150.00        | 538.50  | 12.30       | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| PESCADO                                                                                                             | 160.00        | 185.76  | 34.56       | 6.24   | 0.48   | 138.24                    | 56.16  | 1.92   | 196.32  |
| 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    |
| ACEITE VEGETAL                                                                                                      | 15.00         | 132.60  | 0.00        | 15.00  | 0.00   | 0.00                      | 135.00 | 0.00   | 135.00  |
| PAPA BLANCA                                                                                                         | 80.00         | 73.72   | 1.68        | 0.08   | 17.84  | 6.72                      | 0.72   | 71.36  | 78.80   |
| VINAGRE                                                                                                             | 1.00          | 0.12    | 0.00        | 0.00   | 0.05   | 0.00                      | 0.00   | 0.20   | 0.20    |
| AJI AMARILLO                                                                                                        | 4.00          | 1.20    | 0.04        | 0.03   | 0.35   | 0.14                      | 0.25   | 1.41   | 1.80    |
| SAZONADOR BLANCO                                                                                                    | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SAL                                                                                                                 | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                                                | 2.00          | 1.55    | 0.11        | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| APIO                                                                                                                | 15.00         | 2.99    | 0.11        | 0.03   | 0.72   | 0.42                      | 0.27   | 2.88   | 3.57    |
| PORO                                                                                                                | 15.00         | 6.00    | 0.41        | 0.12   | 1.14   | 1.62                      | 1.08   | 4.56   | 7.26    |
| BROCOLI                                                                                                             | 10.00         | 4.00    | 0.49        | 0.09   | 0.57   | 1.96                      | 0.81   | 2.28   | 5.05    |
| MAIZ MORADO                                                                                                         | 20.00         | 71.40   | 1.46        | 0.68   | 15.24  | 5.84                      | 6.12   | 60.96  | 72.92   |
| AZUCAR RUBIA                                                                                                        | 30.00         | 115.20  | 0.00        | 0.00   | 29.49  | 0.00                      | 0.00   | 117.96 | 117.96  |
| MANZANA                                                                                                             | 40.00         | 43.20   | 0.12        | 0.04   | 5.84   | 0.48                      | 0.36   | 23.36  | 24.20   |
| NARANJA DE MESA                                                                                                     | 150.00        | 135.00  | 1.80        | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40  | 75.30   |
| ZAPALLO                                                                                                             | 15.00         | 3.90    | 0.11        | 0.03   | 0.96   | 0.42                      | 0.27   | 3.84   | 4.53    |
| MENUENCIA DE                                                                                                        | 50.00         | 76.50   | 9.10        | 5.10   | 0.00   | 36.40                     | 45.90  | 0.00   | 82.30   |
| SUB TOTAL                                                                                                           |               | 1401.08 | 62.62       | 28.57  | 208.69 | 250.41                    | 257.07 | 834.72 | 1342.20 |
|                                                                                                                     |               |         |             |        |        | V. C. ALMUERZO            |        |        | 1342.20 |
|                                                                                                                     |               |         |             |        |        | % DIST. ALMUERZO          |        |        | 49%     |
| CENA: ARROZ GRANEADO + ASADO DE RES + ENSALADA + PURE DE PAPA + INFUSIÓN                                            |               |         |             |        |        |                           |        |        |         |
| RES SIN HUESO                                                                                                       | 80.00         | 75.60   | 17.04       | 1.28   | 0.00   | 68.16                     | 11.52  | 0.00   | 79.68   |
| TOMATE                                                                                                              | 30.00         | 5.64    | 0.24        | 0.06   | 1.29   | 0.96                      | 0.54   | 5.16   | 6.66    |
| ARROZ SUPERIOR                                                                                                      | 90.00         | 323.10  | 7.38        | 0.45   | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| CEBOLLA                                                                                                             | 30.00         | 13.23   | 0.42        | 0.06   | 3.39   | 1.68                      | 0.54   | 13.56  | 15.78   |
| LECHUGA                                                                                                             | 330.00        | 5.42    | 0.45        | 0.06   | 1.17   | 1.80                      | 0.54   | 4.68   | 7.02    |
| PEPINILLOS                                                                                                          | 20.00         | 1.91    | 0.10        | 0.02   | 0.52   | 0.40                      | 0.18   | 2.08   | 2.66    |
| PAPA BLANCA                                                                                                         | 120.00        | 110.58  | 2.52        | 0.12   | 26.76  | 10.08                     | 1.08   | 107.04 | 118.20  |
| MARGARINA                                                                                                           | 5.00          | 36.00   | 0.03        | 4.05   | 0.02   | 0.12                      | 36.45  | 0.06   | 36.63   |
| LECHE EVAPORADA                                                                                                     | 20.00         | 28.6    | 1.40        | 1.62   | 2.18   | 5.60                      | 14.58  | 8.72   | 28.90   |
| ACEITE VEGETAL                                                                                                      | 6.00          | 53.04   | 0.00        | 6.00   | 0.00   | 0.00                      | 54.00  | 0.00   | 54.00   |
| AJOS                                                                                                                | 2.00          | 1.55    | 0.11        | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                                        | 25.00         | 96.00   | 0.00        | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| ANIS                                                                                                                | 10.00         | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                           |               | 722.07  | 29.69       | 13.74  | 130.54 | 118.77                    | 123.62 | 522.11 | 764.50  |
|                                                                                                                     |               |         |             |        |        | V. C. CENA                |        |        | 764.50  |
|                                                                                                                     |               |         |             |        |        | % DIST. CENA              |        |        | 28%     |
|                                                                                                                     |               |         | VCT (Gr.)   | 107.79 | 53.69  | 459.73                    |        |        |         |
|                                                                                                                     |               |         | VCT (Kcal.) | 431.08 | 483.11 | 1838.79                   |        |        |         |
|                                                                                                                     |               |         | VCT (%)     | 16%    | 18%    | 67%                       |        |        |         |
|                                                                                                                     |               |         |             |        |        | V. C. T. MENU             |        |        | 2753    |

CONTRATISTA

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AREA DE NUTRICIÓN  
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FORMATO N° 03 - C

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

MENÚ N° 3 17 31

| ALIMENTO                                                                                       | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON HUEVO FRITO                                             |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                                           | 25.00         | 100.25  | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.70  | 106.43  |
| PAN FRANCES                                                                                    | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                         | 60.00         | 71.91   | 8.10   | 5.04   | 1.14    | 32.40                     | 45.36  | 4.56   | 82.32   |
| ACEITE VEGETAL                                                                                 | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                      |               | 574.26  | 22.71  | 14.95  | 92.07   | 90.84                     | 134.51 | 368.24 | 593.59  |
|                                                                                                |               |         |        |        |         | V.C. DESAYUNO             |        |        | 593.59  |
|                                                                                                |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ENTRADA: SOPA DE SEMOLA + RES CON HUESO                                                        |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA) |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                 | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| PAPA BLANCA                                                                                    | 40.00         | 36.86   | 0.84   | 0.04   | 8.92    | 3.36                      | 0.36   | 35.68  | 39.40   |
| CARNE DE CERDO                                                                                 | 160.00        | 285.12  | 23.04  | 24.16  | 0.00    | 92.16                     | 217.44 | 0.00   | 309.60  |
| SEMOLA                                                                                         | 30.00         | 108.60  | 2.34   | 0.33   | 23.52   | 9.36                      | 2.97   | 94.08  | 106.41  |
| PORO                                                                                           | 15.00         | 6.00    | 0.41   | 0.12   | 1.14    | 1.62                      | 1.08   | 4.56   | 7.26    |
| FREJOL PANAMITO                                                                                | 60.00         | 201.60  | 12.90  | 1.02   | 36.42   | 51.60                     | 9.18   | 145.68 | 206.46  |
| APIO                                                                                           | 15.00         | 2.99    | 0.11   | 0.03   | 0.72    | 0.42                      | 0.27   | 2.88   | 3.57    |
| 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    |
| RES CON HUESO                                                                                  | 50.00         | 44.63   | 10.65  | 0.80   | 0.00    | 42.60                     | 7.20   | 0.00   | 49.80   |
| SAZONADOR BLANCO                                                                               | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| LIMA                                                                                           | 40.00         | 9.72    | 0.24   | 0.16   | 2.36    | 0.96                      | 1.44   | 9.44   | 11.84   |
| ACEITE VEGETAL                                                                                 | 8.00          | 70.72   | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| TOMATE                                                                                         | 10.00         | 1.88    | 0.08   | 0.02   | 0.43    | 0.32                      | 0.18   | 1.72   | 2.22    |
| LIMA                                                                                           | 150.00        | 36.45   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                   | 22.00         | 84.48   | 0.00   | 0.00   | 21.63   | 0.00                      | 0.00   | 86.50  | 86.50   |
| SUB TOTAL                                                                                      |               | 1444.07 | 65.03  | 36.21  | 224.87  | 260.09                    | 325.89 | 899.47 | 1485.45 |
|                                                                                                |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1485.45 |
|                                                                                                |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 54%     |
| CENA: SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION                                         |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                 | 50.00         | 168.00  | 4.30   | 0.75   | 36.85   | 17.20                     | 6.75   | 147.40 | 171.35  |
| RES CON HUESO                                                                                  | 120.00        | 113.40  | 25.56  | 1.92   | 0.00    | 102.24                    | 17.28  | 0.00   | 119.52  |
| PAPA BLANCA                                                                                    | 100.00        | 92.15   | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| AZUCAR RUBIA                                                                                   | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| 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                                                                                       | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                 | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| 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    |
| PLATANO DE LA ISLA                                                                             | 150.00        | 98.82   | 1.35   | 0.60   | 35.40   | 5.40                      | 5.40   | 141.60 | 152.40  |
| SUB TOTAL                                                                                      |               | 600.92  | 33.76  | 8.49   | 116.06  | 135.05                    | 76.37  | 464.23 | 675.65  |
|                                                                                                |               |         |        |        |         | V. C. CENA                |        |        | 675.65  |
|                                                                                                |               |         |        |        |         | % DIST. CENA              |        |        | 25%     |
| VCT (Gr.)                                                                                      |               |         | 121.50 | 59.65  | 433.00  |                           |        |        |         |
| VCT (Kcal.)                                                                                    |               |         | 485.98 | 536.77 | 1731.94 |                           |        |        |         |
| VCT (%)                                                                                        |               |         | 18%    | 19%    | 63%     |                           |        |        |         |
|                                                                                                |               |         |        |        |         | V. C. T. MENU             |        |        | 2755    |

CONTRATISTA

NUTRICIONISTA

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Sergio Antonio Saavedra Chila  
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CNP. 2066

43

FORMATO N° 03 - C

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

MENÚ N° 4 18

| ALIMENTO                                                                                          | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                   | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: SOYA + 03 PANES CON ACEITUNA                                                            |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                                              | 35.00         | 140.35  | 9.87   | 6.62   | 12.50   | 39.48                     | 59.54  | 49.98  | 149.00  |
| PAN FRANCES                                                                                       | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITUNA                                                                                          | 60.00         | 156.85  | 0.48   | 19.26  | 4.38    | 1.92                      | 173.34 | 17.52  | 192.78  |
| AZUCAR RUBIA                                                                                      | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                         |               | 635.90  | 17.91  | 26.06  | 93.96   | 71.64                     | 234.50 | 375.82 | 681.96  |
|                                                                                                   |               |         |        |        |         | V.C. DESAYUNO             |        |        | 681.96  |
|                                                                                                   |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 23%     |
| ENTRADA: ENSALADA FRESCA                                                                          |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA ZARZA + REFRESCO DE (MANZANA)+ FRUTA |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                    | 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  |
| YUCA                                                                                              | 120.00        | 194.40  | 0.96   | 0.24   | 47.16   | 3.84                      | 2.16   | 188.64 | 194.64  |
| TOMATE                                                                                            | 50.00         | 9.41    | 0.40   | 0.10   | 2.15    | 1.60                      | 0.90   | 8.60   | 11.10   |
| CEBOLLA                                                                                           | 50.00         | 22.05   | 0.70   | 0.10   | 5.65    | 2.80                      | 0.90   | 22.60  | 26.30   |
| AJI AMARILLO                                                                                      | 3.00          | 0.90    | 0.03   | 0.02   | 0.26    | 0.12                      | 0.19   | 1.06   | 1.37    |
| ACEITE VEGETAL                                                                                    | 4.00          | 35.36   | 0.00   | 4.00   | 0.00    | 0.00                      | 36.00  | 0.00   | 36.00   |
| CULANTRO                                                                                          | 10.00         | 2.86    | 0.33   | 0.13   | 0.70    | 1.32                      | 1.17   | 2.80   | 5.29    |
| VINAGRE                                                                                           | 2.00          | 0.24    | 0.00   | 0.00   | 0.10    | 0.00                      | 0.00   | 0.40   | 0.40    |
| MANDARINA                                                                                         | 150.00        | 43.58   | 0.90   | 0.45   | 12.90   | 3.60                      | 4.05   | 51.60  | 59.25   |
| MANZANA                                                                                           | 40.00         | 19.44   | 0.12   | 0.04   | 5.84    | 0.48                      | 0.36   | 23.36  | 24.20   |
| 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   |
| COMINO MOLIDO                                                                                     | 1.00          | 2.53    | 0.11   | 0.12   | 0.29    | 0.46                      | 1.12   | 1.14   | 2.72    |
| SUB TOTAL                                                                                         |               | 1260.58 | 43.16  | 36.37  | 202.19  | 172.67                    | 327.34 | 808.75 | 1308.76 |
|                                                                                                   |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1308.76 |
|                                                                                                   |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 45%     |
| CENA: ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA +INFUSIÓN                             |               |         |        |        |         |                           |        |        |         |
| CARNE DE PAVITA                                                                                   | 100.00        | 241.20  | 20.10  | 20.20  | 0.00    | 80.40                     | 181.80 | 0.00   | 262.20  |
| ARROZ SUPERIOR                                                                                    | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| ARVEJITA PARTIDA                                                                                  | 60.00         | 210.60  | 13.02  | 1.92   | 36.66   | 52.08                     | 17.28  | 146.64 | 216.00  |
| TOMATE                                                                                            | 30.00         | 5.64    | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| CEBOLLA                                                                                           | 30.00         | 13.23   | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| LECHUGA                                                                                           | 40.00         | 7.22    | 0.60   | 0.08   | 1.56    | 2.40                      | 0.70   | 6.24   | 9.34    |
| ACEITE VEGETAL                                                                                    | 4.00          | 35.36   | 0.00   | 4.00   | 0.00    | 0.00                      | 36.00  | 0.00   | 36.00   |
| SAZONADOR BLANCO                                                                                  | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                              | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                      | 15.00         | 57.60   | 0.00   | 0.00   | 14.75   | 0.00                      | 0.00   | 58.98  | 58.98   |
| ANIS                                                                                              | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                         |               | 895.50  | 41.87  | 26.79  | 128.28  | 167.49                    | 241.05 | 513.09 | 921.63  |
|                                                                                                   |               |         |        |        |         | V. C. CENA                |        |        | 921.63  |
|                                                                                                   |               |         |        |        |         | % DIST. CENA              |        |        | 32%     |
| VCT (Gr.)                                                                                         |               |         | 102.94 | 89.22  | 424.43  |                           |        |        |         |
| VCT (Kcal.)                                                                                       |               |         | 411.80 | 802.89 | 1697.66 |                           |        |        |         |
| VCT (%)                                                                                           |               |         | 14%    | 28%    | 58%     |                           |        |        |         |
|                                                                                                   |               |         |        |        |         | V. C. T. MENU             |        |        | 2912    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

Sergio Antonio Saavedra Cier  
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CHP. 2066

42

FORMATO N° 03 - C

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

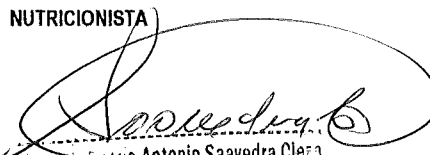
MENÚ N° 5 19

| ALIMENTO                                                                      | PESO<br>BRUTO | KCAL.       | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-------------------------------------------------------------------------------|---------------|-------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                               | (g)           |             | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: Avena + 03 PANES + YUCA SANCOCHADA CON SALTADITO DE POLLO           |               |             |        |        |         |                           |        |        |         |
| AVENA                                                                         | 25.00         | 86.75       | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| POLLO CON HUESO                                                               | 50.00         | 76.50       | 9.10   | 5.10   | 0.00    | 36.40                     | 45.90  | 0.00   | 82.30   |
| PAN FRANCES                                                                   | 90.00         | 261.90      | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| YUCA                                                                          | 100.00        | 162.00      | 0.80   | 0.20   | 39.30   | 3.20                      | 1.80   | 157.20 | 162.20  |
| ACEITE VEGETAL                                                                | 10.00         | 88.40       | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                  | 25.00         | 96.00       | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                     |               | 771.55      | 20.79  | 16.48  | 139.30  | 83.14                     | 148.32 | 557.18 | 788.64  |
|                                                                               |               |             |        |        |         | V.C. DESAYUNO             |        |        | 788.64  |
|                                                                               |               |             |        |        |         | % DIST. DESAYUNO          |        |        | 29%     |
| ENTRADA: ENSALADA RUSA                                                        |               |             |        |        |         |                           |        |        |         |
| ALMUERZO: TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA)+ FRUTA |               |             |        |        |         |                           |        |        |         |
| FIDEO TALLARIN                                                                | 150.00        | 486.00      | 14.25  | 0.15   | 104.40  | 57.00                     | 1.35   | 417.60 | 475.95  |
| ACEITE VEGETAL                                                                | 12.00         | 106.08      | 0.00   | 12.00  | 0.00    | 0.00                      | 108.00 | 0.00   | 108.00  |
| POLLO CON HUESO                                                               | 160.00        | 244.80      | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| BETERRAGA                                                                     | 30.00         | 10.96       | 0.51   | 0.03   | 2.85    | 2.04                      | 0.27   | 11.40  | 13.71   |
| ZANAHORIA                                                                     | 30.00         | 11.69       | 0.18   | 0.15   | 2.76    | 0.72                      | 1.35   | 11.04  | 13.11   |
| PAPA BLANCA                                                                   | 60.00         | 55.29       | 1.26   | 0.06   | 13.38   | 5.04                      | 0.54   | 53.52  | 59.10   |
| ALBAHACA ENTERA                                                               | 20.00         | 8.60        | 0.58   | 0.24   | 1.46    | 2.32                      | 2.16   | 5.84   | 10.32   |
| PIMIENTA MOLIDA                                                               | 1.00          | 3.60        | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| LIMON                                                                         | 2.00          | 0.31        | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| AZUCAR RUBIA                                                                  | 25.00         | 96.00       | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| PLATANO DE SEDA                                                               | 150.00        | 84.66       | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| NARANJA AGRIA                                                                 | 40.00         | 10.03       | 0.20   | 0.08   | 3.28    | 0.80                      | 0.72   | 13.12  | 14.64   |
| AJOS                                                                          | 2.00          | 1.55        | 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   | 0.00    |
| CEBOLLA                                                                       | 40.00         | 17.64       | 0.56   | 0.08   | 4.52    | 2.24                      | 0.72   | 18.08  | 21.04   |
| SUB TOTAL                                                                     |               | 1137.21     | 49.11  | 29.66  | 190.17  | 196.47                    | 266.94 | 760.65 | 1224.06 |
|                                                                               |               |             |        |        |         | V. C. ALMUERZO            |        |        | 1224.06 |
|                                                                               |               |             |        |        |         | % DIST. ALMUERZO          |        |        | 45%     |
| CENA: YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION                   |               |             |        |        |         |                           |        |        |         |
| YUCA                                                                          | 200.00        | 324.00      | 1.60   | 0.40   | 78.60   | 6.40                      | 3.60   | 314.40 | 324.40  |
| PESCADO                                                                       | 130.00        | 150.93      | 28.08  | 5.07   | 0.39    | 112.32                    | 45.63  | 1.56   | 159.51  |
| ACEITE VEGETAL                                                                | 10.00         | 88.40       | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| 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   |
| PEPINILLOS                                                                    | 30.00         | 2.87        | 0.15   | 0.03   | 0.78    | 0.60                      | 0.27   | 3.12   | 3.99    |
| SAL                                                                           | 2.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ANIS                                                                          | 10.00         | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                  | 33.00         | 126.72      | 0.00   | 0.00   | 32.44   | 0.00                      | 0.00   | 129.76 | 129.76  |
| SUB TOTAL                                                                     |               | 718.08      | 30.71  | 15.66  | 118.45  | 122.84                    | 140.94 | 473.80 | 737.58  |
|                                                                               |               |             |        |        |         | V. C. CENA                |        |        | 737.58  |
|                                                                               |               |             |        |        |         | % DIST. CENA              |        |        | 27%     |
|                                                                               |               | VCT (Gr.)   | 100.61 | 61.80  | 447.92  |                           |        |        |         |
|                                                                               |               | VCT (Kcal.) | 402.45 | 556.20 | 1791.63 |                           |        |        |         |
|                                                                               |               | VCT (%)     | 15%    | 20%    | 65%     |                           |        |        |         |
|                                                                               |               |             |        |        |         | V. C. T. MENU             |        |        | 2750    |

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FORMATO N° 03 - C

41

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

MENÚ N° 6 20

| ALIMENTO                                                                                            | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                     | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: LECHE CON CAFE + 03 PANES CON QUESO FRESCO ✓                                              |               |         |        |        |         |                           |        |        |         |
| LECHE EVAPORADA                                                                                     | 120.00        | 171.60  | 8.40   | 9.72   | 13.08   | 33.60                     | 87.48  | 52.32  | 173.40  |
| CAFE                                                                                                | 10.00         | 0.20    | 0.03   | 0.01   | 0.08    | 0.12                      | 0.09   | 0.32   | 0.53    |
| QUESO                                                                                               | 60.00         | 103.80  | 9.78   | 6.18   | 2.04    | 39.12                     | 55.62  | 8.16   | 102.90  |
| PAN FRANCES                                                                                         | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                        | 30.00         | 115.20  | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96 | 117.96  |
| SUB TOTAL                                                                                           |               | 652.70  | 25.77  | 16.09  | 102.11  | 103.08                    | 144.81 | 408.44 | 656.33  |
|                                                                                                     |               |         |        |        |         | V.C. DESAYUNO             |        |        | 656.33  |
|                                                                                                     |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 24%     |
| ENTRADA: ENSALADA FRESCA                                                                            |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + REFRESCO DE (PIÑA) + ENSALADA + FRUTA ✓ |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                      | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| CARNE DE GALLINA                                                                                    | 160.00        | 172.80  | 32.96  | 5.76   | 0.00    | 131.84                    | 51.84  | 0.00   | 183.68  |
| LENTEJAS SECAS                                                                                      | 60.00         | 203.40  | 13.56  | 0.60   | 36.60   | 54.24                     | 5.40   | 146.40 | 206.04  |
| ACEITE VEGETAL                                                                                      | 12.00         | 106.08  | 0.00   | 12.00  | 0.00    | 0.00                      | 108.00 | 0.00   | 108.00  |
| CEBOLLA                                                                                             | 30.00         | 13.23   | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| TOMATE                                                                                              | 30.00         | 5.64    | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| PEPINILLOS                                                                                          | 25.00         | 2.39    | 0.13   | 0.03   | 0.65    | 0.50                      | 0.28   | 2.60   | 3.38    |
| LECHUGA                                                                                             | 60.00         | 10.83   | 0.90   | 0.12   | 2.34    | 3.60                      | 0.23   | 9.36   | 13.19   |
| AJOS                                                                                                | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 1.08   | 2.43   | 3.96    |
| LIMON                                                                                               | 3.00          | 0.46    | 0.02   | 0.01   | 0.29    | 0.06                      | 0.14   | 1.16   | 1.36    |
| AJI AMARILLO                                                                                        | 4.00          | 1.20    | 0.04   | 0.03   | 0.35    | 0.14                      | 0.05   | 1.41   | 1.60    |
| PALILLO MOLIDO                                                                                      | 1.00          | 0.54    | 0.00   | 0.04   | 0.06    | 0.02                      | 0.25   | 0.23   | 0.50    |
| NARANJA DE MESA                                                                                     | 150.00        | 124.88  | 1.80   | 0.30   | 16.35   | 7.20                      | 0.32   | 65.40  | 72.92   |
| SAZONADOR BLANCO                                                                                    | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 2.70   | 0.00   | 2.70    |
| PIÑA                                                                                                | 40.00         | 9.73    | 0.16   | 0.08   | 3.92    | 0.64                      | 0.00   | 15.68  | 16.32   |
| AZUCAR RUBIA                                                                                        | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.72   | 98.30  | 99.02   |
| SAL                                                                                                 | 5.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                           |               | 1287.23 | 62.64  | 19.86  | 207.13  | 250.53                    | 178.84 | 828.49 | 1257.86 |
|                                                                                                     |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1257.86 |
|                                                                                                     |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 46%     |
| CENA: ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN                        |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                      | 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  |
| TOMATE                                                                                              | 50.00         | 9.41    | 0.40   | 0.10   | 2.15    | 1.60                      | 0.90   | 8.60   | 11.10   |
| CEBOLLA                                                                                             | 50.00         | 22.05   | 0.70   | 0.10   | 5.65    | 2.80                      | 0.90   | 22.60  | 26.30   |
| PEPINILLOS                                                                                          | 50.00         | 4.79    | 0.25   | 0.05   | 1.30    | 1.00                      | 0.45   | 5.20   | 6.65    |
| PAPA BLANCA                                                                                         | 150.00        | 138.23  | 3.15   | 0.15   | 33.45   | 12.60                     | 1.35   | 133.80 | 147.75  |
| ACEITE VEGETAL                                                                                      | 10.00         | 88.40   | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                                        | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| ANIS                                                                                                | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SAL                                                                                                 | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                           |               | 815.78  | 30.08  | 21.05  | 132.23  | 120.32                    | 189.45 | 528.92 | 838.69  |
|                                                                                                     |               |         |        |        |         | V. C. CENA                |        |        | 838.69  |
|                                                                                                     |               |         |        |        |         | % DIST. CENA              |        |        | 30%     |
| VCT (Gr.)                                                                                           |               |         | 118.49 | 57.00  | 441.47  |                           |        |        |         |
| VCT (Kcal.)                                                                                         |               |         | 473.93 | 513.10 | 1765.85 |                           |        |        |         |
| VCT (%)                                                                                             |               |         | 17%    | 19%    | 64%     |                           |        |        |         |
|                                                                                                     |               |         |        |        |         | V. C. T. MENU             |        |        | 2753    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

Dr. Sergio Antonio Saavedra Cio, J  
AREA DE NUTRICIÓN  
SEP. 2009



FORMATO N° 03 - C

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

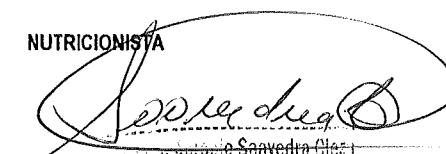
MENÚ N° 7 21

| ALIMENTO                                                                                | PESO<br>BRUTO | KCAL.   | PROT  | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|-----------------------------------------------------------------------------------------|---------------|---------|-------|--------|--------|---------------------------|--------|---------|---------|
|                                                                                         | (g)           |         | (g)   | (g)    | (g)    | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: KIWICHA + 03 PANES CON MILANESA DE POLLO                                      |               |         |       |        |        |                           |        |         |         |
| KIWICHA                                                                                 | 25.00         | 94.25   | 3.38  | 1.78   | 16.13  | 13.50                     | 15.98  | 64.50   | 93.98   |
| POLLO CON HUESO                                                                         | 100.00        | 153.00  | 18.20 | 10.20  | 0.00   | 72.80                     | 91.80  | 0.00    | 164.60  |
| PAN FRANCES                                                                             | 90.00         | 261.90  | 7.56  | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68  | 261.54  |
| ACEITE VEGETAL                                                                          | 8.00          | 70.72   | 0.00  | 8.00   | 0.00   | 0.00                      | 72.00  | 0.00    | 72.00   |
| AZUCAR RUBIA                                                                            | 25.00         | 96.00   | 0.00  | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30   | 98.30   |
| SUB TOTAL                                                                               |               | 675.87  | 29.14 | 20.16  | 98.13  | 116.54                    | 181.40 | 392.48  | 690.42  |
|                                                                                         |               |         |       |        |        | V.C. DESAYUNO             |        |         | 690.42  |
|                                                                                         |               |         |       |        |        | % DIST. DESAYUNO          |        |         | 25%     |
| ENTRADA: SOPA A LA MINUTA                                                               |               |         |       |        |        |                           |        |         |         |
| ALMUERZO: ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA |               |         |       |        |        |                           |        |         |         |
| ARROZ SUPERIOR                                                                          | 150.00        | 538.50  | 12.30 | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80  | 522.75  |
| ACEITE VEGETAL                                                                          | 12.00         | 106.08  | 0.00  | 12.00  | 0.00   | 0.00                      | 108.00 | 0.00    | 108.00  |
| RES SIN HUESO                                                                           | 100.00        | 94.50   | 21.30 | 1.60   | 0.00   | 85.20                     | 14.40  | 0.00    | 99.60   |
| FIDEOS SURTIDOS                                                                         | 30.00         | 108.00  | 2.82  | 0.06   | 23.46  | 11.28                     | 0.54   | 93.84   | 105.66  |
| PAPA BLANCA                                                                             | 40.00         | 36.86   | 0.84  | 0.04   | 8.92   | 3.36                      | 0.36   | 35.68   | 39.40   |
| RES SIN HUESO                                                                           | 40.00         | 37.80   | 8.52  | 0.64   | 0.00   | 34.08                     | 5.76   | 0.00    | 39.84   |
| OLLUCO                                                                                  | 120.00        | 74.40   | 1.32  | 0.12   | 17.16  | 5.28                      | 1.08   | 68.64   | 75.00   |
| PAPA BLANCA                                                                             | 120.00        | 110.58  | 2.52  | 0.12   | 26.76  | 10.08                     | 1.08   | 107.04  | 118.20  |
| PIMIENTA MOLIDA                                                                         | 1.00          | 3.60    | 0.08  | 0.08   | 0.64   | 0.34                      | 0.72   | 2.54    | 3.60    |
| LIMON                                                                                   | 5.00          | 0.77    | 0.03  | 0.01   | 0.49   | 0.10                      | 0.09   | 1.94    | 2.13    |
| AZUCAR RUBIA                                                                            | 25.00         | 96.00   | 0.00  | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30   | 98.30   |
| PLATANO DE SEDA                                                                         | 150.00        | 84.66   | 2.25  | 0.45   | 31.50  | 9.00                      | 4.05   | 126.00  | 139.05  |
| MENTA                                                                                   | 10.00         | 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    |
| SAL                                                                                     | 3.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00    | 0.00    |
| CEBOLLA                                                                                 | 20.00         | 8.82    | 0.28  | 0.04   | 2.26   | 1.12                      | 0.36   | 9.04    | 10.52   |
| SUB TOTAL                                                                               |               | 1302.12 | 52.37 | 15.93  | 253.08 | 209.49                    | 143.33 | 1012.25 | 1365.07 |
|                                                                                         |               |         |       |        |        | V. C. ALMUERZO            |        |         | 1365.07 |
|                                                                                         |               |         |       |        |        | % DIST. ALMUERZO          |        |         | 50%     |
| CENA: CALDO DE POLLO + FRUTA + INFUSIÓN                                                 |               |         |       |        |        |                           |        |         |         |
| FIDEOS SURTIDOS                                                                         | 50.00         | 180.00  | 4.70  | 0.10   | 39.10  | 18.80                     | 0.90   | 156.40  | 176.10  |
| PAPA BLANCA                                                                             | 100.00        | 92.15   | 2.10  | 0.10   | 22.30  | 8.40                      | 0.90   | 89.20   | 98.50   |
| POLLO                                                                                   | 100.00        | 153.00  | 18.20 | 10.20  | 0.00   | 72.80                     | 91.80  | 0.00    | 164.60  |
| NARANJA DE MESA                                                                         | 150.00        | 51.30   | 1.80  | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40   | 75.30   |
| ACEITE VEGETAL                                                                          | 5.00          | 44.20   | 0.00  | 5.00   | 0.00   | 0.00                      | 45.00  | 0.00    | 45.00   |
| APIO                                                                                    | 20.00         | 3.99    | 0.14  | 0.04   | 0.96   | 0.56                      | 0.36   | 3.84    | 4.76    |
| PORO                                                                                    | 20.00         | 8.00    | 0.54  | 0.16   | 1.52   | 2.16                      | 1.44   | 6.08    | 9.68    |
| BROCOLI                                                                                 | 15.00         | 6.00    | 0.74  | 0.14   | 0.86   | 2.94                      | 1.22   | 3.42    | 7.58    |
| SAL                                                                                     | 2.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00    | 0.00    |
| ANIS                                                                                    | 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   |
| ZAPALLO                                                                                 | 20.00         | 5.20    | 0.14  | 0.04   | 1.28   | 0.56                      | 0.36   | 5.12    | 6.04    |
| ZANAHORIA                                                                               | 20.00         | 7.79    | 0.12  | 0.10   | 1.84   | 0.48                      | 0.90   | 7.36    | 8.74    |
| SUB TOTAL                                                                               |               | 647.63  | 28.48 | 16.18  | 108.79 | 113.90                    | 145.58 | 435.12  | 694.60  |
|                                                                                         |               |         |       |        |        | V. C. CENA                |        |         | 694.60  |
|                                                                                         |               |         |       |        |        | % DIST. CENA              |        |         | 25%     |
|                                                                                         |               |         |       |        |        | VCT (Gr.)                 | 109.99 | 52.27   | 460.00  |
|                                                                                         |               |         |       |        |        | VCT (Kcal.)               | 439.93 | 470.31  | 1839.85 |
|                                                                                         |               |         |       |        |        | VCT (%)                   | 16%    | 17%     | 67%     |
|                                                                                         |               |         |       |        |        | V. C. T. MENU             |        |         | 2750    |

CONTRATISTA

  
Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

  
Lic. Ricardo Antonio Saavedra Caza  
AREA DE NUTRICIÓN  
E.P. TUMBES

## FORMATO N° 03 - C

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

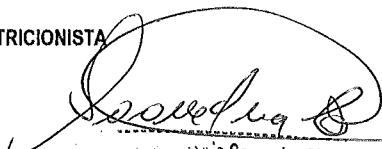
MENÚ N° 8 22

| ALIMENTO                                                                        | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                 | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA              |               |         |        |        |         |                           |        |        |         |
| 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 FRANCES                                                                     | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| PESCADO                                                                         | 80.00         | 92.88   | 17.28  | 3.12   | 0.24    | 69.12                     | 28.08  | 0.96   | 98.16   |
| 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    |
| ACEITE VEGETAL                                                                  | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| AZUCAR RUBIA                                                                    | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                       |               | 698.02  | 33.47  | 15.48  | 108.80  | 133.88                    | 139.32 | 435.12 | 708.32  |
|                                                                                 |               |         |        |        |         | V.C. DESAYUNO             |        |        | 708.32  |
|                                                                                 |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ENTRADA: ENSALADA MIXTA                                                         |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                  | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                                 | 150.00        | 156.00  | 25.35  | 5.25   | 0.00    | 101.40                    | 47.25  | 0.00   | 148.65  |
| ZANAHORIA                                                                       | 20.00         | 7.79    | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| AJI AMARILLO                                                                    | 5.00          | 1.50    | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| AJOS                                                                            | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                             | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                  | 14.00         | 123.76  | 0.00   | 14.00  | 0.00    | 0.00                      | 126.00 | 0.00   | 126.00  |
| PAPA BLANCA                                                                     | 200.00        | 184.30  | 4.20   | 0.20   | 44.60   | 16.80                     | 1.80   | 178.40 | 197.00  |
| TOMATE                                                                          | 60.00         | 11.29   | 0.48   | 0.12   | 2.58    | 1.92                      | 1.08   | 10.32  | 13.32   |
| CEBOLLA                                                                         | 60.00         | 26.46   | 0.84   | 0.12   | 6.78    | 3.36                      | 1.08   | 27.12  | 31.56   |
| SAZONADOR BLANCO                                                                | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                                 | 150.00        | 51.30   | 1.80   | 0.30   | 16.35   | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                                    | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| TORONJIL                                                                        | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                       |               | 1179.25 | 45.25  | 20.90  | 209.56  | 180.99                    | 188.02 | 838.23 | 1207.24 |
|                                                                                 |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1207.24 |
|                                                                                 |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSION |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                  | 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    |
| PAPA BLANCA                                                                     | 115.00        | 105.97  | 2.42   | 0.12   | 25.65   | 9.66                      | 1.04   | 102.58 | 113.28  |
| AJI AMARILLO                                                                    | 3.00          | 0.90    | 0.03   | 0.02   | 0.26    | 0.11                      | 0.19   | 1.06   | 1.36    |
| PEPINILLOS                                                                      | 40.00         | 3.83    | 0.20   | 0.04   | 1.04    | 0.80                      | 0.36   | 4.16   | 5.32    |
| LIMON                                                                           | 2.00          | 0.31    | 0.01   | 0.00   | 0.90    | 0.04                      | 0.04   | 0.78   | 0.86    |
| CEBOLLA                                                                         | 35.00         | 15.44   | 0.49   | 0.07   | 3.96    | 1.96                      | 0.63   | 15.82  | 18.41   |
| SAL                                                                             | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                  | 3.00          | 26.52   | 0.00   | 3.00   | 0.00    | 0.00                      | 27.00  | 0.00   | 27.00   |
| AZUCAR RUBIA                                                                    | 22.00         | 84.48   | 0.00   | 0.00   | 21.63   | 0.00                      | 0.00   | 86.50  | 86.50   |
| TORONJIL                                                                        | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                       |               | 808.33  | 30.91  | 23.97  | 124.97  | 123.61                    | 215.74 | 497.00 | 836.35  |
|                                                                                 |               |         |        |        |         | V. C. CENA                |        |        | 836.35  |
|                                                                                 |               |         |        |        |         | % DIST. CENA              |        |        | 30%     |
|                                                                                 | VCT (Gr.)     |         | 109.63 | 60.35  | 443.33  |                           |        |        |         |
|                                                                                 | VCT (Kcal.)   |         | 438.48 | 543.08 | 1770.35 |                           |        |        |         |
|                                                                                 | VCT (%)       |         | 16%    | 20%    | 64%     |                           |        |        |         |
|                                                                                 |               |         |        |        |         | V. C. T. MENU             |        |        | 2752    |

CONTRATISTA

  
**Lauriano Garcia Idrogo**  
 DNI. 26641889

NUTRICIONISTA

  
**Luis Antonio Saavedra Cieza**  
 AREA DE NUTRICION  
 LUP. 2006

## FORMATO N° 03 - C

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

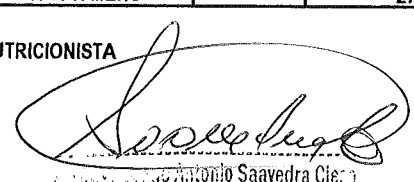
MENÚ N° 9 23

| ALIMENTO                                                                                               | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|--------------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                        | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON PALTA                                                           |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                                                   | 25.00         | 100.25  | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.70  | 106.43  |
| PAN FRANCES                                                                                            | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| PALTA                                                                                                  | 80.00         | 69.17   | 1.36   | 10.00  | 4.48    | 5.44                      | 90.00  | 17.92  | 113.36  |
| AZUCAR RUBIA                                                                                           | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                              |               | 527.32  | 15.97  | 14.91  | 95.41   | 63.88                     | 134.15 | 381.60 | 579.63  |
|                                                                                                        |               |         |        |        |         | V.C. DESAYUNO             |        |        | 579.63  |
|                                                                                                        |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 21%     |
| ENTRADA: SOPA DE VERDURA CON POLLO                                                                     |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO (FILETE)+ ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA) |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                         | 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                                                                                         | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAPA BLANCA                                                                                            | 50.00         | 46.08   | 1.05   | 0.05   | 11.15   | 4.20                      | 0.45   | 44.60  | 49.25   |
| FREJOL PANAMITO                                                                                        | 60.00         | 201.60  | 12.90  | 1.02   | 36.42   | 51.60                     | 9.18   | 145.68 | 206.46  |
| AJI AMARILLO                                                                                           | 5.00          | 1.50    | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| SAZONADOR BLANCO                                                                                       | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SAL                                                                                                    | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                                   | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| APIO                                                                                                   | 10.00         | 2.00    | 0.07   | 0.02   | 0.48    | 0.28                      | 0.18   | 1.92   | 2.38    |
| PORO                                                                                                   | 10.00         | 4.00    | 0.27   | 0.08   | 0.76    | 1.08                      | 0.72   | 3.04   | 4.84    |
| NARANJA AGRIA                                                                                          | 40.00         | 13.20   | 0.20   | 0.08   | 3.28    | 0.80                      | 0.72   | 13.12  | 14.64   |
| FIDEOS SURTIDOS                                                                                        | 30.00         | 216.00  | 2.82   | 0.06   | 23.46   | 11.28                     | 0.54   | 93.84  | 105.66  |
| AZUCAR RUBIA                                                                                           | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| LIMA                                                                                                   | 150.00        | 81.00   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| ZAPALLO                                                                                                | 10.00         | 2.60    | 0.07   | 0.02   | 0.64    | 0.28                      | 0.18   | 2.56   | 3.02    |
| POLLO                                                                                                  | 50.00         | 76.50   | 9.10   | 5.10   | 0.00    | 36.40                     | 45.90  | 0.00   | 82.30   |
| SUB TOTAL                                                                                              |               | 1511.14 | 73.34  | 18.89  | 230.70  | 293.35                    | 169.93 | 922.79 | 1386.07 |
|                                                                                                        |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1386.07 |
|                                                                                                        |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 50%     |
| CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA +ENSALADA + INFUSIÓN                            |               |         |        |        |         |                           |        |        |         |
| CARNE DE GALLINA                                                                                       | 100.00        | 108.00  | 20.60  | 3.60   | 0.00    | 82.40                     | 32.40  | 0.00   | 114.80  |
| ARROZ SUPERIOR                                                                                         | 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                                                                                                 | 25.00         | 4.70    | 0.20   | 0.05   | 1.08    | 0.80                      | 0.45   | 4.30   | 5.55    |
| 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  |
| MARGARINA                                                                                              | 5.00          | 36.00   | 0.03   | 4.05   | 0.02    | 0.12                      | 36.45  | 0.06   | 36.63   |
| LECHE EVAPORADA                                                                                        | 30.00         | 42.90   | 2.10   | 2.43   | 3.27    | 8.40                      | 21.87  | 13.08  | 43.35   |
| ACEITE VEGETAL                                                                                         | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| AJOS                                                                                                   | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                           | 22.00         | 84.40   | 0.00   | 0.00   | 21.63   | 0.00                      | 0.00   | 86.50  | 86.50   |
| ANIS                                                                                                   | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                              |               | 771.82  | 33.67  | 15.91  | 127.37  | 134.69                    | 143.19 | 509.43 | 787.31  |
|                                                                                                        |               |         |        |        |         | V. C. CENA                |        |        | 787.31  |
|                                                                                                        |               |         |        |        |         | % DIST. CENA              |        |        | 29%     |
| VCT (Gr.)                                                                                              |               |         | 122.98 | 49.71  | 453.48  |                           |        |        |         |
| VCT (Kcal.)                                                                                            |               |         | 491.92 | 447.27 | 1813.82 |                           |        |        |         |
| VCT (%)                                                                                                |               |         | 18%    | 16%    | 66%     |                           |        |        |         |
|                                                                                                        |               |         |        |        |         | V. C. T. MENU             |        |        | 2753    |

CONTRATISTA

  
 Lauriano García Idrogo  
 DNI. 26641889

NUTRICIONISTA

  
 Linares Jorge Antonio Saavedra Cier  
 AREA DE NUTRICIÓN  
 C.R.P. 2006

FORMATO N° 03 - C

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

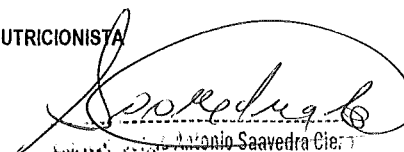
MENÚ N° 10 24

| ALIMENTO                                                                                      | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                               | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON MACA + 03 PANES CON HUEVO DURO                                           |               |         |        |        |         |                           |        |        |         |
| 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 FRANCES                                                                                   | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                        | 55.00         | 65.92   | 7.43   | 4.62   | 1.05    | 29.70                     | 41.58  | 4.18   | 75.46   |
| AZUCAR RUBIA                                                                                  | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                     |               | 595.82  | 21.34  | 6.65   | 116.23  | 85.34                     | 59.85  | 464.86 | 610.05  |
|                                                                                               |               |         |        |        |         | V.C. DESAYUNO             |        |        | 610.05  |
|                                                                                               |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ENTRADA:CEVICHE DE TOYO CON CAMOTE                                                            |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA) |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                | 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    |
| CAMOTE                                                                                        | 80.00         | 92.80   | 0.96   | 0.16   | 22.08   | 3.84                      | 1.44   | 88.32  | 93.60   |
| FREJOL CASTILLA                                                                               | 60.00         | 198.00  | 13.50  | 1.08   | 34.98   | 54.00                     | 9.72   | 139.92 | 203.64  |
| TOMATE                                                                                        | 50.00         | 9.41    | 0.40   | 0.10   | 2.15    | 1.60                      | 0.90   | 8.60   | 11.10   |
| CEBOLLA                                                                                       | 70.00         | 30.87   | 0.98   | 0.14   | 7.91    | 3.92                      | 1.26   | 31.64  | 36.82   |
| ROCOTO                                                                                        | 10.00         | 3.60    | 0.12   | 0.50   | 0.82    | 0.48                      | 4.50   | 3.28   | 8.26    |
| SAL                                                                                           | 5.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SILLAO                                                                                        | 15.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PIMIENTOS                                                                                     | 20.00         | 1.91    | 0.10   | 0.02   | 0.52    | 0.40                      | 0.18   | 2.08   | 2.66    |
| SAZONADOR BLANCO                                                                              | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| LIMA                                                                                          | 40.00         | 9.72    | 0.24   | 0.16   | 2.36    | 0.96                      | 1.44   | 9.44   | 11.84   |
| LIMA                                                                                          | 150.00        | 36.45   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| AJOS                                                                                          | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                  | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                     |               | 1387.75 | 81.22  | 25.35  | 217.61  | 324.89                    | 228.11 | 870.43 | 1423.43 |
|                                                                                               |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1423.43 |
|                                                                                               |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 52%     |
| CENA: ARROZ GRANEADO + LOMITO SALTADO + FRUTA +.INFUSIÓN                                      |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| RES SIN HUESO                                                                                 | 80.00         | 75.60   | 17.04  | 1.28   | 0.00    | 68.16                     | 11.52  | 0.00   | 79.68   |
| PAPA BLANCA                                                                                   | 100.00        | 92.15   | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| AZUCAR RUBIA                                                                                  | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| 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    |
| MANZANA                                                                                       | 150.00        | 72.90   | 0.45   | 0.15   | 21.90   | 1.80                      | 1.35   | 87.60  | 90.75   |
| TORONJIL                                                                                      | 5.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| 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    |
| SUB TOTAL                                                                                     |               | 695.74  | 27.41  | 7.06   | 136.84  | 109.65                    | 63.50  | 547.31 | 720.46  |
|                                                                                               |               |         |        |        |         | V. C. CENA                |        |        | 720.46  |
|                                                                                               |               |         |        |        |         | % DIST. CENA              |        |        | 26%     |
| VCT (Gr.)                                                                                     |               |         | 129.97 | 39.06  | 470.68  |                           |        |        |         |
| VCT (Kcal.)                                                                                   |               |         | 519.88 | 351.46 | 1882.60 |                           |        |        |         |
| VCT (%)                                                                                       |               |         | 19%    | 13%    | 68%     |                           |        |        |         |
|                                                                                               |               |         |        |        |         | V. C. T. MENU             |        |        | 2754    |

CONTRATISTA

  
Lauriano Garcia  
DNI. 26641889

NUTRICIONISTA

  
Antonio Saavedra Cte. T  
AREA DE NUTRICIÓN  
L.P. 2016

## FORMATO N° 03 - C

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

MENÚ N° 11 25

| ALIMENTO                                                              | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                       | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: SOYA + 03 PANES CON ACEITUNA                                |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                  | 35.00         | 100.25  | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.70  | 106.43  |
| PAN FRANCES                                                           | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITUNA                                                              | 60.00         | 156.88  | 0.48   | 19.26  | 4.38    | 1.92                      | 173.34 | 17.52  | 192.78  |
| AZUCAR RUBIA                                                          | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                             |               | 615.03  | 15.09  | 24.17  | 95.31   | 60.36                     | 217.49 | 381.20 | 659.05  |
|                                                                       |               |         |        |        |         | V.C. DESAYUNO             |        |        | 659.05  |
|                                                                       |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 24%     |
| ENTRADA: ENROLLADO DE PAPA CON CONSERVA DE PESCADO                    |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO CON CHANCHO + ZARZA + INFUSION + FRUTA       |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                        | 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  |
| PAPA BLANCA                                                           | 100.00        | 92.15   | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| ATUN                                                                  | 50.00         | 140.50  | 12.10  | 10.25  | 0.00    | 48.40                     | 92.25  | 0.00   | 140.65  |
| CEBOLLA                                                               | 80.00         | 35.28   | 1.12   | 0.16   | 9.04    | 4.48                      | 1.44   | 36.16  | 42.08   |
| AJI AMARILLO                                                          | 5.00          | 1.50    | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| ACEITE VEGETAL                                                        | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| MANDARINA                                                             | 150.00        | 43.58   | 0.90   | 0.45   | 12.90   | 3.60                      | 4.05   | 51.60  | 59.25   |
| MENTA                                                                 | 10.00         | 0.00    | 0.00   | 0.00   | 15.32   | 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                                                          | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| COMINO MOLIDO                                                         | 30.00         | 5.64    | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| SUB TOTAL                                                             |               | 1264.82 | 51.96  | 40.99  | 198.26  | 207.83                    | 368.83 | 731.75 | 1308.41 |
|                                                                       |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1308.41 |
|                                                                       |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 48%     |
| CENA: ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + INFUSIÓN |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                        | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| HUEVOS                                                                | 90.00         | 107.87  | 12.15  | 7.56   | 1.71    | 48.60                     | 68.04  | 6.84   | 123.48  |
| PLATANO FREIR                                                         | 150.00        | 114.24  | 1.80   | 0.30   | 44.40   | 7.20                      | 2.70   | 177.60 | 187.50  |
| TOMATE                                                                | 25.00         | 4.70    | 0.20   | 0.05   | 1.08    | 0.80                      | 0.45   | 4.30   | 5.55    |
| CEBOLLA                                                               | 25.00         | 11.03   | 0.35   | 0.05   | 2.83    | 1.40                      | 0.45   | 11.30  | 13.15   |
| LECHUGA                                                               | 30.00         | 5.42    | 0.45   | 0.06   | 1.17    | 1.80                      | 0.54   | 4.68   | 7.02    |
| 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    |
| ACEITE VEGETAL                                                        | 6.00          | 53.04   | 0.00   | 6.00   | 0.00    | 0.00                      | 54.00  | 0.00   | 54.00   |
| AJOS                                                                  | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                          | 18.00         | 69.12   | 0.00   | 0.00   | 17.69   | 0.00                      | 0.00   | 70.78  | 70.78   |
| ANIS                                                                  | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                             |               | 693.25  | 22.60  | 14.52  | 140.48  | 90.41                     | 130.68 | 561.91 | 783.00  |
|                                                                       |               |         |        |        |         | V. C. CENA                |        |        | 783.00  |
|                                                                       |               |         |        |        |         | % DIST. CENA              |        |        | 28%     |
| VCT (Gr.)                                                             |               |         | 89.65  | 79.68  | 434.05  |                           |        |        |         |
| VCT (Kcal.)                                                           |               |         | 358.60 | 717.00 | 1674.86 |                           |        |        |         |
| VCT (%)                                                               |               |         | 13%    | 26%    | 61%     |                           |        |        |         |
|                                                                       |               |         |        |        |         | V. C. T. MENU             |        |        | 2750    |

CONTRATISTA

*Lauriano García Idrogo*  
DNI. 26641889

NUTRICIONISTA

*Antonio Saavedra Cie.*  
AREA DE NUTRICIÓN  
LUP. 2016

## FORMATO N° 03 - C

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

MENÚ N° 12 26

| ALIMENTO                                                                        | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                 | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA + 03 PANES CON MILANESA DE POLLO                                |               |         |        |        |         |                           |        |        |         |
| AVENA                                                                           | 25.00         | 86.75   | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| POLLO CON HUESO                                                                 | 100.00        | 153.00  | 18.20  | 10.20  | 0.00    | 72.80                     | 91.80  | 0.00   | 164.60  |
| PAN FRANCES                                                                     | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITE VEGETAL                                                                  | 8.00          | 70.72   | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| AZUCAR RUBIA                                                                    | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                       |               | 668.37  | 29.09  | 19.38  | 100.00  | 116.34                    | 174.42 | 399.98 | 690.74  |
|                                                                                 |               |         |        |        |         | V.C. DESAYUNO             |        |        | 690.74  |
|                                                                                 |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 25%     |
| ENTRADA: ENSALADA                                                               |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA |               |         |        |        |         |                           |        |        |         |
| FIDEO TALLARIN                                                                  | 150.00        | 486.00  | 14.25  | 0.15   | 104.40  | 57.00                     | 1.35   | 417.60 | 475.95  |
| ACEITE VEGETAL                                                                  | 20.00         | 176.80  | 0.00   | 20.00  | 0.00    | 0.00                      | 180.00 | 0.00   | 180.00  |
| CARNE DE GALLINA                                                                | 160.00        | 172.80  | 32.96  | 5.76   | 0.00    | 131.84                    | 51.84  | 0.00   | 183.68  |
| BETERRAGA                                                                       | 60.00         | 21.91   | 1.02   | 0.06   | 5.70    | 4.08                      | 0.54   | 22.80  | 27.42   |
| ZANAHORIA                                                                       | 60.00         | 23.37   | 0.36   | 0.30   | 5.52    | 1.44                      | 2.70   | 22.08  | 26.22   |
| PAPA BLANCA                                                                     | 100.00        | 92.15   | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| AJI PANCA                                                                       | 2.00          | 5.84    | 0.14   | 0.16   | 1.17    | 0.56                      | 1.40   | 4.70   | 6.66    |
| PIMIENTA MOLIDA                                                                 | 1.00          | 3.60    | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| LIMON                                                                           | 2.00          | 0.31    | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| AZUCAR RUBIA                                                                    | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| PLATANO DE SEDA                                                                 | 150.00        | 84.66   | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| NARANJA AGRIA                                                                   | 60.00         | 15.05   | 0.30   | 0.12   | 4.92    | 1.20                      | 1.08   | 19.68  | 21.96   |
| 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    |
| CEBOLLA                                                                         | 10.00         | 4.41    | 0.14   | 0.02   | 1.13    | 0.56                      | 0.18   | 4.52   | 5.26    |
| SUB TOTAL                                                                       |               | 1184.45 | 53.72  | 27.22  | 202.66  | 214.91                    | 244.94 | 810.63 | 1270.48 |
|                                                                                 |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1270.48 |
|                                                                                 |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 46%     |
| CENA: CALDO DE FIDEOS CON GALLINA + FRUTA +INFUSIÓN                             |               |         |        |        |         |                           |        |        |         |
| FIDEOS SURTIDOS                                                                 | 50.00         | 180.00  | 4.70   | 0.10   | 39.10   | 18.80                     | 0.90   | 156.40 | 176.10  |
| PAPA BLANCA                                                                     | 180.00        | 165.87  | 3.78   | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56 | 177.30  |
| PLATANO DE LA ISLA                                                              | 150.00        | 92.82   | 1.35   | 0.60   | 35.40   | 5.40                      | 5.40   | 141.60 | 152.40  |
| CARNE DE GALLINA                                                                | 100.00        | 108.00  | 20.60  | 3.60   | 0.00    | 82.40                     | 32.40  | 0.00   | 114.80  |
| ACEITE VEGETAL                                                                  | 3.00          | 26.52   | 0.00   | 3.00   | 0.00    | 0.00                      | 27.00  | 0.00   | 27.00   |
| APIO                                                                            | 25.00         | 4.99    | 0.18   | 0.05   | 1.20    | 0.70                      | 0.45   | 4.80   | 5.95    |
| PORO                                                                            | 25.00         | 10.00   | 0.68   | 0.20   | 1.90    | 2.70                      | 1.80   | 7.60   | 12.10   |
| SAL                                                                             | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ANIS                                                                            | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                    | 26.00         | 99.84   | 0.00   | 0.00   | 25.56   | 0.00                      | 0.00   | 102.23 | 102.23  |
| ZAPALLO                                                                         | 30.00         | 7.80    | 0.21   | 0.06   | 1.92    | 0.84                      | 0.54   | 7.68   | 9.06    |
| ZANAHORIA                                                                       | 30.00         | 11.69   | 0.18   | 0.15   | 2.76    | 0.72                      | 1.35   | 11.04  | 13.11   |
| SUB TOTAL                                                                       |               | 707.53  | 31.68  | 7.94   | 147.98  | 126.68                    | 71.46  | 591.91 | 790.05  |
|                                                                                 |               |         |        |        |         | V. C. CENA                |        |        | 790.05  |
|                                                                                 |               |         |        |        |         | % DIST. CENA              |        |        | 29%     |
| VCT (Gr.)                                                                       |               |         | 114.49 | 54.54  | 450.64  |                           |        |        |         |
| VCT (Kcal.)                                                                     |               |         | 457.93 | 490.82 | 1802.52 |                           |        |        |         |
| VCT (%)                                                                         |               |         | 17%    | 18%    | 66%     |                           |        |        |         |
|                                                                                 |               |         |        |        |         | V. C. T. MENU             |        |        | 2751    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

Antonio Saavedra Cite: 1  
C.A. DE NUTRICIÓN  
CNP. 2006

FORMATO N° 03 - C

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

MENÚ N° 13 27

| ALIMENTO                                                                            | PESO<br>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 + FRUTA                              |               |             |        |        |         |                           |        |        |         |
| LECHE EVAPORADA                                                                     | 120.00        | 171.60      | 8.40   | 9.72   | 13.08   | 33.60                     | 87.48  | 52.32  | 173.40  |
| COCOA                                                                               | 10.00         | 40.40       | 1.90   | 1.71   | 4.78    | 7.60                      | 15.39  | 19.12  | 42.11   |
| QUESO                                                                               | 60.00         | 103.80      | 9.78   | 6.18   | 2.04    | 39.12                     | 55.62  | 8.16   | 102.90  |
| MANZANA                                                                             | 150.00        | 72.90       | 0.45   | 0.15   | 21.90   | 1.80                      | 1.35   | 87.60  | 90.75   |
| PAN FRANCES                                                                         | 90.00         | 261.90      | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                        | 23.00         | 88.32       | 0.00   | 0.00   | 22.61   | 0.00                      | 0.00   | 90.44  | 90.44   |
| SUB TOTAL                                                                           |               | 738.92      | 28.09  | 17.94  | 22.61   | 112.36                    | 161.46 | 487.32 | 761.14  |
|                                                                                     |               |             |        |        |         | V.C. DESAYUNO             |        |        | 761.14  |
|                                                                                     |               |             |        |        |         | % DIST. DESAYUNO          |        |        | 28%     |
| ENTRADA: ENSALADA                                                                   |               |             |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + INFUSION + ENSALADA + FRUTA |               |             |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                      | 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  |
| LENTEJAS SECAS                                                                      | 80.00         | 271.20      | 18.08  | 0.80   | 48.80   | 72.32                     | 7.20   | 195.20 | 274.72  |
| ACEITE VEGETAL                                                                      | 8.00          | 70.72       | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| CEBOLLA                                                                             | 30.00         | 13.23       | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| LECHUGA                                                                             | 100.00        | 18.05       | 1.50   | 0.20   | 3.90    | 6.00                      | 1.80   | 15.60  | 23.40   |
| 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    |
| LIMON                                                                               | 2.00          | 0.31        | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| 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    |
| MANZANILLA                                                                          | 10.00         | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                        | 20.00         | 76.80       | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SAL                                                                                 | 5.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                           |               | 1270.09     | 68.80  | 12.90  | 212.48  | 275.18                    | 116.08 | 849.95 | 1241.21 |
|                                                                                     |               |             |        |        |         | V. C. ALMUERZO            |        |        | 1241.21 |
|                                                                                     |               |             |        |        |         | % DIST. ALMUERZO          |        |        | 45%     |
| CENA: ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN               |               |             |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                      | 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                                                                              | 30.00         | 5.64        | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| CEBOLLA                                                                             | 30.00         | 13.23       | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| 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                                                                      | 5.00          | 44.20       | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| HIERBA LUISA                                                                        | 10.00         | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                        | 20.00         | 76.80       | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SAL                                                                                 | 2.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                           |               | 731.65      | 29.02  | 15.94  | 122.61  | 116.08                    | 143.50 | 490.46 | 750.04  |
|                                                                                     |               |             |        |        |         | V. C. CENA                |        |        | 750.04  |
|                                                                                     |               |             |        |        |         | % DIST. CENA              |        |        | 27%     |
|                                                                                     |               | VCT (Gr.)   | 125.91 | 46.78  | 357.70  |                           |        |        |         |
|                                                                                     |               | VCT (Kcal.) | 503.62 | 421.04 | 1827.73 |                           |        |        |         |
|                                                                                     |               | VCT (%)     | 18%    | 15%    | 66%     |                           |        |        |         |
|                                                                                     |               |             |        |        |         | V. C. T. MENU             |        |        | 2752    |

CONTRATISTA

Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

Dr. Sergio Antonio Saavedra Cárdenas  
ÁREA DE NUTRICIÓN  
CIP. 2046

FORMATO N° 03 - C

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

MENÚ N° 14 28

| ALIMENTO                                                                                      | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                               | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: KIWICHA + 03 PANES CON SALTADITO DE RES                                             |               |         |        |        |         |                           |        |        |         |
| KIWICHA                                                                                       | 25.00         | 94.25   | 3.38   | 1.78   | 16.13   | 13.50                     | 15.98  | 64.50  | 93.98   |
| RES SIN HUESO                                                                                 | 50.00         | 47.25   | 10.65  | 0.80   | 0.00    | 42.60                     | 7.20   | 0.00   | 49.80   |
| 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    |
| AJI AMARILLO                                                                                  | 5.00          | 1.50    | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| PAN FRANCES                                                                                   | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITE VEGETAL                                                                                | 10.00         | 88.40   | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                                  | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                     |               | 598.74  | 21.97  | 12.86  | 100.92  | 87.84                     | 115.66 | 403.60 | 607.10  |
|                                                                                               |               |         |        |        |         | V.C. DESAYUNO             |        |        | 607.10  |
|                                                                                               |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ENTRADA: ENSALADA FRESCA                                                                      |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO +BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFRESCO DE (PIÑA) + FRUTA |               |         |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| ACEITE VEGETAL                                                                                | 10.00         | 88.40   | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| RES SIN HUESO                                                                                 | 120.00        | 113.40  | 25.56  | 1.92   | 0.00    | 102.24                    | 17.28  | 0.00   | 119.52  |
| FREJOL CASTILLA                                                                               | 80.00         | 264.00  | 18.00  | 1.44   | 46.64   | 72.00                     | 12.96  | 186.56 | 271.52  |
| AJI PANCA                                                                                     | 1.00          | 2.92    | 0.07   | 0.08   | 0.59    | 0.28                      | 0.70   | 2.35   | 3.33    |
| PIMIENTA MOLIDA                                                                               | 1.00          | 3.60    | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| LIMON                                                                                         | 3.00          | 0.46    | 0.02   | 0.01   | 0.29    | 0.06                      | 0.05   | 1.16   | 1.27    |
| LECHUGA                                                                                       | 100.00        | 28.69   | 1.50   | 0.20   | 3.90    | 6.00                      | 1.80   | 15.60  | 23.40   |
| TOMATE                                                                                        | 25.00         | 11.92   | 0.20   | 0.05   | 1.08    | 0.80                      | 0.45   | 4.30   | 5.55    |
| PEPINILLOS                                                                                    | 50.00         | 13.81   | 0.25   | 0.05   | 1.33    | 1.00                      | 0.45   | 5.20   | 6.65    |
| AZUCAR RUBIA                                                                                  | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| LIMA                                                                                          | 150.00        | 36.45   | 0.90   | 0.60   | 8.58    | 3.60                      | 5.40   | 35.40  | 44.40   |
| PIÑA                                                                                          | 50.00         | 12.16   | 0.20   | 0.10   | 4.90    | 0.80                      | 0.90   | 19.60  | 21.30   |
| AJOS                                                                                          | 2.00          | 1.55    | 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   | 0.00    |
| CEBOLLA                                                                                       | 30.00         | 13.23   | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| SUB TOTAL                                                                                     |               | 1225.09 | 59.61  | 15.36  | 213.23  | 238.45                    | 138.14 | 853.80 | 1230.39 |
|                                                                                               |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1230.39 |
|                                                                                               |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 45%     |
| CENA: TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION                             |               |         |        |        |         |                           |        |        |         |
| FIDEO TALLARIN                                                                                | 120.00        | 388.80  | 11.40  | 0.12   | 83.52   | 45.60                     | 1.08   | 334.08 | 380.76  |
| YUCA                                                                                          | 140.00        | 226.80  | 1.12   | 0.28   | 55.02   | 4.48                      | 2.52   | 220.08 | 227.08  |
| RES CON HUESO                                                                                 | 120.00        | 107.10  | 25.56  | 1.92   | 0.00    | 102.24                    | 17.28  | 0.00   | 119.52  |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| TOMATE                                                                                        | 15.00         | 2.82    | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58   | 3.33    |
| SAL                                                                                           | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ANIS                                                                                          | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                  | 19.00         | 72.96   | 0.00   | 0.00   | 18.68   | 0.00                      | 0.00   | 74.71  | 74.71   |
| LIMA                                                                                          | 150.00        | 36.45   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| CEBOLLA                                                                                       | 20.00         | 8.82    | 0.28   | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04   | 10.52   |
| ZANAHORIA                                                                                     | 20.00         | 7.79    | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| SUB TOTAL                                                                                     |               | 895.74  | 39.50  | 8.09   | 170.82  | 158.00                    | 72.81  | 683.25 | 914.06  |
|                                                                                               |               |         |        |        |         | V. C. CENA                |        |        | 914.06  |
|                                                                                               |               |         |        |        |         | % DIST. CENA              |        |        | 33%     |
| VCT (Gr.)                                                                                     |               |         | 121.08 | 36.31  | 484.97  |                           |        |        |         |
| VCT (Kcal.)                                                                                   |               |         | 484.29 | 326.61 | 1940.65 |                           |        |        |         |
| VCT (%)                                                                                       |               |         | 18%    | 12%    | 71%     |                           |        |        |         |
|                                                                                               |               |         |        |        |         | V. C. T. MENU             |        |        | 2752    |

CONTRATISTA

Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

*Saavedra*  
Dc. M. Sergio Antonio Saavedra Chao  
AREA DE NUTRICION  
CNP. 2006



**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TUMBES  
DEL DE ENERO AL DE FEBRERO DE 2018**

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

| N° DE MENÚ | FECHA     | DETALLE DEL MENÚ |                                                                |
|------------|-----------|------------------|----------------------------------------------------------------|
| 1          | DOMINGO   | DESAYUNO         | AVENA + 03 PANES CON HUEVO DURO                                |
|            |           | ALMUERZO         | TALLARINES ROJOS + YUCA SANCOCHADA + GUIZO DE RES (PICADO)     |
| 2          | LUNES     | DESAYUNO         | ENSALADA + FRUTA + INFUSION                                    |
|            |           | ALMUERZO         | ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION    |
| 3          | MARTES    | DESAYUNO         | ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION    |
|            |           | ALMUERZO         | QUINUA + 03 PANES CON QUESO                                    |
| 4          | MIÉRCOLES | DESAYUNO         | ARROZ CHAUFÁ CON HOT DOG + POLLO (PECHUGA) + ENSALADA +        |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 5          | JUEVES    | DESAYUNO         | ARROZ CON LECHE + 02 PANES                                     |
|            |           | ALMUERZO         | LECHE DE SOYA + 03 PANES CON MERMELADA                         |
| 6          | VIERNES   | DESAYUNO         | ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA      |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 7          | SÁBADO    | DESAYUNO         | AGUADITO CON POLLO                                             |
|            |           | ALMUERZO         | QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)                 |
| 8          | DOMINGO   | DESAYUNO         | ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 9          | LUNES     | DESAYUNO         | SOPA DE FIDEOS CON VERDURAS + RES CON HUESO                    |
|            |           | ALMUERZO         | QUINUA CON LECHE + 03 PANES CON JAMONADA                       |
| 10         | MARTES    | DESAYUNO         | ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA           |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 11         | MIÉRCOLES | DESAYUNO         | ARROZ A LA JARDINERA CON RES + INFUSION                        |
|            |           | ALMUERZO         | LECHE + 03 PANES CON ACEITUNA                                  |
| 12         | JUEVES    | DESAYUNO         | ARROZ GRANEADO + PESCADO + CAMOTE SANCOCHADO +                 |
|            |           | ALMUERZO         | ENSALADA + FRUTA + INFUSION                                    |
| 13         | VIERNES   | DESAYUNO         | ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION    |
|            |           | ALMUERZO         | CHUFLA + 03 PANES CON HOT DOG FRITO                            |
| 14         | SÁBADO    | DESAYUNO         | ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA       |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 15         | DOMINGO   | DESAYUNO         | SOPA DE SEMOLA CON VERDURAS + RES CON HUESO                    |
|            |           | ALMUERZO         | AVENA + 03 PANES CON HUEVO DURO                                |
| 16         | LUNES     | DESAYUNO         | TALLARINES VERDES CON YUCA SANCOCHADA + GUIZO DE RES (PICADO)  |
|            |           | ALMUERZO         | ENSALADA + FRUTA + INFUSION                                    |
| 17         | MARTES    | DESAYUNO         | ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION     |
|            |           | ALMUERZO         | QUINUA + 03 PANES CON QUESO                                    |
| 18         | MIÉRCOLES | DESAYUNO         | ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA                   |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 19         | JUEVES    | DESAYUNO         | MAIZENA CON LECHE + 02 PANES                                   |
|            |           | ALMUERZO         | LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)                   |
| 20         | VIERNES   | DESAYUNO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALADA        |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 21         | SÁBADO    | DESAYUNO         | SOPA DE TRIGO CON POLLO                                        |
|            |           | ALMUERZO         | QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA      |
| 22         | DOMINGO   | DESAYUNO         | ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 23         | LUNES     | DESAYUNO         | CALDO DE FIDEOS CON HUEVOS REVUELTOS                           |
|            |           | ALMUERZO         | AVENA CON LECHE + 03 PANES CON JAMONADA                        |
| 24         | MARTES    | DESAYUNO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA               |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 25         | MIÉRCOLES | DESAYUNO         | ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION         |
|            |           | ALMUERZO         | LECHE + 03 PANES CON ACEITUNA                                  |
| 26         | JUEVES    | DESAYUNO         | ARROZ GRANEADO + PESCADO + MENESTRA + ENSALADA +               |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 27         | VIERNES   | DESAYUNO         | ARROZ GRANEADO + SALTADITO DE MOLLEJAS CON PAPA + INFUSION     |
|            |           | ALMUERZO         | CHUFLA + 03 PANES CON HOT DOG FRITO                            |
| 28         | SÁBADO    | DESAYUNO         | ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA    |
|            |           | ALMUERZO         | FRUTA + INFUSION                                               |
| 29         | DOMINGO   | DESAYUNO         | SOPA DE FIDEOS CON VERDURAS + MENUDENCIA DE POLLO              |
|            |           | ALMUERZO         | AVENA + 03 PANES CON HUEVO DURO                                |
| 30         | LUNES     | DESAYUNO         | TALLARINES ROJOS + YUCA SANCOCHADA + GUIZO DE RES (PICADO)     |
|            |           | ALMUERZO         | ENSALADA + FRUTA + INFUSION                                    |
| 31         | MARTES    | DESAYUNO         | ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION    |
|            |           | ALMUERZO         | QUINUA + 03 PANES CON QUESO                                    |

CONTRATISTA

NUTRICIONISTA

**Lauriano García Idrogo**  
DNI. N° 26641889

**Lic. M<sup>a</sup> Sergio Antonio Saavedra**  
AREA DE NUTRICION  
CNP. 2006

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TUMBES  
DEL DE ENERO AL DE FEBRERO DE 2018**

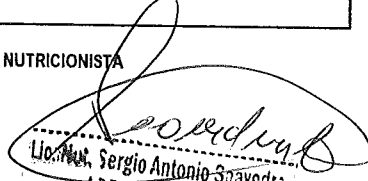
MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

| Nº DE MENÚ | FECHA     | DETALLE DEL MENÚ |                                                                            |
|------------|-----------|------------------|----------------------------------------------------------------------------|
| 16         | LUNES     | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                |
|            |           | ALMUERZO         | ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA)+ ENSALADA + FRUTA + INFUSION    |
|            |           | CENA             | ARROZ CON LECHE + 02 PANES                                                 |
| 17         | MARTES    | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MERMELADA                                     |
|            |           | ALMUERZO         | ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA                  |
|            |           | CENA             | FRUTA + INFUSION                                                           |
| 18         | MIERCOLES | DESAYUNO         | AGUADITO CON POLLO                                                         |
|            |           | ALMUERZO         | QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)                             |
|            |           | CENA             | ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA             |
| 19         | JUEVES    | DESAYUNO         | FRUTA + INFUSION                                                           |
|            |           | ALMUERZO         | SOPA DE FIDEOS CON VERDURAS + RES CON HUESO                                |
|            |           | CENA             | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                  |
| 20         | VIERNES   | DESAYUNO         | ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA                       |
|            |           | ALMUERZO         | FRUTA + INFUSION                                                           |
|            |           | CENA             | ARROZ A LA JARDINERA CON RES + INFUSION                                    |
| 21         | SABADO    | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                              |
|            |           | ALMUERZO         | ARROZ GRANEADO + PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION |
|            |           | CENA             | ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION                |
| 22         | DOMINGO   | DESAYUNO         | CHUFLA + 03 PANES CON HOT DOG FRITO                                        |
|            |           | ALMUERZO         | ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA                   |
|            |           | CENA             | FRUTA + INFUSION                                                           |
| 23         | LUNES     | DESAYUNO         | SOPA DE SEMOLA CON VERDURAS + RES CON HUESO                                |
|            |           | ALMUERZO         | AVENA + 03 PANES CON HUEVO DURO                                            |
|            |           | CENA             | TALLARINES VERDES CON YUCA SANCOCHADA + GUIZO DE RES (PICADO)              |
| 24         | MARTES    | DESAYUNO         | ENSALADA + FRUTA + INFUSION                                                |
|            |           | ALMUERZO         | ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION                 |
|            |           | CENA             | QUINUA + 03 PANES CON QUESO                                                |
| 25         | MIERCOLES | DESAYUNO         | ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA                               |
|            |           | ALMUERZO         | FRUTA + INFUSION                                                           |
|            |           | CENA             | MAIZENA CON LECHE + 02 PANES                                               |
| 26         | JUEVES    | DESAYUNO         | LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)                               |
|            |           | ALMUERZO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALADA                    |
|            |           | CENA             | FRUTA + INFUSION                                                           |
| 27         | VIERNES   | DESAYUNO         | SOPA DE TRIGO CON POLLO                                                    |
|            |           | ALMUERZO         | QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA                  |
|            |           | CENA             | ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA             |
| 28         | SABADO    | DESAYUNO         | FRUTA + INFUSION                                                           |
|            |           | ALMUERZO         | CALDO DE FIDEOS CON HUEVOS REVUELTOS                                       |
|            |           | CENA             | AVENA CON LECHE + 03 PANES CON JAMONADA                                    |
| 29         | DOMINGO   | DESAYUNO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA                           |
|            |           | ALMUERZO         | FRUTA + INFUSION                                                           |
|            |           | CENA             | ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION                     |
| 30         | LUNES     | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                              |
|            |           | ALMUERZO         | ARROZ GRANEADO + PESCADO + MENESTRA + ENSALADA + REFRESCO + FRUTA          |
|            |           | CENA             | ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION               |
| 31         | MARTES    | DESAYUNO         | CHUFLA + 03 PANES CON HOT DOG FRITO                                        |
|            |           | ALMUERZO         | ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA                |
|            |           | CENA             | FRUTA + INFUSION                                                           |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
DNI. N° 26641889

  
Lic. Nut. Sergio Antonio Saavedra  
AREA DE NUTRICION  
CNP. 2356

## FORMATO N° 01 - A

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

MENÚ N° 1 15 29

| ALIMENTO                                                                                           | PESO<br>BRUTO | PROT   | GRASAS | CARB.    | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|----------------------------------------------------------------------------------------------------|---------------|--------|--------|----------|---------------------------|--------|---------|---------|
|                                                                                                    | (g)           | (g)    | (g)    | (g)      | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: AVENA + 03 PANES CON HUEVO DURO                                                          |               |        |        |          |                           |        |         |         |
| AVENA                                                                                              | 25.00         | 3.33   | 1.00   | 18.00    | 13.30                     | 9.00   | 72.00   | 94.30   |
| AZUCAR RUBIA                                                                                       | 26.00         | 0.00   | 0.00   | 25.56    | 0.00                      | 0.00   | 102.23  | 102.23  |
| PAN FRANCES                                                                                        | 90.00         | 7.56   | 0.18   | 57.42    | 30.24                     | 1.62   | 229.68  | 261.54  |
| HUEVOS                                                                                             | 60.00         | 8.10   | 5.04   | 1.05     | 32.40                     | 45.36  | 4.56    | 82.32   |
| SUB TOTAL                                                                                          |               | 18.99  | 6.22   | 102.03   | 75.94                     | 55.98  | 408.47  | 540.39  |
|                                                                                                    |               |        |        |          | V.C. DESAYUNO             |        |         | 540.39  |
|                                                                                                    |               |        |        |          | % DIST. DESAYUNO          |        |         | 22%     |
| ALMUERZO: TALLARINES ROJOS + YUCA SANCOCHADA + GUIISO DE RES (PICADO)+ ENSALADA + FRUTA + INFUSION |               |        |        |          |                           |        |         |         |
| FIDEO TALLARIN                                                                                     | 170.00        | 16.15  | 0.17   | 118.32   | 64.60                     | 1.53   | 473.28  | 539.41  |
| RES SIN HUESO                                                                                      | 100.00        | 21.30  | 1.60   | 0.00     | 85.20                     | 14.40  | 0.00    | 99.60   |
| YUCA                                                                                               | 200.00        | 1.60   | 0.40   | 78.60    | 6.40                      | 3.60   | 314.40  | 324.40  |
| ACEITE VEGETAL                                                                                     | 17.00         | 0.00   | 17.00  | 0.00     | 0.00                      | 153.00 | 0.00    | 153.00  |
| ZANAHORIA                                                                                          | 30.00         | 0.18   | 0.15   | 2.76     | 0.72                      | 1.35   | 11.04   | 13.11   |
| PEPINILLOS                                                                                         | 30.00         | 0.15   | 0.03   | 0.78     | 0.60                      | 0.27   | 3.12    | 3.99    |
| LIMON                                                                                              | 2.00          | 0.01   | 0.00   | 0.19     | 0.04                      | 0.04   | 0.78    | 0.86    |
| AJOS                                                                                               | 2.00          | 0.11   | 0.02   | 0.61     | 0.45                      | 0.14   | 2.43    | 3.02    |
| CEBOLLA                                                                                            | 30.00         | 0.42   | 0.06   | 3.39     | 1.68                      | 0.54   | 13.56   | 15.78   |
| 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    |
| MANZANILLA                                                                                         | 10.00         | 0.00   | 0.00   | 0.00     | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                                       | 25.00         | 0.00   | 0.00   | 24.58    | 0.00                      | 0.00   | 98.30   | 98.30   |
| PLATANO DE SEDA                                                                                    | 160.00        | 2.40   | 0.48   | 33.60    | 9.60                      | 4.32   | 134.40  | 148.32  |
| SUB TOTAL                                                                                          |               | 42.67  | 20.07  | 265.07   | 170.70                    | 180.64 | 1060.27 | 1411.61 |
|                                                                                                    |               |        |        |          | V. C. ALMUERZO            |        |         | 1411.61 |
|                                                                                                    |               |        |        |          | % DIST. ALMUERZO          |        |         | 56%     |
| CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION                                  |               |        |        |          |                           |        |         |         |
| ARROZ SUPERIOR                                                                                     | 90.00         | 7.38   | 0.45   | 70.02    | 29.52                     | 4.05   | 280.08  | 313.65  |
| POLLO CON HUESO                                                                                    | 100.00        | 18.20  | 10.20  | 0.00     | 72.80                     | 91.80  | 0.00    | 164.60  |
| TOMATE                                                                                             | 8.00          | 0.06   | 0.02   | 0.34     | 0.26                      | 0.14   | 1.38    | 1.78    |
| CEBOLLA                                                                                            | 8.00          | 0.11   | 0.02   | 0.90     | 0.45                      | 0.14   | 3.62    | 4.21    |
| ACEITE VEGETAL                                                                                     | 5.00          | 0.00   | 5.00   | 0.00     | 0.00                      | 45.00  | 0.00    | 45.00   |
| BROCOLI                                                                                            | 8.00          | 0.39   | 0.07   | 0.46     | 1.57                      | 0.65   | 1.82    | 4.04    |
| MANZANILLA                                                                                         | 10.00         | 0.00   | 0.00   | 0.00     | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                                       | 5.00          | 0.00   | 0.00   | 4.92     | 0.00                      | 0.00   | 19.66   | 19.66   |
| SUB TOTAL                                                                                          |               | 26.14  | 15.76  | 76.64    | 104.60                    | 141.78 | 306.56  | 552.94  |
|                                                                                                    |               |        |        |          | V. C. CENA                |        |         | 552.94  |
|                                                                                                    |               |        |        |          | % DIST. CENA              |        |         | 22%     |
| VCT (Gr.)                                                                                          |               | 87.8   | 42.05  | 443.74   |                           |        |         |         |
| VCT (Kcal.)                                                                                        |               | 351.24 | 378.4  | 1775.302 |                           |        |         |         |
| VCT (%)                                                                                            |               | 14%    | 15%    | 71%      |                           |        |         |         |
|                                                                                                    |               |        |        |          | V. C. T. MENU             |        |         | 2505    |

CONTRATISTA

*Lauriano García Idrogo*  
DNI. 26641889

NUTRICIONISTA

*Sergio Antonio Saavedra*  
MESA DE NUTRICIÓN  
CARR. 20085

## FORMATO N° 01 - A

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

MENÚ N° 2 16 30

| ALIMENTO                                                                           | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                    | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA + 03 PANES CON QUESO                                              |               |        |        |         |                           |        |        |         |
| QUINUA                                                                             | 25.00         | 3.40   | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30  | 92.95   |
| QUESO                                                                              | 40.00         | 6.52   | 4.12   | 1.36    | 26.08                     | 37.08  | 5.44   | 68.60   |
| PAN FRANCES                                                                        | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                       | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96 | 117.96  |
| SUB TOTAL                                                                          |               | 17.48  | 5.75   | 104.85  | 69.92                     | 51.75  | 419.38 | 541.05  |
|                                                                                    |               |        |        |         | V.C. DESAYUNO             |        |        | 541.05  |
|                                                                                    |               |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA) + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                     | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO                                                                              | 100.00        | 18.20  | 10.20  | 0.00    | 72.80                     | 91.80  | 0.00   | 164.60  |
| HUEVOS                                                                             | 30.00         | 4.05   | 2.52   | 0.57    | 16.20                     | 22.68  | 2.28   | 41.16   |
| HOT DOG DE POLLO                                                                   | 25.00         | 2.75   | 8.58   | 0.00    | 11.00                     | 77.18  | 0.00   | 88.18   |
| AZUCAR RUBIA                                                                       | 40.00         | 0.00   | 0.00   | 39.32   | 0.00                      | 0.00   | 157.28 | 157.28  |
| CEBOLLA CHINA                                                                      | 20.00         | 0.46   | 0.08   | 1.50    | 1.84                      | 0.72   | 6.00   | 8.56    |
| CEBOLLA                                                                            | 30.00         | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| TOMATE                                                                             | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| 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                                                                   | 2.00          | 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                                                                     | 30.00         | 0.00   | 30.00  | 0.00    | 0.00                      | 270.00 | 0.00   | 270.00  |
| REFresco SOBRE                                                                     | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PLATANO DE SEDA                                                                    | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                          |               | 40.91  | 52.81  | 197.30  | 163.66                    | 475.29 | 789.20 | 1428.15 |
|                                                                                    |               |        |        |         | V. C. ALMUERZO            |        |        | 1428.15 |
|                                                                                    |               |        |        |         | % DIST. ALMUERZO          |        |        | 57%     |
| CENA: ARROZ CON LECHE + 02 PANES                                                   |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                     | 40.00         | 3.28   | 0.20   | 31.12   | 13.12                     | 1.80   | 124.48 | 139.40  |
| PAN FRANCES                                                                        | 60.00         | 5.04   | 0.12   | 38.28   | 20.16                     | 1.08   | 153.12 | 174.36  |
| AZUCAR RUBIA                                                                       | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96 | 117.96  |
| CANELA ENTERA                                                                      | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| LECHE EVAPORADA                                                                    | 70.00         | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| SUB TOTAL                                                                          |               | 13.22  | 5.99   | 106.52  | 52.88                     | 53.91  | 426.08 | 532.87  |
|                                                                                    |               |        |        |         | V. C. CENA                |        |        | 532.87  |
|                                                                                    |               |        |        |         | % DIST. CENA              |        |        | 21%     |
| VCT (Gr.)                                                                          |               | 71.61  | 64.55  | 408.67  |                           |        |        |         |
| VCT (Kcal.)                                                                        |               | 286.46 | 580.95 | 1634.66 |                           |        |        |         |
| VCT (%)                                                                            |               | 11%    | 23%    | 65%     |                           |        |        |         |
|                                                                                    |               |        |        |         | V. C. T. MENU             |        |        | 2502    |

CONTRATISTA

NUTRICIONISTA

*Lg*  
**Lauriano García Idrogu**  
 DNI. 26641889

*Sergio Antonio Saavedra*  
 Lic. Nut. Sergio Antonio Saavedra  
 AREA DE NUTRICIÓN  
 CNP. 2036

FORMATO N° 01 - A

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

MENÚ N° 3 17 31

| ALIMENTO                                                                             | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|--------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                                      | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON MERMELADA                                     |               |        |        |         |                           |        |         |         |
| SOYA                                                                                 | 30.00         | 8.46   | 5.67   | 10.71   | 33.84                     | 51.03  | 42.840  | 127.71  |
| MERMELADA                                                                            | 30.00         | 0.12   | 0.06   | 17.58   | 0.48                      | 0.54   | 70.320  | 71.34   |
| PAN FRANCES                                                                          | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                         | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.960 | 117.96  |
| SUB TOTAL                                                                            |               | 16.14  | 5.91   | 115.20  | 64.56                     | 53.19  | 460.800 | 578.55  |
|                                                                                      |               |        |        |         | V.C. DESAYUNO             |        |         | 578.55  |
|                                                                                      |               |        |        |         | % DIST. DESAYUNO          |        |         | 23%     |
| ALMUERZO: ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALDA +FRUTA + INFUSION |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                                       | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| POTA                                                                                 | 180.00        | 19.08  | 0.36   | 0.00    | 76.32                     | 3.24   | 0.00    | 79.56   |
| HUEVOS                                                                               | 35.00         | 4.73   | 2.94   | 0.67    | 18.90                     | 26.46  | 2.66    | 48.02   |
| HARINA DE TRIGO                                                                      | 20.00         | 2.1    | 0.40   | 14.96   | 8.40                      | 3.60   | 59.84   | 71.84   |
| FREJOL CASTILLA                                                                      | 80.00         | 18.00  | 1.44   | 46.64   | 72.00                     | 12.96  | 186.56  | 271.52  |
| AJOS                                                                                 | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43    | 3.02    |
| CEBOLLA                                                                              | 30.00         | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56   | 15.78   |
| AJI AMARILLO                                                                         | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76    | 2.26    |
| TOMATE                                                                               | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16    | 6.66    |
| ACEITE VEGETAL                                                                       | 25.00         | 0.00   | 25.00  | 0.00    | 0.00                      | 225.00 | 0.00    | 225.00  |
| ANIS                                                                                 | 10.00         | 0.00   | 0.00   | 0       | 0.00                      | 0.00   | 0       | 0.00    |
| NARAJA DE MESA                                                                       | 150.00        | 0.75   | 0.30   | 12.3    | 3.00                      | 2.70   | 49.20   | 54.9    |
| SAL                                                                                  | 3.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                         | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96  | 117.96  |
| LIMON                                                                                | 5.00          | 0.03   | 0.01   | 0.49    | 0.10                      | 0.09   | 1.94    | 2.13    |
| SUB TOTAL                                                                            |               | 57.81  | 31.38  | 226.98  | 231.19                    | 282.34 | 907.87  | 1421.40 |
|                                                                                      |               |        |        |         | V. C. ALMUERZO            |        |         | 1421.40 |
|                                                                                      |               |        |        |         | % DIST. ALMUERZO          |        |         | 57%     |
| CENA: AGUADITO CON POLLO                                                             |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                                       | 50.00         | 4.10   | 0.25   | 38.98   | 16.4                      | 2.25   | 155.6   | 174.25  |
| POLLO                                                                                | 60.00         | 10.92  | 6.12   | 0.00    | 43.68                     | 55.08  | 0.00    | 98.76   |
| ZAPALLO                                                                              | 30.00         | 0.21   | 0.06   | 1.92    | 0.84                      | 0.54   | 7.68    | 9.06    |
| APIO                                                                                 | 15.00         | 0.11   | 0.03   | 0.72    | 0.42                      | 0.27   | 2.88    | 3.57    |
| PORO                                                                                 | 15.00         | 0.41   | 0.12   | 1.14    | 1.62                      | 1.08   | 4.56    | 7.26    |
| 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                                                                          | 150.00        | 3.15   | 0.15   | 33.45   | 12.60                     | 1.35   | 133.8   | 147.75  |
| SUB TOTAL                                                                            |               | 19.35  | 11.96  | 78.75   | 77.36                     | 107.64 | 314.68  | 499.68  |
|                                                                                      |               |        |        |         | V. C. CENA                |        |         | 499.68  |
|                                                                                      |               |        |        |         | % DIST. CENA              |        |         | 20%     |
| VCT (Gr.)                                                                            |               | 93.30  | 49.25  | 420.93  |                           |        |         |         |
| VCT (Kcal.)                                                                          |               | 373.11 | 443.17 | 1683.35 |                           |        |         |         |
| VCT (%)                                                                              |               | 15%    | 18%    | 67%     |                           |        |         |         |
|                                                                                      |               |        |        |         | V. C. T. MENU             |        |         | 2500    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

*[Firma]*  
Lic. Hda. Sergio Antonio S. Arce  
AREA DE NUTRICIÓN  
CHP 2.56

FORMATO N° 01 - A

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

MENÚ N° 4 18

| ALIMENTO                                                                                    | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                             | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON MACA + 03 PANES + CON FRUTA (PLATANO)                                  |               |        |        |         |                           |        |        |         |
| QUINUA                                                                                      | 25.00         | 3.40   | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30  | 92.95   |
| MACA                                                                                        | 25.00         | 2.95   | 0.40   | 16.60   | 11.80                     | 3.60   | 66.40  | 81.8    |
| PLATANO DE SEDA                                                                             | 150.00        | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| AZUCAR RUBIA                                                                                | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.3    |
| PAN FRANCES                                                                                 | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| SUB TOTAL                                                                                   |               | 16.16  | 2.48   | 146.68  | 64.64                     | 22.32  | 586.68 | 673.64  |
|                                                                                             |               |        |        |         | V.C. DESAYUNO             |        |        | 673.64  |
|                                                                                             |               |        |        |         | % DIST. DESAYUNO          |        |        | 27%     |
| ALMUERZO: ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                              | 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  |
| AZUCAR RUBIA                                                                                | 24.00         | 0.00   | 0.00   | 23.59   | 0.00                      | 0.00   | 94.37  | 94.37   |
| TOMATE                                                                                      | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| CEBOLLA                                                                                     | 30.00         | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| PEPINILLOS                                                                                  | 10.00         | 0.05   | 0.01   | 0.26    | 0.20                      | 0.09   | 1.04   | 1.33    |
| LIMON                                                                                       | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PIMIENTA MOLIDA                                                                             | 1.00          | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| 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    |
| ACEITE VEGETAL                                                                              | 18.00         | 0.00   | 18.00  | 0.00    | 0.00                      | 162.00 | 0.00   | 162.00  |
| MENTA                                                                                       | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PLATANO DE SEDA                                                                             | 150.00        | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| SUB TOTAL                                                                                   |               | 53.13  | 28.95  | 227.66  | 212.54                    | 260.59 | 910.65 | 1383.78 |
|                                                                                             |               |        |        |         | V. C. ALMUERZO            |        |        | 1383.78 |
|                                                                                             |               |        |        |         | % DIST. ALMUERZO          |        |        | 55%     |
| CENA: SOPA DE FIDEOS CON VERDURAS + RES CON HUESO                                           |               |        |        |         |                           |        |        |         |
| RES CON HUESO                                                                               | 100.00        | 21.30  | 1.60   | 0.00    | 85.20                     | 14.40  | 0.00   | 99.60   |
| FIDEOS SURTIDOS                                                                             | 35.00         | 3.29   | 0.07   | 27.37   | 13.16                     | 0.63   | 109.48 | 123.27  |
| PAPA BLANCA                                                                                 | 160.00        | 3.36   | 0.16   | 35.68   | 13.44                     | 1.44   | 142.72 | 157.60  |
| ZANAHORIA                                                                                   | 10.00         | 0.06   | 0.05   | 0.92    | 0.24                      | 0.45   | 3.68   | 4.37    |
| ZAPALLO                                                                                     | 15.00         | 0.11   | 0.03   | 0.96    | 0.42                      | 0.27   | 3.84   | 4.53    |
| ACEITE VEGETAL                                                                              | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PORO                                                                                        | 12.00         | 0.32   | 0.10   | 0.91    | 1.30                      | 0.86   | 3.65   | 5.81    |
| APIO                                                                                        | 10.00         | 0.07   | 0.02   | 0.48    | 0.28                      | 0.18   | 1.92   | 2.38    |
| SAL OREGANO SECO                                                                            | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                | 0.50          | 0.01   | 0.00   | 0.06    | 0.03                      | 0.02   | 0.23   | 0.28    |
| SUB TOTAL                                                                                   |               | 28.52  | 7.03   | 66.38   | 114.07                    | 63.25  | 265.52 | 442.84  |
|                                                                                             |               |        |        |         | V. C. CENA                |        |        | 442.84  |
|                                                                                             |               |        |        |         | % DIST. CENA              |        |        | 18%     |
|                                                                                             | VCT (Gr.)     | 97.81  | 38.46  | 440.72  |                           |        |        |         |
|                                                                                             | VCT (Kcal.)   | 391.25 | 346.16 | 1762.85 |                           |        |        |         |
|                                                                                             | VCT (%)       | 16%    | 14%    | 71%     |                           |        |        |         |
|                                                                                             |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

*[Firma]*  
Dra. Sergio Antonio Saavedra  
AREA DE NUTRICION  
UNP. 2006

FORMATO N° 01 - A

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

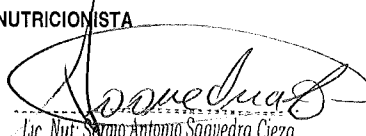
MENÚ N° 5 19

| ALIMENTO                                                                          | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                   | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA                               |               |        |        |         |                           |        |        |         |
| KIWICHA                                                                           | 25.00         | 3.38   | 1.78   | 16.13   | 13.50                     | 15.98  | 64.50  | 93.98   |
| LECHE EVAPORADA                                                                   | 70.00         | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN FRANCES                                                                       | 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         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                         |               | 20.55  | 16.48  | 105.76  | 82.18                     | 148.28 | 423.00 | 653.46  |
|                                                                                   |               |        |        |         | V.C. DESAYUNO             |        |        | 653.46  |
|                                                                                   |               |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ALMUERZO: ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                    | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| BOFE DE RES                                                                       | 120.00        | 16.08  | 2.64   | 0.00    | 64.32                     | 23.76  | 0.00   | 88.08   |
| AJOS                                                                              | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| ARVEJAS FRESCAS                                                                   | 30.00         | 2.13   | 0.18   | 5.64    | 8.52                      | 1.62   | 22.56  | 32.70   |
| ZANAHORIA                                                                         | 15.00         | 0.09   | 0.08   | 1.38    | 0.36                      | 0.68   | 5.52   | 6.56    |
| TOMATE                                                                            | 15.00         | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58   | 3.33    |
| CEBOLLA                                                                           | 15.00         | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78   | 7.89    |
| CHOCLO DESGRANADO                                                                 | 20.00         | 0.76   | 0.20   | 5.88    | 3.04                      | 1.80   | 23.44  | 28.28   |
| CULANTRO                                                                          | 1.00          | 0.03   | 0.01   | 0.07    | 0.13                      | 0.12   | 0.28   | 0.53    |
| PAPA BLANCA                                                                       | 200.00        | 4.20   | 0.20   | 44.60   | 16.80                     | 1.80   | 178.40 | 197.00  |
| HIERBA BUENA                                                                      | 12.00         | 0.37   | 0.12   | 0.84    | 1.49                      | 1.08   | 3.36   | 5.93    |
| COMINO MOLIDO                                                                     | 1.00          | 0.11   | 0.12   | 0.29    | 0.46                      | 1.12   | 1.14   | 2.72    |
| AZUCAR RUBIA                                                                      | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| ACEITE VEGETAL                                                                    | 15.00         | 0.00   | 15.00  | 0.00    | 0.00                      | 135.00 | 0.00   | 135.00  |
| MANZANILLA                                                                        | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| LIMA                                                                              | 160.00        | 0.96   | 0.65   | 9.44    | 3.84                      | 5.76   | 37.76  | 47.36   |
| SAL                                                                               | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                         |               | 37.47  | 20.03  | 212.38  | 149.93                    | 180.17 | 849.35 | 1179.45 |
|                                                                                   |               |        |        |         | V. C. ALMUERZO            |        |        | 1179.45 |
|                                                                                   |               |        |        |         | % DIST. ALMUERZO          |        |        | 47%     |
| CENA: ARROZ GRANEADO A LA JARDINERA CON RES + INFUSION                            |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                    | 90.00         | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| PAPA BLANCA                                                                       | 100.00        | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| RES SIN HUESO                                                                     | 50.00         | 10.65  | 0.80   | 0.00    | 42.60                     | 7.20   | 0.00   | 49.80   |
| TOMATE                                                                            | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| CEBOLLA                                                                           | 20.00         | 0.28   | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04   | 10.52   |
| 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                                                                      | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| ACEITE VEGETAL                                                                    | 10.00         | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| SUB TOTAL                                                                         |               | 20.62  | 11.47  | 120.46  | 82.46                     | 103.19 | 481.82 | 667.47  |
|                                                                                   |               |        |        |         | V. C. CENA                |        |        | 667.47  |
|                                                                                   |               |        |        |         | % DIST. CENA              |        |        | 27%     |
|                                                                                   | VCT (Gr.)     | 78.64  | 47.98  | 438.596 |                           |        |        |         |
|                                                                                   | VCT (Kcal.)   | 314.57 | 431.64 | 1754.17 |                           |        |        |         |
|                                                                                   | VCT (%)       | 13%    | 17%    | 70%     |                           |        |        |         |
|                                                                                   |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

  
Lauriano García Idrogo  
DNI. N° 26641889

NUTRICIONISTA

  
Lic. Nut. Sergio Antonio Saavedra Cieza  
CNP. 2066

FORMATO N° 01 - A

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

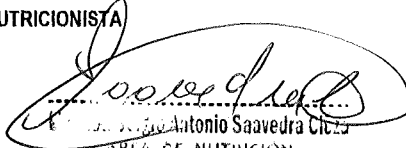
MENÚ N° 6 20

| ALIMENTO                                                                             | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|--------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                                      | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE + 03 PANES CON ACEITUNA                                              |               |        |        |         |                           |        |         |         |
| ACEITUNA                                                                             | 40.00         | 0.32   | 12.84  | 2.92    | 1.28                      | 115.56 | 11.680  | 128.52  |
| LECHE EVAPORADA                                                                      | 120.00        | 8.40   | 9.72   | 13.08   | 33.60                     | 87.48  | 52.320  | 173.4   |
| PAN FRANCES                                                                          | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                         | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.300  | 98.30   |
| SUB TOTAL                                                                            |               | 16.28  | 22.74  | 98.00   | 65.12                     | 204.66 | 391.98  | 661.76  |
|                                                                                      |               |        |        |         | V.C. DESAYUNO             |        |         | 661.76  |
|                                                                                      |               |        |        |         | % DIST. DESAYUNO          |        |         | 26%     |
| ALMUERZO: ARROZ GRANEADO + PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                                       | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| PESCADO                                                                              | 160.00        | 34.56  | 6.24   | 0.48    | 138.24                    | 56.16  | 1.92    | 196.32  |
| CAMOTE                                                                               | 200.00        | 2.4    | 0.40   | 55.2    | 9.60                      | 3.60   | 220.8   | 234.00  |
| LIMON                                                                                | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78    | 0.86    |
| TOMATE                                                                               | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44    | 4.44    |
| CEBOLLA                                                                              | 20.00         | 0.28   | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04    | 10.52   |
| AJI AMARILLO                                                                         | 10.00         | 0.09   | 0.07   | 0.88    | 0.36                      | 0.63   | 3.52    | 4.51    |
| AJOS                                                                                 | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43    | 3.02    |
| PIMIENTA MOLIDA                                                                      | 1.00          | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54    | 3.60    |
| SAL                                                                                  | 3.00          | 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                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| AZUCAR RUBIA                                                                         | 20.00         | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64   | 78.64   |
| ANIS                                                                                 | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| LIMA                                                                                 | 150.00        | 0.9    | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40   | 44.4    |
| SUB TOTAL                                                                            |               | 50.89  | 13.24  | 206.43  | 203.59                    | 119.16 | 825.71  | 1148.46 |
|                                                                                      |               |        |        |         | V. C. ALMUERZO            |        |         | 1148.46 |
|                                                                                      |               |        |        |         | % DIST. ALMUERZO          |        |         | 45%     |
| CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION                    |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                                       | 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  |
| SILLAO                                                                               | 10.00         | 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   | 89.20   | 98.50   |
| ACEITE VEGETAL                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| CEBOLLA                                                                              | 20.00         | 0.28   | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04    | 10.52   |
| TOMATE                                                                               | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44    | 4.44    |
| AZUCAR RUBIA                                                                         | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30   | 98.30   |
| MANZANILLA                                                                           | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| SAL                                                                                  | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| SUB TOTAL                                                                            |               | 28.12  | 15.83  | 120.02  | 112.48                    | 142.47 | 480.06  | 735.01  |
|                                                                                      |               |        |        |         | V. C. CENA                |        |         | 735.01  |
|                                                                                      |               |        |        |         | % DIST. CENA              |        |         | 29%     |
|                                                                                      | VCT (Gr.)     | 95.29  | 51.81  | 424.45  |                           |        |         |         |
|                                                                                      | VCT (Kcal.)   | 381.19 | 466.29 | 1697.75 |                           |        |         |         |
|                                                                                      | VCT (%)       | 15%    | 18%    | 67%     |                           |        |         |         |
|                                                                                      |               |        |        |         | V. C. T. MENU             |        |         | 2545    |

CONTRATISTA

  
Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

  
Antonio Saavedra Caza  
AREA DE NUTRICION  
CNP. 2066



FORMATO N° 01 - A

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

MENÚ N° 7 21

| ALIMENTO                                                                              | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                       | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO                                         |               |        |        |         |                           |        |        |         |
| CHUFLA                                                                                | 30.00         | 2.70   | 1.35   | 22.14   | 10.80                     | 12.15  | 88.56  | 111.51  |
| HOT DOG DE POLLO                                                                      | 40.00         | 4.40   | 13.72  | 0.00    | 17.60                     | 123.48 | 0.00   | 141.08  |
| ACEITE VEGETAL                                                                        | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAN FRANCES                                                                           | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                          | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                             |               | 14.66  | 20.25  | 104.14  | 58.64                     | 182.25 | 416.54 | 657.43  |
|                                                                                       |               |        |        |         | V.C. DESAYUNO             |        |        | 657.43  |
|                                                                                       |               |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                        | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                       | 160.00        | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| PAPA BLANCA                                                                           | 200.00        | 4.20   | 0.20   | 44.60   | 16.80                     | 1.80   | 178.40 | 197.00  |
| AJOS                                                                                  | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| MARGARINA                                                                             | 6.00          | 0.04   | 4.86   | 0.02    | 0.14                      | 43.74  | 0.07   | 43.95   |
| CEBOLLA                                                                               | 15.00         | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78   | 7.89    |
| LECHE EVAPORADA                                                                       | 10.00         | 0.70   | 0.81   | 1.09    | 2.80                      | 7.29   | 4.36   | 14.45   |
| TOMATE                                                                                | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| PEPINILLOS                                                                            | 15.00         | 0.08   | 0.02   | 0.39    | 0.30                      | 0.14   | 1.56   | 2.00    |
| ACEITE VEGETAL                                                                        | 12.00         | 0.00   | 12.00  | 0.00    | 0.00                      | 108.00 | 0.00   | 108.00  |
| MENTA                                                                                 | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PLATANO DE SEDA                                                                       | 150.00        | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| SAL                                                                                   | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                          | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| LIMON                                                                                 | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| SUB TOTAL                                                                             |               | 49.18  | 35.50  | 222.24  | 196.69                    | 319.46 | 888.92 | 1405.07 |
|                                                                                       |               |        |        |         | V. C. ALMUERZO            |        |        | 1405.07 |
|                                                                                       |               |        |        |         | % DIST. ALMUERZO          |        |        | 56%     |
| CENA: SOPA DE SEMOLA CON VERDURA + RES CON HUESO                                      |               |        |        |         |                           |        |        |         |
| SEMOLA                                                                                | 40.00         | 3.12   | 0.44   | 31.36   | 12.48                     | 3.96   | 125.44 | 141.88  |
| MENUDENCIA D POLLO                                                                    | 100.00        | 21.30  | 1.60   | 0.00    | 85.20                     | 14.40  | 0.00   | 99.60   |
| PORO                                                                                  | 15.00         | 0.41   | 0.12   | 1.14    | 1.62                      | 1.08   | 4.56   | 7.26    |
| APIO                                                                                  | 15.00         | 0.11   | 0.03   | 0.72    | 0.42                      | 0.27   | 2.88   | 3.57    |
| OREGANO SECO                                                                          | 1.00          | 0.02   | 0.01   | 0.11    | 0.06                      | 0.05   | 0.45   | 0.56    |
| ZANAHORIA                                                                             | 10.00         | 0.06   | 0.05   | 0.92    | 0.24                      | 0.45   | 3.68   | 4.37    |
| ZAPALLO                                                                               | 10.00         | 0.07   | 0.02   | 0.64    | 0.28                      | 0.18   | 2.56   | 3.02    |
| PAPA BLANCA                                                                           | 180.00        | 3.78   | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56 | 177.30  |
| SAZONADOR BLANCO                                                                      | 0.50          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                             |               | 28.87  | 2.45   | 75.03   | 115.42                    | 22.01  | 300.13 | 437.56  |
|                                                                                       |               |        |        |         | V. C. CENA                |        |        | 437.56  |
|                                                                                       |               |        |        |         | % DIST. CENA              |        |        | 18%     |
|                                                                                       | VCT (Gr.)     | 92.71  | 58.2   | 401.41  |                           |        |        |         |
|                                                                                       | VCT (Kcal.)   | 370.75 | 523.72 | 1605.59 |                           |        |        |         |
|                                                                                       | VCT (%)       | 15%    | 21%    | 64%     |                           |        |        |         |
|                                                                                       |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

AREA DE NUTRICION  
CNR. 2066

FORMATO N° 01 - A

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

MENÚ N° 8 22

| ALIMENTO                                                                                            | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                     | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA + 03 PANES CON HUEVO DURO                                                           |               |        |        |         |                           |        |        |         |
| AVENA                                                                                               | 25.00         | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| AZUCAR RUBIA                                                                                        | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| PAN FRANCES                                                                                         | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                              | 60.00         | 8.10   | 5.04   | 1.14    | 32.40                     | 45.36  | 4.56   | 82.32   |
| SUB TOTAL                                                                                           |               | 18.99  | 6.22   | 101.14  | 75.94                     | 55.98  | 404.54 | 536.46  |
|                                                                                                     |               |        |        |         | V.C. DESAYUNO             |        |        | 536.46  |
|                                                                                                     |               |        |        |         | % DIST. DESAYUNO          |        |        | 21%     |
| ALMUERZO: TALLARINES VERDES + YUCA SANCOCHADA + GUIZO DE RES (PICADO) + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| FIDEO TALLARIN                                                                                      | 170.00        | 16.15  | 0.17   | 118.32  | 64.60                     | 1.53   | 473.28 | 539.41  |
| RES CON HUESO                                                                                       | 100.00        | 21.30  | 1.60   | 0.00    | 85.20                     | 14.40  | 0.00   | 99.60   |
| YUCA                                                                                                | 200.00        | 1.60   | 0.40   | 78.60   | 6.40                      | 3.60   | 314.40 | 324.40  |
| ACEITE VEGETAL                                                                                      | 16.00         | 0.00   | 16.00  | 0.00    | 0.00                      | 144.00 | 0.00   | 144.00  |
| ALBAHACA ENTERA                                                                                     | 20.00         | 0.58   | 0.24   | 1.46    | 2.32                      | 2.16   | 5.84   | 10.32   |
| PEPINILLOS                                                                                          | 30.00         | 0.15   | 0.03   | 0.78    | 0.60                      | 0.27   | 3.12   | 3.99    |
| LIMON                                                                                               | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| AJOS                                                                                                | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| CEBOLLA                                                                                             | 30.00         | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| 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    |
| MANZANILLA                                                                                          | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                        | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| LIMA                                                                                                | 160.00        | 0.96   | 0.64   | 9.44    | 3.84                      | 5.76   | 37.76  | 47.36   |
| SUB TOTAL                                                                                           |               | 41.63  | 19.32  | 239.61  | 166.54                    | 173.89 | 958.43 | 1298.86 |
|                                                                                                     |               |        |        |         | V. C. ALMUERZO            |        |        | 1298.86 |
|                                                                                                     |               |        |        |         | % DIST. ALMUERZO          |        |        | 52%     |
| CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION                                    |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                                      | 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  |
| PIMIENTA MORRON                                                                                     | 8.00          | 0.12   | 0.04   | 0.62    | 0.48                      | 0.36   | 2.46   | 3.30    |
| CEBOLLA                                                                                             | 10.00         | 0.14   | 0.02   | 1.13    | 0.56                      | 0.18   | 4.52   | 5.26    |
| ACEITE VEGETAL                                                                                      | 8.00          | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| BROCOLI                                                                                             | 15.00         | 0.74   | 0.14   | 0.86    | 2.94                      | 1.22   | 3.42   | 7.58    |
| MANZANILLA                                                                                          | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                        | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                           |               | 26.58  | 18.85  | 97.21   | 106.30                    | 169.61 | 388.78 | 664.69  |
|                                                                                                     |               |        |        |         | V. C. CENA                |        |        | 664.69  |
|                                                                                                     |               |        |        |         | % DIST. CENA              |        |        | 27%     |
|                                                                                                     | VCT (Gr.)     | 87.2   | 44.39  | 437.96  |                           |        |        |         |
|                                                                                                     | VCT (Kcal.)   | 348.78 | 399.48 | 1751.75 |                           |        |        |         |
|                                                                                                     | VCT (%)       | 14%    | 16%    | 70%     |                           |        |        |         |
|                                                                                                     |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

Dr. Msc. Dr. Antonio Saavedra Cieza  
AREA DE NUTRICION  
CNP. 2000

FORMATO N° 01 - A

22

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

MENÚ N° 9 23

| ALIMENTO                                                                  | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|---------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                           | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: QUINUA + 03 PANES CON QUESO                                     |               |        |        |         |                           |        |         |         |
| QUINUA                                                                    | 25.00         | 3.40   | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30   | 92.95   |
| QUESO                                                                     | 40.00         | 6.52   | 4.12   | 1.36    | 26.08                     | 37.08  | 5.44    | 68.60   |
| PAN FRANCES                                                               | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68  | 261.54  |
| AZUCAR RUBIA                                                              | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96  | 117.96  |
| SUB TOTAL                                                                 |               | 17.48  | 5.75   | 104.85  | 69.92                     | 51.75  | 419.38  | 541.05  |
|                                                                           |               |        |        |         | V.C. DESAYUNO             |        |         | 541.05  |
|                                                                           |               |        |        |         | % DIST. DESAYUNO          |        |         | 22%     |
| ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                            | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| POLLO CON HUESO                                                           | 100.00        | 18.20  | 10.20  | 0.00    | 72.80                     | 91.80  | 0.00    | 164.60  |
| PAPA BLANCA                                                               | 180.00        | 3.78   | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56  | 177.30  |
| OLLUCO                                                                    | 100.00        | 1.10   | 0.10   | 14.30   | 4.40                      | 0.90   | 57.20   | 62.50   |
| AZUCAR RUBIA                                                              | 40.00         | 0.00   | 0.00   | 39.32   | 0.00                      | 0.00   | 157.28  | 157.28  |
| CEBOLLA CHINA                                                             | 20.00         | 0.46   | 0.08   | 1.50    | 1.84                      | 0.72   | 6.00    | 8.56    |
| CEBOLLA                                                                   | 28.00         | 0.39   | 0.06   | 3.16    | 1.57                      | 0.50   | 12.66   | 14.73   |
| TOMATE                                                                    | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16    | 6.66    |
| 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    |
| VINAGRE                                                                   | 2.00          | 0.00   | 0.00   | 0.10    | 0.00                      | 0.00   | 0.40    | 0.40    |
| ACEITE VEGETAL                                                            | 30.00         | 0.00   | 30.00  | 0.00    | 0.00                      | 270.00 | 0.00    | 270.00  |
| MENTA                                                                     | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| PLATANO DE SEDA                                                           | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40  | 148.32  |
| SUB TOTAL                                                                 |               | 38.96  | 41.99  | 250.94  | 155.87                    | 377.91 | 1003.78 | 1537.56 |
|                                                                           |               |        |        |         | V. C. ALMUERZO            |        |         | 1537.56 |
|                                                                           |               |        |        |         | % DIST. ALMUERZO          |        |         | 62%     |
| CENA: MAIZENA CON LECHE + 02 PANES                                        |               |        |        |         |                           |        |         |         |
| MAIENA                                                                    | 40.00         | 0.24   | 0.08   | 34.68   | 0.96                      | 0.72   | 138.72  | 140.40  |
| PAN FRANCES                                                               | 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                                                              | 27.00         | 0.00   | 0.00   | 26.54   | 0.00                      | 0.00   | 106.16  | 106.16  |
| SUB TOTAL                                                                 |               | 5.28   | 0.20   | 99.50   | 21.12                     | 1.80   | 398.00  | 420.92  |
|                                                                           |               |        |        |         | V. C. CENA                |        |         | 420.92  |
|                                                                           |               |        |        |         | % DIST. CENA              |        |         | 17%     |
| VCT (Gr.)                                                                 |               | 61.72  | 47.94  | 455.29  |                           |        |         |         |
| VCT (Kcal.)                                                               |               | 246.91 | 431.46 | 1821.16 |                           |        |         |         |
| VCT (%)                                                                   |               | 10%    | 17%    | 73%     |                           |        |         |         |
|                                                                           |               |        |        |         | V. C. T. MENU             |        |         | 2500    |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
DNI. 26641889

  
ÁREA DE NUTRICION  
CNR 2008

FORMATO N° 01 - A

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

MENÚ N° 10 24

| ALIMENTO                                                                           | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                                    | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)                             |               |        |        |         |                           |        |         |         |
| SOYA                                                                               | 30.00         | 8.46   | 5.67   | 10.71   | 33.84                     | 51.03  | 42.840  | 127.71  |
| PLATANO DE SEDA                                                                    | 150.00        | 2.25   | 0.45   | 31.50   | 9                         | 4.05   | 126.000 | 139.05  |
| PAN FRANCES                                                                        | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                       | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.300  | 98.30   |
| SUB TOTAL                                                                          |               | 18.27  | 6.30   | 124.21  | 73.08                     | 56.70  | 496.820 | 626.60  |
|                                                                                    |               |        |        |         | V.C. DESAYUNO             |        |         | 626.60  |
|                                                                                    |               |        |        |         | % DIST. DESAYUNO          |        |         | 25%     |
| ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALDA +FRUTA + INFUSION |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                                     | 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         | 18.08  | 0.8    | 48.8    | 72.32                     | 7.2    | 195.2   | 274.72  |
| AJOS                                                                               | 3.00          | 0.17   | 0.02   | 0.91    | 0.67                      | 0.22   | 3.65    | 4.54    |
| CEBOLLA                                                                            | 30.00         | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56   | 15.78   |
| AJI AMARILLO                                                                       | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76    | 2.26    |
| TOMATE                                                                             | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16    | 6.66    |
| ACEITE VEGETAL                                                                     | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| ANIS                                                                               | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| NARAJA DE MESA                                                                     | 150.00        | 0.75   | 0.30   | 12.3    | 3.00                      | 2.70   | 49.20   | 54.9    |
| SAL                                                                                | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                       | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30   | 98.30   |
| LIMON                                                                              | 2.00          | 0.01   | 0      | 0.19    | 0.04                      | 0.04   | 0.78    | 0.86    |
| SUB TOTAL                                                                          |               | 64.18  | 39.35  | 208.60  | 256.69                    | 354.19 | 834.41  | 1445.29 |
|                                                                                    |               |        |        |         | V. C. ALMUERZO            |        |         | 1445.29 |
|                                                                                    |               |        |        |         | % DIST. ALMUERZO          |        |         | 58%     |
| CENA: SOPA DE TRIGO CON POLLO                                                      |               |        |        |         |                           |        |         |         |
| TRIGO                                                                              | 40.00         | 3.44   | 0.6    | 29.48   | 13.76                     | 5.4    | 117.92  | 137.08  |
| POLLO                                                                              | 60.00         | 10.92  | 6.12   | 0.00    | 43.68                     | 55.08  | 0.00    | 98.76   |
| ZAPALLO                                                                            | 10.00         | 0.07   | 0.02   | 0.64    | 0.28                      | 0.18   | 2.56    | 3.02    |
| 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                                                                        | 120.00        | 2.52   | 0.12   | 26.76   | 10.08                     | 1.08   | 107.04  | 118.2   |
| SUB TOTAL                                                                          |               | 18.03  | 12.27  | 61.75   | 72.10                     | 110.47 | 246.99  | 429.56  |
|                                                                                    |               |        |        |         | V. C. CENA                |        |         | 429.56  |
|                                                                                    |               |        |        |         | % DIST. CENA              |        |         | 17%     |
|                                                                                    | VCT (Gr.)     | 100.48 | 57.92  | 394.56  |                           |        |         |         |
|                                                                                    | VCT (Kcal.)   | 401.87 | 521.36 | 1578.22 |                           |        |         |         |
|                                                                                    | VCT (%)       | 16%    | 21%    | 63%     |                           |        |         |         |
|                                                                                    |               |        |        |         | V. C. T. MENU             |        |         | 2501    |

CONTRATISTA

NUTRICIONISTA

Lauriano Garcia Idrogo  
DNI. 26641889

Sergio Antonio Saavedra C. S.  
AREA DE NUTRICION  
C.R. 2000

FORMATO N° 01 - A

20

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

MENÚ N° 11 25

| ALIMENTO                                                                                    | PESO<br>BRUTO | PROT  | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------|---------------|-------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                             | (g)           | (g)   | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA                         |               |       |        |         |                           |        |        |         |
| QUINUA                                                                                      | 25.00         | 3.40  | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30  | 92.95   |
| MACA                                                                                        | 25.00         | 2.95  | 0.40   | 16.60   | 11.80                     | 3.60   | 66.40  | 81.8    |
| ATUN                                                                                        | 30.00         | 7.26  | 6.15   | 0.00    | 29.04                     | 55.35  | 0.00   | 84.39   |
| CEBOLLA                                                                                     | 20.00         | 0.28  | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04   | 10.52   |
| LIMON                                                                                       | 0.50          | 0.00  | 0.00   | 0.05    | 0.01                      | 0.01   | 0.19   | 0.21    |
| AZUCAR RUBIA                                                                                | 25.00         | 0.00  | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.3    |
| PAN FRANCES                                                                                 | 90.00         | 7.56  | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| SUB TOTAL                                                                                   |               | 21.45 | 8.22   | 117.49  | 85.81                     | 73.99  | 469.91 | 629.71  |
|                                                                                             |               |       |        |         | V.C. DESAYUNO             |        |        | 629.71  |
|                                                                                             |               |       |        |         | % DIST. DESAYUNO          |        |        | 25%     |
| ALMUERZO: ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA + FRUTA + INFUSION |               |       |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                              | 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  |
| AZUCAR RUBIA                                                                                | 28.00         | 0.00  | 0.00   | 27.52   | 0.00                      | 0.00   | 110.10 | 110.10  |
| TOMATE                                                                                      | 20.00         | 0.16  | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| BROCOLI                                                                                     | 20.00         | 0.98  | 0.18   | 1.14    | 3.92                      | 1.62   | 4.56   | 10.10   |
| CEBOLLA                                                                                     | 25.00         | 0.35  | 0.05   | 2.83    | 1.40                      | 0.45   | 11.30  | 13.15   |
| PEPINILLOS                                                                                  | 10.00         | 0.05  | 0.01   | 0.26    | 0.20                      | 0.09   | 1.04   | 1.33    |
| LIMON                                                                                       | 2.00          | 0.01  | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PIMIENTA MOLIDA                                                                             | 1.00          | 0.08  | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| SAL                                                                                         | 1.00          | 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    |
| ACEITE VEGETAL                                                                              | 22.00         | 0.00  | 22.00  | 0.00    | 0.00                      | 198.00 | 0.00   | 198.00  |
| MENTA                                                                                       | 10.00         | 0.00  | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PLATANO DE SEDA                                                                             | 150.00        | 2.25  | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| SUB TOTAL                                                                                   |               | 54.04 | 33.12  | 232.12  | 216.18                    | 298.12 | 928.48 | 1442.78 |
|                                                                                             |               |       |        |         | V. C. ALMUERZO            |        |        | 1442.78 |
|                                                                                             |               |       |        |         | % DIST. ALMUERZO          |        |        | 58%     |
| CENA: CALDO DE FIDEOS + HUEVOS REVUELTOS                                                    |               |       |        |         |                           |        |        |         |
| FIDEOS SURTIDOS                                                                             | 40.00         | 3.76  | 0.08   | 31.28   | 15.04                     | 0.72   | 125.12 | 140.88  |
| HUEVOS                                                                                      | 35.00         | 4.73  | 2.94   | 0.67    | 18.90                     | 26.46  | 2.66   | 48.02   |
| PAPA BLANCA                                                                                 | 180.00        | 3.78  | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56 | 177.30  |
| ZANAHORIA                                                                                   | 10.00         | 0.06  | 0.05   | 0.92    | 0.24                      | 0.45   | 3.68   | 4.37    |
| ZAPALLO                                                                                     | 15.00         | 0.11  | 0.03   | 0.96    | 0.42                      | 0.27   | 3.84   | 4.53    |
| ACEITE VEGETAL                                                                              | 5.00          | 0.00  | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PORO                                                                                        | 10.00         | 0.27  | 0.08   | 0.76    | 1.08                      | 0.72   | 3.04   | 4.84    |
| APIO                                                                                        | 10.00         | 0.07  | 0.02   | 0.48    | 0.28                      | 0.18   | 1.92   | 2.38    |
| SAL                                                                                         | 2.00          | 0.00  | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| OREGANO SECO                                                                                | 0.50          | 0.01  | 0.00   | 0.06    | 0.03                      | 0.02   | 0.23   | 0.28    |
| SUB TOTAL                                                                                   |               | 12.79 | 8.38   | 75.27   | 51.11                     | 75.44  | 301.05 | 427.60  |
|                                                                                             |               |       |        |         | V. C. CENA                |        |        | 427.60  |
|                                                                                             |               |       |        |         | % DIST. CENA              |        |        | 17%     |
| VCT (Gr.)                                                                                   |               | 88.28 | 49.72  | 424.88  |                           |        |        |         |
| VCT (Kcal.)                                                                                 |               | 353.1 | 447.55 | 1699.44 |                           |        |        |         |
| VCT (%)                                                                                     |               | 14%   | 18%    | 68%     |                           |        |        |         |
|                                                                                             |               |       |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
DNI. 26641889

Sergio Antonio Saavedra Cleza  
AREA DE NUTRICION  
CUB 2068

# FORMATO N° 01 - A

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

MENÚ N° 12 26

| ALIMENTO                                                                      | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                               | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA CON LECHE + 03 PANES CON JAMONADA                             |               |        |        |         |                           |        |        |         |
| AVENA                                                                         | 30.00         | 3.99   | 1.20   | 21.60   | 15.96                     | 10.80  | 86.40  | 113.16  |
| LECHE EVAPORADA                                                               | 70.00         | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN FRANCES                                                                   | 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         | 0.00   | 0.00   | 111.23  | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                     |               | 21.16  | 15.90  | 197.88  | 84.64                     | 143.10 | 444.90 | 672.64  |
|                                                                               |               |        |        |         | V.C. DESAYUNO             |        |        | 672.64  |
|                                                                               |               |        |        |         | % DIST. DESAYUNO          |        |        | 27%     |
| ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                               | 100.00        | 16.90  | 3.50   | 0.00    | 67.60                     | 31.50  | 0.00   | 99.10   |
| AJOS                                                                          | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.46   | 3.05    |
| ARVEJAS FRESCAS                                                               | 30.00         | 2.13   | 0.18   | 5.64    | 8.52                      | 1.62   | 22.56  | 32.70   |
| ZANAHORIA                                                                     | 15.00         | 0.09   | 0.08   | 1.38    | 0.36                      | 0.68   | 5.52   | 6.56    |
| TOMATE                                                                        | 15.00         | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58   | 3.33    |
| CEBOLLA                                                                       | 15.00         | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78   | 7.89    |
| CHOCLO DESGRANADO                                                             | 25.00         | 0.95   | 0.25   | 7.33    | 3.80                      | 2.25   | 29.30  | 35.35   |
| PAPA BLANCA                                                                   | 180.00        | 3.78   | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56 | 177.30  |
| HIERBA BUENA                                                                  | 12.00         | 0.37   | 0.12   | 0.84    | 1.49                      | 1.08   | 3.36   | 5.93    |
| COMINO MOLIDO                                                                 | 1.00          | 0.11   | 0.12   | 0.29    | 0.46                      | 1.12   | 1.14   | 2.72    |
| AZUCAR RUBIA                                                                  | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| ACEITE VEGETAL                                                                | 10.00         | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| MANZANILLA                                                                    | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                               | 150.00        | 1.80   | 0.30   | 16.35   | 7.20                      | 2.70   | 65.40  | 75.30   |
| SAL                                                                           | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                     |               | 38.87  | 15.56  | 216.21  | 155.52                    | 140.00 | 864.76 | 1160.28 |
|                                                                               |               |        |        |         | V. C. ALMUERZO            |        |        | 1160.28 |
|                                                                               |               |        |        |         | % DIST. ALMUERZO          |        |        | 46%     |
| CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION                  |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                | 90.00         | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| PAPA BLANCA                                                                   | 100.00        | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| RES SIN HUESO                                                                 | 50.00         | 10.65  | 0.80   | 0.00    | 42.60                     | 7.20   | 0.00   | 49.80   |
| TOMATE                                                                        | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| CEBOLLA                                                                       | 20.00         | 0.28   | 0.04   | 2.26    | 1.12                      | 0.36   | 9.04   | 10.52   |
| AJI AMARILLO                                                                  | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| ANIS                                                                          | 10.00         | 0.00   | 0.00   | 0.00    | G                         | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                  | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| ACEITE VEGETAL                                                                | 10.00         | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| SAL                                                                           | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                     |               | 20.62  | 11.47  | 120.46  | 82.46                     | 103.19 | 481.82 | 667.47  |
|                                                                               |               |        |        |         | V. C. CENA                |        |        | 667.47  |
|                                                                               |               |        |        |         | % DIST. CENA              |        |        | 27%     |
| VCT (Gr.)                                                                     |               | 80.65  | 42.93  | 534.55  |                           |        |        |         |
| VCT (Kcal.)                                                                   |               | 322.62 | 386.29 | 1791.48 |                           |        |        |         |
| VCT (%)                                                                       |               | 13%    | 15%    | 72%     |                           |        |        |         |
|                                                                               |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

Lauriano García Idrogo  
DNI. N° 26641889

NUTRICIONISTA

Lic. Mtr. Sergio Antonio Saavedra Cieza  
CNP. 2066

FORMATO N° 01 - A

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

MENÚ N° 13 27

| ALIMENTO                                                                    | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|-----------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                             | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE + 03 PANES CON ACEITUNA                                     |               |        |        |         |                           |        |         |         |
| ACEITUNA                                                                    | 40.00         | 0.32   | 12.84  | 2.92    | 1.28                      | 115.56 | 11.680  | 128.52  |
| LECHE EVAPORADA                                                             | 120.00        | 8.40   | 9.72   | 13.08   | 33.60                     | 87.48  | 52.320  | 173.4   |
| PAN FRANCES                                                                 | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.300  | 98.30   |
| SUB TOTAL                                                                   |               | 16.28  | 22.74  | 98.00   | 65.12                     | 204.66 | 391.98  | 661.76  |
|                                                                             |               |        |        |         | V.C. DESAYUNO             |        |         | 661.76  |
|                                                                             |               |        |        |         | % DIST. DESAYUNO          |        |         | 26%     |
| ALMUERZO: ARROZ GRANEADO + PESCADO + MENESTRA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                              | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| PESCADO                                                                     | 160.00        | 34.56  | 6.24   | 0.48    | 138.24                    | 56.16  | 1.92    | 196.32  |
| ARVEJITA 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    |
| TOMATE                                                                      | 15.00         | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58    | 3.33    |
| CEBOLLA                                                                     | 15.00         | 0.21   | 0.03   | 1.7     | 0.84                      | 0.27   | 6.78    | 7.89    |
| AJOS                                                                        | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43    | 3.02    |
| PIMIENTA MOLIDA                                                             | 1.00          | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54    | 3.60    |
| SAL                                                                         | 3.00          | 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                                                              | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| AZUCAR RUBIA                                                                | 20.00         | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64   | 78.64   |
| ANIS                                                                        | 10.00         | 0.00   | 0.00   | 0       | 0.00                      | 0.00   | 0       | 0       |
| LIMA                                                                        | 150.00        | 0.9    | 0.6    | 8.85    | 3.60                      | 5.4    | 35.40   | 44.4    |
| SUB TOTAL                                                                   |               | 65.65  | 15.31  | 198.46  | 262.63                    | 137.79 | 793.79  | 1194.21 |
|                                                                             |               |        |        |         | V. C. ALMUERZO            |        |         | 1194.21 |
|                                                                             |               |        |        |         | % DIST. ALMUERZO          |        |         | 48%     |
| CENA: ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION          |               |        |        |         |                           |        |         |         |
| ARROZ SUPERIOR                                                              | 90.00         | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08  | 313.65  |
| MOLLEJAS                                                                    | 80.00         | 16.4   | 5.60   | 1.28    | 65.60                     | 50.40  | 5.12    | 121.12  |
| PAPA BLANCA                                                                 | 120.00        | 2.52   | 0.12   | 26.76   | 10.08                     | 1.08   | 107.04  | 118.2   |
| ACEITE VEGETAL                                                              | 3.00          | 0.00   | 3.00   | 0.00    | 0.00                      | 27.00  | 0.00    | 27      |
| CEBOLLA                                                                     | 15.00         | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78    | 7.89    |
| TOMATE                                                                      | 15.00         | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58    | 3.33    |
| AZUCAR RUBIA                                                                | 15.00         | 0.00   | 0.00   | 14.75   | 0.00                      | 0.00   | 58.98   | 58.98   |
| MANZANILLA                                                                  | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| SAL                                                                         | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| SUB TOTAL                                                                   |               | 26.63  | 9.23   | 115.16  | 106.52                    | 83.07  | 460.58  | 650.17  |
|                                                                             |               |        |        |         | V. C. CENA                |        |         | 650.17  |
|                                                                             |               |        |        |         | % DIST. CENA              |        |         | 26%     |
|                                                                             | VCT (Gr.)     | 108.56 | 47.28  | 411.62  |                           |        |         |         |
|                                                                             | VCT (Kcal.)   | 434.27 | 425.52 | 1646.35 |                           |        |         |         |
|                                                                             | VCT (%)       | 17%    | 17%    | 66%     |                           |        |         |         |
|                                                                             | V. C. T. MENU |        |        |         |                           |        |         | 2506    |

CONTRATISTA

NUTRICIONISTA

  
Lauriano Garcia Idrogo  
DNI. 26641889

  
L.C. NUT. Sergio Antonio Saavedra Cieza  
AREA DE NUTRICION  
COR 2064

FORMATO N° 01 - A

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

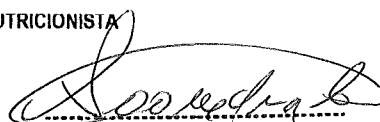
MENÚ N° 14 28

| ALIMENTO                                                                                 | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                          | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO                                            |               |        |        |         |                           |        |        |         |
| CHUFLA                                                                                   | 30.00         | 2.70   | 1.35   | 22.14   | 10.80                     | 12.15  | 88.56  | 111.51  |
| HOT DOG DE POLLO                                                                         | 40.00         | 4.40   | 13.72  | 0.00    | 17.60                     | 123.48 | 0.00   | 141.08  |
| ACEITE VEGETAL                                                                           | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAN FRANCES                                                                              | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                             | 25.00         | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                |               | 14.66  | 20.25  | 104.14  | 58.64                     | 182.25 | 416.54 | 657.43  |
|                                                                                          |               |        |        |         | V.C. DESAYUNO             |        |        | 657.43  |
|                                                                                          |               |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ALMUERZO: ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA + FRUTA + INFUSION |               |        |        |         |                           |        |        |         |
| ARROZ SUPERIOR                                                                           | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                          | 160.00        | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| PAPA BLANCA                                                                              | 200.00        | 4.20   | 0.20   | 44.60   | 16.80                     | 1.80   | 178.40 | 197.00  |
| AJOS                                                                                     | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| CEBOLLA                                                                                  | 15.00         | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78   | 7.89    |
| AJI AMARILLO                                                                             | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| TOMATE                                                                                   | 20.00         | 0.16   | 0.04   | 0.86    | 0.64                      | 0.36   | 3.44   | 4.44    |
| PEPINILLOS                                                                               | 15.00         | 0.08   | 0.02   | 0.39    | 0.30                      | 0.14   | 1.56   | 2.00    |
| ACEITE VEGETAL                                                                           | 15.00         | 0.00   | 15.00  | 0.00    | 0.00                      | 135.00 | 0.00   | 135.00  |
| MENTA                                                                                    | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PLATANO DE SEDA                                                                          | 150.00        | 2.25   | 0.45   | 31.50   | 9.00                      | 4.05   | 126.00 | 139.05  |
| SAL                                                                                      | 3.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                             | 26.00         | 0.00   | 0.00   | 25.56   | 0.00                      | 0.00   | 102.23 | 102.23  |
| LIMON                                                                                    | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| SUB TOTAL                                                                                |               | 48.49  | 32.87  | 222.55  | 193.93                    | 295.75 | 890.18 | 1379.86 |
|                                                                                          |               |        |        |         | V. C. ALMUERZO            |        |        | 1379.86 |
|                                                                                          |               |        |        |         | % DIST. ALMUERZO          |        |        | 55%     |
| CENA: SOPA DE FIDEOS CON VERDURA + MENUDENCIA DE POLLO                                   |               |        |        |         |                           |        |        |         |
| FIDEOS SURTIDO                                                                           | 50.00         | 4.70   | 0.10   | 39.10   | 18.80                     | 0.90   | 156.40 | 176.10  |
| MENUDENCIA POLLO                                                                         | 60.00         | 12.30  | 4.20   | 0.96    | 49.20                     | 37.80  | 3.84   | 90.84   |
| PORO                                                                                     | 15.00         | 0.41   | 0.12   | 1.14    | 1.62                      | 1.08   | 4.56   | 7.26    |
| APIO                                                                                     | 15.00         | 0.11   | 0.03   | 0.72    | 0.42                      | 0.27   | 2.88   | 3.57    |
| OREGANO SECO                                                                             | 1.00          | 0.02   | 0.01   | 0.11    | 0.06                      | 0.05   | 0.45   | 0.56    |
| ZANAHORIA                                                                                | 10.00         | 0.06   | 0.05   | 0.92    | 0.24                      | 0.45   | 3.68   | 4.37    |
| ZAPALLO                                                                                  | 10.00         | 0.07   | 0.02   | 0.64    | 0.28                      | 0.18   | 2.56   | 3.02    |
| PAPA BLANCA                                                                              | 180.00        | 3.78   | 0.18   | 40.14   | 15.12                     | 1.62   | 160.56 | 177.30  |
| SAZONADOR BLANCO                                                                         | 0.50          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                |               | 21.45  | 4.71   | 83.73   | 85.74                     | 42.35  | 334.93 | 463.02  |
|                                                                                          |               |        |        |         | V. C. CENA                |        |        | 463.02  |
|                                                                                          |               |        |        |         | % DIST. CENA              |        |        | 19%     |
|                                                                                          | VCT (Gr.)     | 84.6   | 57.83  | 410.42  |                           |        |        |         |
|                                                                                          | VCT (Kcal.)   | 338.31 | 520.35 | 1641.65 |                           |        |        |         |
|                                                                                          | VCT (%)       | 14%    | 21%    | 66%     |                           |        |        |         |
|                                                                                          |               |        |        |         | V. C. T. MENU             |        |        | 2500    |

CONTRATISTA

Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

  
Lic. Sergio Antonio Saavedra Cieza  
AREA DE NUTRICION  
CAR 2060



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

**DEL DE ENERO AL DE FEBRERO DE 2018**

**MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA**

| N° | FECHA     | DESAYUNO                                          | MEDIA MAÑANA      | ALMUERZO                                                                       | MEDIA TARDE             | CENA                                                          |
|----|-----------|---------------------------------------------------|-------------------|--------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------|
| 1  | DOMINGO   | QUINUA + 01 PAN CON POLLO A LA PLANCHA            | PURE DE PLATANO   | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN           | JUGO DE PAPAYA          | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                  |
| 2  | LUNES     | QUINUA + 01 PAN CON HUEVO DURO                    | MAIZENA CON LECHE | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN | JUGO DE NARANJA         | ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN |
| 3  | MARTES    | LECHE + 01 PAN CON PESCADO FRITO                  | PURE DE PLATANO   | ARROZ GRANEADO + GUIZO DE RES CON ESPINACA + ENSALADA + INFUSIÓN               | ANIS + 01 PAN CON QUESO | ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN                     |
| 4  | MIÉRCOLES | AVENA + 01 PAN CON HIGADITO                       | MAIZENA CON LECHE | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | SEMOLA CON LECHE        | ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN                |
| 5  | JUEVES    | TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS | JUGO DE PAPAYA    | ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA          | MANZANA EN ALMIBAR      | SOPA DE FIDEOS CON POLLO + INFUSIÓN                           |
| 6  | VIERNES   | KIWICHA + 01 PAN CON QUESO                        | FRESA CON LECHE   | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                                   | MANZANA EN ALMIBAR      | ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN                    |
| 7  | SABADO    | SOYA + 01 PAN CON HUEVO                           | LECHE             | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN                           | MAZAMORRA DE LECHE      | SOPA A LA MINUTA CON MENUDENCIA DE POLLO                      |
| 8  | DOMINGO   | QUINUA + 01 PAN CON POLLO A LA PLANCHA            | PURE DE PLATANO   | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN           | JUGO DE PAPAYA          | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                  |
| 9  | LUNES     | QUINUA + 01 PAN CON HUEVO DURO                    | MAIZENA CON LECHE | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN | JUGO DE NARANJA         | ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN |
| 10 | MARTES    | LECHE + 01 PAN CON PESCADO FRITO                  | PURE DE PLATANO   | ARROZ GRANEADO + GUIZO DE RES CON ESPINACA + ENSALADA + INFUSIÓN               | ANIS + 01 PAN CON QUESO | ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN                     |
| 11 | MIÉRCOLES | AVENA + 01 PAN CON HIGADITO                       | MAIZENA CON LECHE | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | SEMOLA CON LECHE        | ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN                |
| 12 | JUEVES    | TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS | JUGO DE PAPAYA    | ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA          | MANZANA EN ALMIBAR      | SOPA DE FIDEOS CON POLLO + INFUSIÓN                           |
| 13 | VIERNES   | KIWICHA + 01 PAN CON QUESO                        | FRESA CON LECHE   | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                                   | MANZANA EN ALMIBAR      | ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN                    |
| 14 | SABADO    | SOYA + 01 PAN CON HUEVO DURO                      | LECHE             | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN                           | MAZAMORRA DE LECHE      | SOPA A LA MINUTA CON MENUDENCIA DE POLLO                      |
| 15 | DOMINGO   | QUINUA + 01 PAN CON POLLO A LA PLANCHA            | PURE DE PLATANO   | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN           | JUGO DE PAPAYA          | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                  |

CONTRATISTA

  
**Lauriano García Idrogo**  
 DNI. N° 26641889

NUTRICIONISTA

  
**Sr. Nut. Sergio Antonio Saavedra Cieza**  
 AREA DE NUTRICIÓN  
 CUR 2009

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

**DEL DE ENERO AL DE FEBRERO DE 2018**

**MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA**

| Nº | FECHA     | DESAYUNO                                          | MEDIA MAÑANA      | ALMUERZO                                                                       | MEDIA TARDE             | CENA                                                          |
|----|-----------|---------------------------------------------------|-------------------|--------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------|
| 16 | LUNES     | QUINUA + 01 PAN CON HUEVO DURO                    | MAIZENA CON LECHE | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN | JUGO DE NARANJA         | ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 17 | MARTES    | LECHE + 01 PAN CON PESCADO FRITO                  | PURE DE PLATANO   | ARROZ GRANEADO + GUIISO DE RES CON ESPINACA + ENSALADA + INFUSIÓN              | ANIS + 01 PAN CON QUESO | ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN                     |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 18 | MIERCOLES | AVENA + 01 PAN CON HIGADITO                       | MAIZENA CON LECHE | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | SEMOLA CON LECHE        | ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN                |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 19 | JUEVES    | TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS | JUGO DE PAPAYA    | ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA          | MANZANA EN ALMIBAR      | SOPA DE FIDEOS CON POLLO + INFUSIÓN                           |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 20 | VIERNES   | KIWICHA + 01 PAN CON QUESO                        | FRESA CON LECHE   | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                                   | MANZANA EN ALMIBAR      | ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN                    |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 21 | SABADO    | SOYA + 01 PAN CON HUEVO DURO                      | LECHE             | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN                           | MAZAMORRA DE LECHE      | SOPA A LA MINUTA CON MENUDENCIA DE POLLO                      |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 22 | DOMINGO   | QUINUA + 01 PAN CON POLLO A LA PLANCHA            | PURE DE PLATANO   | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN           | JUGO DE PAPAYA          | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                  |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 23 | LUNES     | QUINUA + 01 PAN CON HUEVO DURO                    | MAIZENA CON LECHE | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN | JUGO DE NARANJA         | ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 24 | MARTES    | LECHE + 01 PAN CON PESCADO FRITO                  | PURE DE PLATANO   | ARROZ GRANEADO + GUIISO DE RES CON ESPINACA + ENSALADA + INFUSIÓN              | ANIS + 01 PAN CON QUESO | ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN                     |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 25 | MIERCOLES | AVENA + 01 PAN CON HIGADITO                       | MAIZENA CON LECHE | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | SEMOLA CON LECHE        | ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN                |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 26 | JUEVES    | TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS | JUGO DE PAPAYA    | ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA          | MANZANA EN ALMIBAR      | SOPA DE FIDEOS CON POLLO + INFUSIÓN                           |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 27 | VIERNES   | KIWICHA + 01 PAN CON QUESO                        | FRESA CON LECHE   | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                                   | MANZANA EN ALMIBAR      | ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN                    |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 28 | SABADO    | SOYA + 01 PAN CON HUEVO DURO                      | LECHE             | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN                           | MAZAMORRA DE LECHE      | SOPA A LA MINUTA CON MENUDENCIA DE POLLO                      |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 29 | DOMINGO   | QUINUA + 01 PAN CON POLLO A LA PLANCHA            | PURE DE PLATANO   | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN           | JUGO DE PAPAYA          | ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN                  |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 30 | LUNES     | QUINUA + 01 PAN CON HUEVO DURO                    | MAIZENA CON LECHE | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN | JUGO DE NARANJA         | ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN |
|    |           |                                                   |                   |                                                                                |                         |                                                               |
| 31 | MARTES    | LECHE + 01 PAN CON PESCADO FRITO                  | PURE DE PLATANO   | ARROZ GRANEADO + GUIISO DE RES CON ESPINACA + ENSALADA + INFUSIÓN              | ANIS + 01 PAN CON QUESO | ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN                     |
|    |           |                                                   |                   |                                                                                |                         |                                                               |

CONTRATISTA

**Lauriano García Idrogo**  
DNI. N° 26641889

NUTRICIONISTA

**Sergio Antonio Saavedra Ciro**  
ÁREA DE NUTRICIÓN  
CAR. 2064

FORMATO - B

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

MENÚ N° 1 15 29

| ALIMENTO                                         | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                                  | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: QUINUA + 01 PAN CON POLLO A LA PLANCHA |               |        |       |        |       |                           |        |        |                         |
| QUINUA                                           | 15.00         | 56.10  | 2.04  | 0.87   | 9.95  | 8.16                      | 7.83   | 39.78  | 55.77                   |
| PAN FRANCES                                      | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| POLLO                                            | 35.00         | 0.00   | 6.37  | 3.57   | 0.00  | 25.48                     | 32.13  | 0.00   | 57.61                   |
| AZUCAR REFINADA                                  | 10.00         | 0.00   | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                        |               | 114.30 | 10.09 | 4.48   | 32.54 | 40.38                     | 40.32  | 130.14 | 210.82                  |
|                                                  |               |        |       |        |       | VCT. DES.                 | 210.82 |        | 19%                     |

|                                     |        |              |             |             |              |                  |               |               |               |
|-------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA PURE DE PLATANO</b> |        |              |             |             |              |                  |               |               |               |
| PLATANO DE SEDA                     | 100.00 | 56.44        | 1.50        | 0.30        | 21.00        | 6.00             | 2.70          | 84.00         | 92.70         |
| AZUCAR REFINADA                     | 10.00  | 38.40        | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| <b>SUB TOTAL</b>                    |        | <b>94.84</b> | <b>1.50</b> | <b>0.30</b> | <b>30.83</b> | <b>6.00</b>      | <b>2.70</b>   | <b>123.32</b> | <b>132.02</b> |
|                                     |        |              |             |             |              | <b>VCT. DES.</b> | <b>132.02</b> |               | <b>12%</b>    |

|                                                                                       |        |               |              |              |              |                  |               |               |               |
|---------------------------------------------------------------------------------------|--------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN</b> |        |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                        | 50.00  | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                        | 10.00  | 88.40         | 0.00         | 10.00        | 0.00         | 0.00             | 90.00         | 0.00          | 90.00         |
| CARNE DE GALLINA                                                                      | 50.00  | 54.00         | 10.30        | 1.80         | 0.00         | 41.20            | 16.20         | 0.00          | 57.40         |
| CEBOLLA                                                                               | 30.00  | 13.23         | 0.42         | 0.06         | 3.39         | 1.68             | 0.54          | 13.56         | 15.78         |
| LIMON                                                                                 | 5.00   | 0.77          | 0.03         | 0.01         | 0.49         | 0.10             | 0.09          | 1.94          | 2.13          |
| 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         |
| MANDARINA                                                                             | 100.00 | 29.05         | 0.60         | 0.30         | 8.60         | 2.40             | 2.70          | 34.40         | 39.50         |
| 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          |
| <b>SUB TOTAL</b>                                                                      |        | <b>425.17</b> | <b>16.33</b> | <b>12.60</b> | <b>68.05</b> | <b>65.30</b>     | <b>113.40</b> | <b>284.16</b> | <b>442.88</b> |
|                                                                                       |        |               |              |              |              | <b>VCT. ALM.</b> | <b>442.86</b> |               | <b>41%</b>    |

|                                   |        |              |             |             |              |                  |              |              |              |
|-----------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA TARDE JUGO DE PAPAYA</b> |        |              |             |             |              |                  |              |              |              |
| PAPAYA                            | 100.00 | 28.80        | 0.40        | 0.10        | 8.20         | 1.60             | 0.90         | 32.80        | 35.30        |
| AZUCAR REFINADA                   | 10.00  | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00         | 39.32        | 39.32        |
| <b>SUB TOTAL</b>                  |        | <b>28.80</b> | <b>0.40</b> | <b>0.10</b> | <b>18.03</b> | <b>1.60</b>      | <b>0.90</b>  | <b>72.12</b> | <b>74.62</b> |
|                                   |        |              |             |             |              | <b>VCT. DES.</b> | <b>74.62</b> |              | <b>7%</b>    |

|                                                          |       |               |              |             |              |                 |               |               |               |
|----------------------------------------------------------|-------|---------------|--------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN</b> |       |               |              |             |              |                 |               |               |               |
| ARROZ SUPERIOR                                           | 30.00 | 107.70        | 2.46         | 0.15        | 23.43        | 9.84            | 1.35          | 93.36         | 104.55        |
| CARNE DE RES                                             | 40.00 | 37.80         | 8.52         | 0.64        | 0.00         | 34.08           | 5.76          | 0.00          | 39.84         |
| PAPA BLANCA                                              | 20.00 | 18.43         | 0.42         | 0.02        | 4.46         | 1.68            | 0.18          | 17.84         | 19.70         |
| 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          |
| MANZANILLA                                               | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                                          | 5.00  | 19.20         | 0.00         | 0.00        | 4.92         | 0.00            | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                                         |       | <b>229.21</b> | <b>11.48</b> | <b>5.83</b> | <b>33.24</b> | <b>45.92</b>    | <b>52.47</b>  | <b>132.58</b> | <b>230.97</b> |
|                                                          |       |               |              |             |              | <b>VCT. CEN</b> | <b>230.97</b> |               | <b>21%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 39.80  | 23.31  | 180.69 |
| VCT (Kcal.) | 159.18 | 209.79 | 722.32 |
| VCT (%)     | 15%    | 19%    | 66%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1091</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Idrogo  
DNI. 26641889

NUTRICIONISTA

*[Firma]*  
Lic. Sergio Antonio Saavedra Cien  
AREA DE NUTRICIÓN  
CNR 2068

FORMATO - B

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

MENÚ N° 2 16 30

| ALIMENTO                                 | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |        |
|------------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|--------|
|                                          | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |        |
| DESAYUNO: QUINUA + 01 PAN CON HUEVO DURO |               |        |      |        |       |                           |        |        |                         |        |
| QUINUA                                   | 15.00         | 56.10  | 2.04 | 0.87   | 9.95  | 8.16                      | 7.83   | 39.78  | 55.77                   |        |
| PAN FRANCES                              | 20.00         | 58.20  | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |        |
| HUEVOS ROSADOS                           | 40.00         | 0.00   | 5.40 | 3.36   | 0.76  | 21.60                     | 30.24  | 3.04   | 54.88                   |        |
| AZUCAR REFINADA                          | 10.00         | 38.40  | 0.00 | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |        |
| SUB TOTAL                                |               | 152.70 | 9.12 | 4.27   | 33.30 | 36.48                     |        | 38.43  | 133.18                  | 208.09 |
|                                          |               |        |      |        |       | VCT. DES.                 |        | 208.09 |                         | 20%    |

|                                       |       |               |             |             |              |                  |              |              |               |
|---------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|--------------|--------------|---------------|
| <b>MEDIA MAÑANA MAIZENA CON LECHE</b> |       |               |             |             |              |                  |              |              |               |
| LECHE EVAPORADA                       | 50.00 | 71.50         | 3.50        | 4.05        | 5.45         | 14.00            | 36.45        | 21.80        | 72.25         |
| MAIZENA                               | 8.00  | 28.08         | 0.05        | 0.02        | 6.94         | 0.19             | 0.14         | 27.74        | 28.07         |
| AZUCAR REFINADA                       | 5.00  | 19.20         | 0.00        | 0.00        | 4.92         | 0.00             | 0.00         | 19.66        | 19.66         |
| <b>SUB TOTAL</b>                      |       | <b>118.78</b> | <b>3.55</b> | <b>4.07</b> | <b>17.31</b> | <b>14.19</b>     | <b>36.59</b> | <b>69.20</b> | <b>119.98</b> |
|                                       |       |               |             |             |              | <b>VCT. DES.</b> | <b>120</b>   |              | <b>12%</b>    |

|                                                                                                 |       |               |              |              |              |                  |               |               |               |
|-------------------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                                  | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                                  | 12.00 | 106.80        | 0.00         | 12.00        | 0.00         | 0.00             | 108.00        | 0.00          | 108.00        |
| PESCADO                                                                                         | 50.00 | 58.05         | 10.80        | 1.95         | 0.15         | 43.20            | 17.55         | 0.60          | 61.35         |
| 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          |
| NARANJA DE MESA                                                                                 | 50.00 | 17.10         | 0.60         | 0.10         | 5.45         | 2.40             | 0.90          | 21.80         | 25.10         |
| AZUCAR REFINADA                                                                                 | 12.00 | 46.08         | 0.00         | 0.00         | 11.80        | 0.00             | 0.00          | 47.18         | 47.18         |
| ZAPALLO                                                                                         | 10.00 | 2.60          | 0.07         | 0.02         | 0.64         | 0.28             | 0.18          | 2.56          | 3.02          |
| ANIS                                                                                            | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                                |       | <b>416.42</b> | <b>15.79</b> | <b>14.38</b> | <b>58.50</b> | <b>63.16</b>     | <b>129.24</b> | <b>233.98</b> | <b>426.38</b> |
|                                                                                                 |       |               |              |              |              | <b>VCT. ALM.</b> | <b>426.38</b> |               | <b>41%</b>    |

|                                    |        |              |             |             |              |                  |              |              |              |
|------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA TARDE JUGO DE NARANJA</b> |        |              |             |             |              |                  |              |              |              |
| NARANJA DE MESA                    | 150.00 | 51.30        | 1.80        | 0.30        | 16.35        | 7.20             | 2.70         | 65.40        | 75.30        |
| <b>SUB TOTAL</b>                   |        | <b>51.30</b> | <b>1.80</b> | <b>0.30</b> | <b>16.35</b> | <b>7.20</b>      | <b>2.70</b>  | <b>65.40</b> | <b>75.30</b> |
|                                    |        |              |             |             |              | <b>VCT. DES.</b> | <b>75.30</b> |              | <b>7%</b>    |

|                                                                           |       |               |             |             |              |                 |               |               |               |
|---------------------------------------------------------------------------|-------|---------------|-------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN</b> |       |               |             |             |              |                 |               |               |               |
| LECHE EVAPORADA                                                           | 15.00 | 21.45         | 1.05        | 1.22        | 1.64         | 4.20            | 10.94         | 6.54          | 21.68         |
| ARROZ SUPERIOR                                                            | 30.00 | 107.70        | 2.46        | 0.15        | 23.34        | 9.84            | 1.35          | 93.36         | 104.55        |
| PAPA BLANCA                                                               | 15.00 | 13.82         | 0.32        | 0.02        | 3.35         | 1.26            | 0.14          | 13.38         | 14.78         |
| POLLO                                                                     | 20.00 | 30.60         | 3.64        | 2.04        | 0.00         | 14.56           | 18.36         | 0.00          | 32.92         |
| MANZANILLA                                                                | 5.00  | 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         |
| <b>SUB TOTAL</b>                                                          |       | <b>211.97</b> | <b>7.47</b> | <b>3.43</b> | <b>38.16</b> | <b>29.86</b>    | <b>30.79</b>  | <b>152.60</b> | <b>213.25</b> |
|                                                                           |       |               |             |             |              | <b>VCT. CEN</b> | <b>213.25</b> |               | <b>20%</b>    |

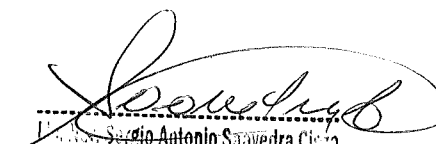
|            |        |        |        |
|------------|--------|--------|--------|
| VCT (Gr.)  | 37.73  | 26.43  | 163.62 |
| VCT (Kcal) | 150.89 | 237.75 | 654.36 |
| VCT (%)    | 14%    | 23%    | 63%    |

|                  |                |             |
|------------------|----------------|-------------|
| <b>VCT. MENU</b> | <b>1043.00</b> | <b>100%</b> |
|------------------|----------------|-------------|

CONTRATISTA

  
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FORMATO - B

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

MENÚ N° 3 17 31

| ALIMENTO                                   | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                            | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO |               |        |       |        |       |                           |        |        |                         |
| LECHE EVAPORADA                            | 50.00         | 71.50  | 3.50  | 4.05   | 5.45  | 14.00                     | 36.45  | 21.80  | 72.25                   |
| PAN FRANCES                                | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| PESCADO                                    | 50.00         | 0.00   | 10.80 | 1.95   | 0.15  | 43.20                     | 17.55  | 0.60   | 61.35                   |
| AZUCAR REFINADA                            | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                  |               | 168.10 | 15.98 | 6.04   | 28.19 | 63.92                     | 54.36  | 112.76 | 231.04                  |
|                                            |               |        |       |        |       | VCT. DES.                 | 231.04 |        | 20%                     |

|                                     |        |              |             |             |              |                  |             |               |               |
|-------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA PURE DE PLATANO</b> |        |              |             |             |              |                  |             |               |               |
| PLATANO DE SEDA                     | 100.00 | 56.44        | 1.50        | 0.30        | 21.00        | 6.00             | 2.70        | 84.00         | 92.70         |
| AZUCAR REFINADA                     | 5.00   | 19.20        | 0.00        | 0.00        | 4.92         | 0.00             | 0.00        | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                    |        | <b>75.64</b> | <b>1.50</b> | <b>0.30</b> | <b>25.92</b> | <b>6.00</b>      | <b>2.70</b> | <b>103.66</b> | <b>112.36</b> |
|                                     |        |              |             |             |              | <b>VCT. DES.</b> | <b>112</b>  |               | <b>10%</b>    |

|                                                                                   |       |               |              |              |              |                  |               |               |               |
|-----------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GUIZO DE RES CON ESPINACA + ENSALADA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                    | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                    | 15.00 | 132.60        | 0.00         | 15.00        | 0.00         | 0.00             | 135.00        | 0.00          | 135.00        |
| CARNE DE RES                                                                      | 50.00 | 47.25         | 10.65        | 0.80         | 0.00         | 42.60            | 7.20          | 0.00          | 49.80         |
| CEBOLLA                                                                           | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56             | 0.18          | 4.52          | 5.26          |
| TOMATE                                                                            | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32             | 0.18          | 1.72          | 2.22          |
| ESPINACA                                                                          | 20.00 | 4.48          | 0.38         | 0.12         | 1.26         | 1.52             | 1.08          | 5.04          | 7.64          |
| AZUCAR REFINADA                                                                   | 20.00 | 76.80         | 0.00         | 0.00         | 19.66        | 0.00             | 0.00          | 78.64         | 78.64         |
| ANIS                                                                              | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                  |       | <b>446.92</b> | <b>15.35</b> | <b>16.21</b> | <b>61.38</b> | <b>61.40</b>     | <b>145.89</b> | <b>245.52</b> | <b>452.81</b> |
|                                                                                   |       |               |              |              |              | <b>VCT. ALM.</b> | <b>452.81</b> |               | <b>40%</b>    |

|                                            |       |              |             |             |              |                  |               |              |               |
|--------------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA TARDE ANIS + 01 PAN CON QUESO</b> |       |              |             |             |              |                  |               |              |               |
| PAN                                        | 20.00 | 58.20        | 1.68        | 0.04        | 12.76        | 6.72             | 0.36          | 51.04        | 58.12         |
| AZUCAR REFINADA                            | 10.00 | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32        | 39.32         |
| QUESO                                      | 10.00 | 0.00         | 1.63        | 1.03        | 0.34         | 6.52             | 9.27          | 1.36         | 17.15         |
| ANIS                                       | 5.00  | 0.00         | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00         | 0.00          |
| <b>SUB TOTAL</b>                           |       | <b>58.20</b> | <b>3.31</b> | <b>1.07</b> | <b>22.93</b> | <b>13.24</b>     | <b>9.63</b>   | <b>91.72</b> | <b>114.59</b> |
|                                            |       |              |             |             |              | <b>VCT. DES.</b> | <b>114.59</b> |              | <b>10%</b>    |

|                                                       |       |               |             |             |              |                  |               |               |               |
|-------------------------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN</b> |       |               |             |             |              |                  |               |               |               |
| ARROZ SUPERIOR                                        | 25.00 | 89.75         | 2.05        | 0.13        | 19.45        | 8.20             | 1.13          | 77.80         | 87.13         |
| 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          |
| POLLO                                                 | 35.00 | 53.55         | 6.37        | 3.57        | 0.00         | 25.48            | 32.13         | 0.00          | 57.61         |
| 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          |
| CEBOLLA                                               | 10.00 | 4.41          | 0.14        | 0.02        | 1.13         | 0.56             | 0.18          | 4.52          | 5.26          |
| <b>SUB TOTAL</b>                                      |       | <b>212.99</b> | <b>8.64</b> | <b>8.74</b> | <b>25.93</b> | <b>34.56</b>     | <b>78.62</b>  | <b>103.70</b> | <b>216.88</b> |
|                                                       |       |               |             |             |              | <b>VCT. CEN.</b> | <b>216.88</b> |               | <b>19%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 44.78  | 32.36  | 164.35 |
| VCT (Kcal.) | 179.12 | 291.20 | 657.36 |
| VCT (%)     | 16%    | 26%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1128</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

NUTRICIONISTA

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FORMATO - B

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

MENÚ N° 4 18

| ALIMENTO                              | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|---------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                       | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: AVENA + 01 PAN CON HIGADITO |               |        |       |        |       |                           |        |        |                         |
| AVENA                                 | 20.00         | 69.40  | 2.66  | 0.80   | 14.40 | 10.64                     | 7.20   | 57.60  | 75.44                   |
| PAN FRANCES                           | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HIGADO DE POLLO                       | 30.00         | 0.00   | 6.15  | 2.10   | 0.48  | 24.60                     | 18.90  | 1.92   | 45.42                   |
| ACEITE VEGETAL                        | 3.00          | 0.00   | 0.00  | 3.00   | 0.00  | 0.00                      | 27.00  | 0.00   | 27.00                   |
| AZUCAR REFINADA                       | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                             |               | 166.00 | 10.49 | 5.94   | 37.47 | 41.98                     | 53.48  | 149.88 | 245.30                  |
|                                       |               |        |       |        |       | VCT. DES.                 | 245.30 | 20%    |                         |

|                                       |       |               |             |             |              |                  |               |               |               |
|---------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA MAIZENA CON LECHE</b> |       |               |             |             |              |                  |               |               |               |
| MAIZENA                               | 20.00 | 70.20         | 0.12        | 0.04        | 17.34        | 0.48             | 0.36          | 69.36         | 70.20         |
| LECHE EVAPORADA                       | 20.00 | 28.60         | 1.40        | 1.62        | 2.18         | 5.60             | 14.58         | 8.72          | 28.90         |
| CANELA ENTERA                         | 2.00  | 0.00          | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                       | 7.00  | 26.88         | 0.00        | 0.00        | 6.88         | 0.00             | 0.00          | 27.52         | 27.52         |
| <b>SUB TOTAL</b>                      |       | <b>125.68</b> | <b>1.52</b> | <b>1.66</b> | <b>26.40</b> | <b>6.08</b>      | <b>14.94</b>  | <b>105.60</b> | <b>126.62</b> |
|                                       |       |               |             |             |              | <b>VCT. DES.</b> | <b>126.62</b> |               | <b>10%</b>    |

|                                                                          |       |               |              |              |              |                  |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                           | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                           | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00             | 45.00         | 0.00          | 45.00         |
| PAVITA                                                                   | 50.00 | 120.60        | 10.05        | 10.10        | 0.00         | 40.20            | 90.90         | 0.00          | 131.10        |
| LENTEJAS SECAS                                                           | 25.00 | 84.75         | 5.65         | 0.25         | 15.25        | 22.60            | 2.25          | 61.00         | 85.85         |
| TOMATE                                                                   | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32             | 0.18          | 1.72          | 2.22          |
| AZUCAR REFINADA                                                          | 5.00  | 19.20         | 0.00         | 0.00         | 4.92         | 0.00             | 0.00          | 19.66         | 19.66         |
| LIMON                                                                    | 5.00  | 0.77          | 0.03         | 0.01         | 0.49         | 0.10             | 0.09          | 1.94          | 2.13          |
| CEBOLLA                                                                  | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56             | 0.18          | 4.52          | 5.26          |
| <b>SUB TOTAL</b>                                                         |       | <b>455.31</b> | <b>20.05</b> | <b>15.65</b> | <b>61.12</b> | <b>80.18</b>     | <b>140.85</b> | <b>244.44</b> | <b>465.47</b> |
|                                                                          |       |               |              |              |              | <b>VCT. ALM.</b> | <b>465.47</b> |               | <b>38%</b>    |

|                                     |       |              |             |             |              |                  |               |              |               |
|-------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA TARDE SEMOLA CON LECHE</b> |       |              |             |             |              |                  |               |              |               |
| SEMOLA                              | 20.00 | 72.40        | 1.56        | 0.22        | 15.68        | 6.24             | 1.98          | 62.72        | 70.94         |
| LECHE EVAPORADA                     | 40.00 | 0.00         | 2.80        | 3.24        | 4.36         | 11.20            | 29.16         | 17.44        | 57.80         |
| AZUCAR REFINADA                     | 5.00  | 0.00         | 0.00        | 0.00        | 4.92         | 0.00             | 0.00          | 19.66        | 19.66         |
| <b>SUB TOTAL</b>                    |       | <b>72.40</b> | <b>4.36</b> | <b>3.48</b> | <b>24.96</b> | <b>17.44</b>     | <b>31.14</b>  | <b>99.82</b> | <b>148.40</b> |
|                                     |       |              |             |             |              | <b>VCT. DES.</b> | <b>148.40</b> |              | <b>12%</b>    |

|                                                            |       |               |              |              |              |                  |               |               |               |
|------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                             | 30.00 | 107.70        | 2.46         | 0.15         | 23.34        | 9.84             | 1.35          | 93.36         | 104.55        |
| ACEITE VEGETAL                                             | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00             | 45.00         | 0.00          | 45.00         |
| POLLO                                                      | 50.00 | 76.50         | 9.10         | 5.10         | 0.00         | 36.40            | 45.90         | 0.00          | 82.30         |
| AZUCAR REFINADA                                            | 5.00  | 19.20         | 0.00         | 0.00         | 4.92         | 0.00             | 0.00          | 19.66         | 19.66         |
| HIERBA LUISA                                               | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                           |       | <b>247.60</b> | <b>11.56</b> | <b>10.25</b> | <b>28.28</b> | <b>46.24</b>     | <b>92.25</b>  | <b>113.02</b> | <b>251.51</b> |
|                                                            |       |               |              |              |              | <b>VCT. CEN.</b> | <b>251.51</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 47.98  | 36.96  | 178.21 |
| VCT (Kcal.) | 145.66 | 240.39 | 599.74 |
| VCT (%)     | 12%    | 19%    | 48%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1237</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

NUTRICIONISTA

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Sergio Antonio Salvedra Cieza  
AREA DE NUTRICIÓN  
CNR 2003

FORMATO - B

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

MENÚ N° 5 19

| ALIMENTO                                                    | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|-------------------------------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                                             | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS |               |        |      |        |       |                           |        |        |                         |
| TRIGO                                                       | 20.00         | 71.60  | 1.68 | 0.28   | 15.22 | 6.72                      | 2.52   | 60.88  | 70.12                   |
| LECHE EVAPORADA                                             | 20.00         | 28.60  | 1.40 | 1.62   | 2.18  | 5.60                      | 14.58  | 8.72   | 28.90                   |
| PAN FRANCES                                                 | 20.00         | 0.00   | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HUEVOS ROSADOS                                              | 35.00         | 0.00   | 4.73 | 2.94   | 0.67  | 18.90                     | 26.46  | 2.66   | 48.02                   |
| ESPINACA                                                    | 10.00         | 0.00   | 0.19 | 0.06   | 0.63  | 0.76                      | 0.54   | 2.52   | 3.82                    |
| TOMATE                                                      | 10.00         | 0.00   | 0.08 | 0.02   | 0.43  | 0.32                      | 0.18   | 1.72   | 2.22                    |
| AZUCAR REFINADA                                             | 5.00          | 19.20  | 0.00 | 0.00   | 4.92  | 0.00                      | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                                                   |               | 119.40 | 9.76 | 4.96   | 38.81 | 39.02                     | 44.64  | 147.20 | 230.86                  |
|                                                             |               |        |      |        |       | VCT. DES.                 | 230.86 |        | 20%                     |

|                                    |        |              |             |             |              |                  |              |              |              |
|------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |              |             |             |              |                  |              |              |              |
| PAPAYA                             | 120.00 | 34.56        | 0.48        | 0.12        | 9.84         | 1.92             | 1.08         | 39.36        | 42.36        |
| MERMELADA                          | 15.00  | 32.10        | 0.06        | 0.03        | 8.79         | 0.24             | 0.27         | 35.16        | 35.67        |
| <b>SUB TOTAL</b>                   |        | <b>66.66</b> | <b>0.54</b> | <b>0.15</b> | <b>18.63</b> | <b>2.16</b>      | <b>1.35</b>  | <b>74.52</b> | <b>78.03</b> |
|                                    |        |              |             |             |              | <b>VCT. DES.</b> | <b>78.03</b> |              | <b>7%</b>    |

|                                                                                        |       |               |              |              |              |                  |               |               |               |
|----------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                         | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                         | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00             | 45.00         | 0.00          | 45.00         |
| POLLO                                                                                  | 50.00 | 76.50         | 9.10         | 5.10         | 0.00         | 36.40            | 45.90         | 0.00          | 82.30         |
| PAPA AMARILLA                                                                          | 20.00 | 19.57         | 0.40         | 0.08         | 4.66         | 1.60             | 0.72          | 18.84         | 20.96         |
| LECHE EVAPORADA                                                                        | 20.00 | 28.60         | 1.40         | 1.62         | 2.18         | 5.60             | 14.58         | 8.72          | 28.90         |
| MARGARINA                                                                              | 10.00 | 72.00         | 0.06         | 8.10         | 0.03         | 0.24             | 72.90         | 0.12          | 73.26         |
| SILLAO                                                                                 | 1.00  | 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         |
| LIMON                                                                                  | 5.00  | 0.77          | 0.03         | 0.01         | 0.49         | 0.10             | 0.09          | 1.94          | 2.13          |
| <b>SUB TOTAL</b>                                                                       |       | <b>459.54</b> | <b>15.09</b> | <b>20.16</b> | <b>56.08</b> | <b>60.34</b>     | <b>181.44</b> | <b>224.34</b> | <b>466.12</b> |
|                                                                                        |       |               |              |              |              | <b>VCT. ALM.</b> | <b>466.12</b> |               | <b>41%</b>    |

|                                       |        |              |             |             |              |                  |               |               |               |
|---------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA EN ALMIBAR</b> |        |              |             |             |              |                  |               |               |               |
| MANZANA                               | 150.00 | 72.40        | 0.45        | 0.15        | 21.90        | 1.80             | 1.35          | 87.60         | 90.75         |
| AZUCAR REFINADA                       | 12.00  | 0.00         | 0.00        | 0.00        | 11.80        | 0.00             | 0.00          | 47.18         | 47.18         |
| CANELA ENTERA                         | 5.00   | 0.00         | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                      |        | <b>72.40</b> | <b>0.45</b> | <b>0.15</b> | <b>33.70</b> | <b>1.80</b>      | <b>1.35</b>   | <b>134.78</b> | <b>137.93</b> |
|                                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>137.93</b> |               | <b>12%</b>    |

|                                                |       |               |              |             |              |                 |               |               |               |
|------------------------------------------------|-------|---------------|--------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA SOPA DE FIDEO CON POLLO + INFUSIÓN</b> |       |               |              |             |              |                 |               |               |               |
| FIDEOS SURTIDO                                 | 30.00 | 108.00        | 2.82         | 0.06        | 23.46        | 11.28           | 0.54          | 93.84         | 105.66        |
| PAPA BLANCA                                    | 20.00 | 18.43         | 0.42         | 0.02        | 4.46         | 1.68            | 0.18          | 17.84         | 19.70         |
| ZANAHORIA                                      | 10.00 | 3.90          | 0.06         | 0.05        | 0.92         | 0.24            | 0.45          | 3.68          | 4.37          |
| ZAPALLO                                        | 10.00 | 2.60          | 0.07         | 0.02        | 0.64         | 0.28            | 0.18          | 2.56          | 3.02          |
| POLLO                                          | 50.00 | 76.50         | 9.10         | 5.10        | 0.00         | 36.40           | 45.90         | 0.00          | 82.30         |
| HIERBA LUISA                                   | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                                | 5.00  | 19.20         | 0.00         | 0.00        | 4.92         | 0.00            | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                               |       | <b>228.63</b> | <b>12.47</b> | <b>5.25</b> | <b>34.40</b> | <b>49.88</b>    | <b>47.25</b>  | <b>137.58</b> | <b>234.71</b> |
|                                                |       |               |              |             |              | <b>VCT. CEN</b> | <b>234.71</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Kcal.) | 153.20 | 276.03 | 718.42 |
| VCT (%)     | 13%    | 24%    | 63%    |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1148 | 100% |
|-----------|------|------|

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FORMATO - B

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

MENÚ N° 8 20

| ALIMENTO                             | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                      | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: KIWICHA + 01 PAN CON QUESO |               |        |      |        |       |                           |        |        |                         |
| KIWICHA                              | 20.00         | 75.40  | 2.70 | 1.42   | 12.90 | 10.80                     | 12.78  | 51.60  | 75.18                   |
| PAN FRANCES                          | 20.00         | 58.20  | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| QUESO                                | 30.00         | 0.00   | 4.89 | 3.09   | 1.02  | 19.56                     | 27.81  | 4.08   | 51.45                   |
| AZUCAR REFINADA                      | 10.00         | 38.40  | 0.00 | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                            |               | 172.00 | 9.27 | 4.55   | 36.51 | 37.08                     | 40.95  | 146.04 | 224.07                  |
|                                      |               |        |      |        |       | VCT. DES.                 | 224.07 | 20%    |                         |

|                                     |       |              |             |             |              |                  |              |              |              |
|-------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA MAÑANA FRESA CON LECHE</b> |       |              |             |             |              |                  |              |              |              |
| LECHE EVAPORADA                     | 30.00 | 42.90        | 2.10        | 2.43        | 3.27         | 8.40             | 21.87        | 13.08        | 43.35        |
| FRESAS                              | 50.00 | 20.50        | 0.35        | 0.40        | 4.45         | 1.40             | 3.60         | 17.80        | 22.80        |
| AZUCAR REFINADA                     | 5.00  | 19.20        | 0.00        | 0.00        | 4.92         | 0.00             | 0.00         | 19.66        | 19.66        |
| <b>SUB TOTAL</b>                    |       | <b>82.60</b> | <b>2.45</b> | <b>2.83</b> | <b>12.64</b> | <b>9.80</b>      | <b>25.47</b> | <b>50.54</b> | <b>85.81</b> |
|                                     |       |              |             |             |              | <b>VCT. DES.</b> | <b>85.81</b> |              | <b>8%</b>    |

|                                                               |       |               |              |              |              |                 |               |               |               |
|---------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN</b> |       |               |              |              |              |                 |               |               |               |
| ARROZ SUPERIOR                                                | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40           | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                | 20.00 | 176.80        | 0.00         | 20.00        | 0.00         | 0.00            | 180.00        | 0.00          | 180.00        |
| CARNE DE RES                                                  | 50.00 | 47.25         | 10.65        | 0.80         | 0.00         | 42.60           | 7.20          | 0.00          | 49.80         |
| CEBOLLA                                                       | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56            | 0.18          | 4.52          | 5.26          |
| TOMATE                                                        | 20.00 | 3.76          | 0.16         | 0.04         | 0.86         | 0.64            | 0.36          | 3.44          | 4.44          |
| PAPA BLANCA                                                   | 20.00 | 18.43         | 0.42         | 0.02         | 4.46         | 1.68            | 0.18          | 17.84         | 19.70         |
| AZUCAR REFINADA                                               | 10.00 | 38.43         | 0.00         | 0.00         | 9.83         | 0.00            | 0.00          | 39.32         | 39.32         |
| MANZANILLA                                                    | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                              |       | <b>488.58</b> | <b>15.47</b> | <b>21.13</b> | <b>55.18</b> | <b>61.88</b>    | <b>190.17</b> | <b>220.72</b> | <b>472.77</b> |
|                                                               |       |               |              |              |              | <b>VCT.ALM.</b> | <b>472.77</b> |               | <b>41%</b>    |

|                                       |        |              |             |             |              |                  |               |               |               |
|---------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA AL ALMIBAR</b> |        |              |             |             |              |                  |               |               |               |
| MANZANA                               | 150.00 | 72.90        | 0.45        | 0.15        | 21.90        | 1.80             | 1.35          | 87.60         | 90.75         |
| AZUCAR REFINADA                       | 10.00  | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| <b>SUB TOTAL</b>                      |        | <b>72.90</b> | <b>0.45</b> | <b>0.15</b> | <b>31.73</b> | <b>1.80</b>      | <b>1.35</b>   | <b>126.92</b> | <b>130.07</b> |
|                                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>130.07</b> |               | <b>11%</b>    |

|                                                        |       |               |             |             |              |                |               |               |               |
|--------------------------------------------------------|-------|---------------|-------------|-------------|--------------|----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN</b> |       |               |             |             |              |                |               |               |               |
| ARROZ SUPERIOR                                         | 30.00 | 107.70        | 2.46        | 0.15        | 23.34        | 9.84           | 1.35          | 93.36         | 104.55        |
| ACEITE VEGETAL                                         | 5.00  | 44.20         | 0.00        | 5.00        | 0.00         | 0.00           | 45.00         | 0.00          | 45.00         |
| POLLO                                                  | 35.00 | 53.55         | 6.37        | 3.57        | 0.00         | 25.48          | 32.13         | 0.00          | 57.61         |
| 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          |
| <b>SUB TOTAL</b>                                       |       | <b>224.65</b> | <b>8.83</b> | <b>8.72</b> | <b>28.26</b> | <b>35.32</b>   | <b>78.48</b>  | <b>113.02</b> | <b>226.82</b> |
|                                                        |       |               |             |             |              | <b>VCT.CEN</b> | <b>226.82</b> |               | <b>20%</b>    |

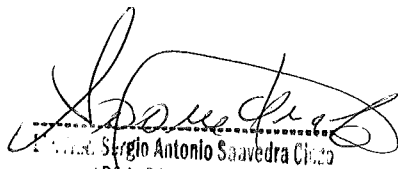
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 36.47  | 37.38  | 164.32 |
| VCT (Kcal.) | 145.88 | 336.42 | 657.24 |
| VCT (%)     | 13%    | 30%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1140</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

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CNP 2066



FORMATO - B

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

MENÚ N° 7 21

| ALIMENTO                               | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|----------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                        | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: SOYA + 01 PAN CON HUEVO DURO |               |        |       |        |       |                           |        |        |                         |
| SOYA                                   | 20.00         | 80.20  | 5.64  | 3.78   | 7.14  | 22.56                     | 34.02  | 28.56  | 85.14                   |
| PAN FRANCES                            | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HUEVOS ROSADOS                         | 30.00         | 0.00   | 4.05  | 2.52   | 0.57  | 16.20                     | 22.68  | 2.28   | 41.16                   |
| AZUCAR REFINADA                        | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                              |               | 176.80 | 11.37 | 6.34   | 30.30 | 45.48                     | 57.06  | 121.20 | 223.74                  |
| VCT. DES.                              |               |        |       |        |       | 223.74                    |        | 19%    |                         |

|                           |       |               |             |             |              |              |               |              |               |
|---------------------------|-------|---------------|-------------|-------------|--------------|--------------|---------------|--------------|---------------|
| <b>MEDIA MAÑANA LECHE</b> |       |               |             |             |              |              |               |              |               |
| LECHE EVAPORADA           | 80.00 | 114.40        | 5.60        | 6.48        | 8.72         | 22.40        | 58.32         | 34.88        | 115.60        |
| AZUCAR REFINADA           | 12.00 | 46.08         | 0.00        | 0.00        | 11.80        | 0.00         | 0.00          | 47.18        | 47.18         |
| <b>SUB TOTAL</b>          |       | <b>160.48</b> | <b>5.60</b> | <b>6.48</b> | <b>20.52</b> | <b>22.40</b> | <b>58.32</b>  | <b>82.06</b> | <b>162.78</b> |
| <b>VCT. DES.</b>          |       |               |             |             |              |              | <b>162.78</b> |              | <b>14%</b>    |

|                                                                       |       |               |              |              |              |              |               |               |               |
|-----------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN</b> |       |               |              |              |              |              |               |               |               |
| ARROZ SUPERIOR                                                        | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40        | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                        | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00         | 45.00         | 0.00          | 45.00         |
| POLLO                                                                 | 50.00 | 76.50         | 9.10         | 5.10         | 0.00         | 36.40        | 45.90         | 0.00          | 82.30         |
| FREJOL CANARIO                                                        | 25.00 | 84.75         | 5.48         | 0.53         | 15.05        | 21.90        | 4.73          | 60.20         | 86.83         |
| AZUCAR REFINADA                                                       | 10.00 | 38.40         | 0.00         | 0.00         | 9.83         | 0.00         | 0.00          | 39.32         | 39.32         |
| ANIS                                                                  | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                      |       | <b>423.35</b> | <b>18.68</b> | <b>10.88</b> | <b>63.78</b> | <b>74.70</b> | <b>97.88</b>  | <b>255.12</b> | <b>427.70</b> |
| <b>VCT. ALM.</b>                                                      |       |               |              |              |              |              | <b>427.70</b> |               | <b>37%</b>    |

|                                       |       |              |             |             |              |             |               |              |               |
|---------------------------------------|-------|--------------|-------------|-------------|--------------|-------------|---------------|--------------|---------------|
| <b>MEDIA TARDE MAZAMORRA DE LECHE</b> |       |              |             |             |              |             |               |              |               |
| MAIZENA                               | 10.00 | 35.10        | 0.06        | 0.02        | 8.67         | 0.24        | 0.18          | 34.68        | 35.10         |
| LECHE EVAPORADA                       | 30.00 | 42.90        | 2.10        | 2.43        | 3.27         | 8.40        | 21.87         | 13.08        | 43.35         |
| CANELA ENTERA                         | 2.00  | 0.00         | 0.00        | 0.00        | 0.00         | 0.00        | 0.00          | 0.00         | 0.00          |
| AZUCAR REFINADA                       | 10.00 | 0.00         | 0.00        | 0.00        | 9.83         | 0.00        | 0.00          | 39.32        | 39.32         |
| <b>SUB TOTAL</b>                      |       | <b>78.00</b> | <b>2.16</b> | <b>2.45</b> | <b>21.77</b> | <b>8.64</b> | <b>22.05</b>  | <b>87.08</b> | <b>117.77</b> |
| <b>VCT. DES.</b>                      |       |              |             |             |              |             | <b>117.77</b> |              | <b>10%</b>    |

|                                                      |       |               |              |             |              |              |               |               |               |
|------------------------------------------------------|-------|---------------|--------------|-------------|--------------|--------------|---------------|---------------|---------------|
| <b>CENA SOPA A LA MINUTA CON MENUDENCIA DE POLLO</b> |       |               |              |             |              |              |               |               |               |
| FIDEO                                                | 25.00 | 90.00         | 2.35         | 0.05        | 19.55        | 9.40         | 0.45          | 78.20         | 88.05         |
| 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          |
| HIGADO DE POLLO                                      | 45.00 | 70.65         | 9.23         | 3.15        | 0.72         | 36.90        | 28.35         | 2.88          | 68.13         |
| PAPA BLANCA                                          | 20.00 | 18.43         | 0.42         | 0.02        | 4.46         | 1.68         | 0.18          | 17.84         | 19.70         |
| ZANAHORIA                                            | 10.00 | 3.90          | 0.06         | 0.05        | 0.92         | 0.24         | 0.45          | 3.68          | 4.37          |
| ZAPALLO                                              | 10.00 | 2.60          | 0.07         | 0.02        | 0.64         | 0.28         | 0.18          | 2.56          | 3.02          |
| <b>SUB TOTAL</b>                                     |       | <b>231.66</b> | <b>12.21</b> | <b>8.31</b> | <b>26.72</b> | <b>48.82</b> | <b>74.79</b>  | <b>106.88</b> | <b>230.49</b> |
| <b>VCT. CEN</b>                                      |       |               |              |             |              |              | <b>230.49</b> |               | <b>20%</b>    |

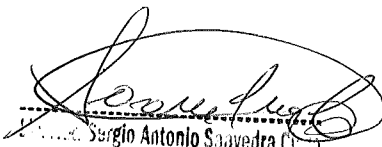
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 50.02  | 34.46  | 163.09 |
| VCT (Kcal.) | 200.04 | 310.10 | 652.34 |
| VCT (%)     | 17%    | 27%    | 56%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1162</b> | <b>100%</b> |
|------------------|-------------|-------------|

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FORMATO - B

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

MENÚ N° 8 22

| ALIMENTO                                         | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                                  | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: QUINUA + 01 PAN CON POLLO A LA PLANCHA |               |        |       |        |       |                           |        |        |                         |
| QUINUA                                           | 15.00         | 56.10  | 2.04  | 0.87   | 9.95  | 8.16                      | 7.83   | 39.78  | 55.77                   |
| PAN FRANCES                                      | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| POLLO                                            | 35.00         | 0.00   | 6.37  | 3.57   | 0.00  | 25.48                     | 32.13  | 0.00   | 57.61                   |
| AZUCAR REFINADA                                  | 10.00         | 0.00   | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                        |               | 114.30 | 10.09 | 4.48   | 32.54 | 40.38                     | 40.32  | 130.14 | 210.82                  |
|                                                  |               |        |       |        |       | VCT. DES.                 | 210.82 |        | 18%                     |

|                                     |        |              |             |             |              |                  |               |               |               |
|-------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA PURE DE PLATANO</b> |        |              |             |             |              |                  |               |               |               |
| PLATANO DE SEDA                     | 100.00 | 56.44        | 1.50        | 0.30        | 21.00        | 6.00             | 2.70          | 84.00         | 92.70         |
| AZUCAR REFINADA                     | 10.00  | 38.40        | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| <b>SUB TOTAL</b>                    |        | <b>94.84</b> | <b>1.50</b> | <b>0.30</b> | <b>30.83</b> | <b>6.00</b>      | <b>2.70</b>   | <b>123.32</b> | <b>132.02</b> |
|                                     |        |              |             |             |              | <b>VCT. DES.</b> | <b>132.02</b> |               | <b>12%</b>    |

|                                                                                       |        |               |              |              |              |                  |               |               |               |
|---------------------------------------------------------------------------------------|--------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + FRUTA + ZARZA + INFUSIÓN</b> |        |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                        | 50.00  | 179.50        | 4.10         | 0.25         | 38.90        | 18.40            | 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 GALLINA                                                                      | 50.00  | 54.00         | 10.30        | 1.80         | 0.00         | 41.20            | 16.20         | 0.00          | 57.40         |
| CEBOLLA                                                                               | 30.00  | 13.23         | 0.42         | 0.06         | 3.39         | 1.68             | 0.54          | 13.56         | 15.78         |
| LIMON                                                                                 | 5.00   | 0.77          | 0.03         | 0.01         | 0.49         | 0.10             | 0.09          | 1.94          | 2.13          |
| 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         |
| MANDARINA                                                                             | 100.00 | 29.05         | 0.60         | 0.30         | 8.60         | 2.40             | 2.70          | 34.40         | 39.50         |
| 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          |
| <b>SUB TOTAL</b>                                                                      |        | <b>425.17</b> | <b>18.33</b> | <b>12.60</b> | <b>66.05</b> | <b>65.30</b>     | <b>113.40</b> | <b>284.16</b> | <b>442.88</b> |
|                                                                                       |        |               |              |              |              | <b>VCT. ALM.</b> | <b>442.88</b> |               | <b>41%</b>    |

|                                   |        |              |             |             |              |                  |              |              |              |
|-----------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA TARDE JUGO DE PAPAYA</b> |        |              |             |             |              |                  |              |              |              |
| PAPAYA                            | 100.00 | 28.80        | 0.40        | 0.10        | 8.20         | 1.60             | 0.90         | 32.80        | 35.30        |
| AZUCAR REFINADA                   | 10.00  | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00         | 39.32        | 39.32        |
| <b>SUB TOTAL</b>                  |        | <b>28.80</b> | <b>0.40</b> | <b>0.10</b> | <b>18.03</b> | <b>1.60</b>      | <b>0.90</b>  | <b>72.12</b> | <b>74.62</b> |
|                                   |        |              |             |             |              | <b>VCT. DES.</b> | <b>74.62</b> |              | <b>7%</b>    |

|                                                          |       |               |              |             |              |                 |               |               |               |
|----------------------------------------------------------|-------|---------------|--------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN</b> |       |               |              |             |              |                 |               |               |               |
| ARROZ SUPERIOR                                           | 30.00 | 107.70        | 2.46         | 0.15        | 23.43        | 9.84            | 1.35          | 93.36         | 104.55        |
| CARNE DE RES                                             | 40.00 | 37.80         | 8.52         | 0.64        | 0.00         | 34.08           | 5.76          | 0.00          | 39.84         |
| PAPA BLANCA                                              | 20.00 | 18.43         | 0.42         | 0.02        | 4.46         | 1.68            | 0.18          | 17.84         | 19.70         |
| 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          |
| MANZANILLA                                               | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                                          | 5.00  | 19.20         | 0.00         | 0.00        | 4.92         | 0.00            | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                                         |       | <b>229.21</b> | <b>11.48</b> | <b>5.83</b> | <b>33.24</b> | <b>45.92</b>    | <b>52.47</b>  | <b>132.58</b> | <b>230.97</b> |
|                                                          |       |               |              |             |              | <b>VCT. CEN</b> | <b>230.97</b> |               | <b>21%</b>    |

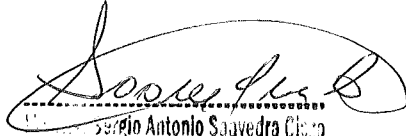
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 39.80  | 23.31  | 180.69 |
| VCT (Kcal.) | 159.18 | 209.79 | 722.32 |
| VCT (%)     | 15%    | 19%    | 66%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1091</b> | <b>100%</b> |
|------------------|-------------|-------------|

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FORMATO - B

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

MENÚ N° 9 23

| ALIMENTO                                 | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|------------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                          | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: QUINUA + 01 PAN CON HUEVO DURO |               |        |      |        |       |                           |        |        |                         |
| QUINUA                                   | 15.00         | 56.10  | 2.04 | 0.87   | 9.95  | 8.16                      | 7.83   | 39.78  | 55.77                   |
| PAN FRANCES                              | 20.00         | 58.20  | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HUEVOS ROSADOS                           | 40.00         | 0.00   | 5.40 | 3.36   | 0.76  | 21.60                     | 30.24  | 3.04   | 54.88                   |
| AZUCAR REFINADA                          | 10.00         | 38.40  | 0.00 | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                |               | 152.70 | 9.12 | 4.27   | 33.30 | 36.48                     | 38.43  | 133.18 | 208.09                  |
|                                          |               |        |      |        |       | VCT. DES.                 | 208.09 | 20%    |                         |

|                                       |       |               |             |             |              |                  |              |              |               |
|---------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|--------------|--------------|---------------|
| <b>MEDIA MAÑANA MAIZENA CON LECHE</b> |       |               |             |             |              |                  |              |              |               |
| LECHE EVAPORADA                       | 50.00 | 71.50         | 3.50        | 4.05        | 5.45         | 14.00            | 36.45        | 21.80        | 72.25         |
| MAIZENA                               | 8.00  | 28.08         | 0.05        | 0.02        | 6.94         | 0.19             | 0.14         | 27.74        | 28.07         |
| AZUCAR REFINADA                       | 5.00  | 19.20         | 0.00        | 0.00        | 4.92         | 0.00             | 0.00         | 19.66        | 19.66         |
| <b>SUB TOTAL</b>                      |       | <b>118.78</b> | <b>3.55</b> | <b>4.07</b> | <b>17.31</b> | <b>14.19</b>     | <b>36.59</b> | <b>69.20</b> | <b>119.98</b> |
|                                       |       |               |             |             |              | <b>VCT. DES.</b> | <b>120</b>   |              | <b>12%</b>    |

|                                                                                                 |       |               |              |              |              |                  |               |               |               |
|-------------------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                                  | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                                  | 12.00 | 106.80        | 0.00         | 12.00        | 0.00         | 0.00             | 108.00        | 0.00          | 108.00        |
| PESCADO                                                                                         | 50.00 | 58.05         | 10.80        | 1.95         | 0.15         | 43.20            | 17.55         | 0.60          | 61.35         |
| 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          |
| NARANJA DE MESA                                                                                 | 50.00 | 17.10         | 0.60         | 0.10         | 5.45         | 2.40             | 0.90          | 21.80         | 25.10         |
| AZUCAR REFINADA                                                                                 | 12.00 | 46.08         | 0.00         | 0.00         | 11.80        | 0.00             | 0.00          | 47.18         | 47.18         |
| ZAPALLO                                                                                         | 10.00 | 2.60          | 0.07         | 0.02         | 0.64         | 0.28             | 0.18          | 2.56          | 3.02          |
| ANIS                                                                                            | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                                |       | <b>416.42</b> | <b>15.79</b> | <b>14.38</b> | <b>58.50</b> | <b>63.16</b>     | <b>129.24</b> | <b>233.98</b> | <b>426.38</b> |
|                                                                                                 |       |               |              |              |              | <b>VCT. ALM.</b> | <b>426.38</b> |               | <b>41%</b>    |

|                                    |        |              |             |             |              |                  |              |              |              |
|------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA TARDE JUGO DE NARANJA</b> |        |              |             |             |              |                  |              |              |              |
| NARANJA DE MESA                    | 150.00 | 51.30        | 1.80        | 0.30        | 16.35        | 7.20             | 2.70         | 65.40        | 75.30        |
| <b>SUB TOTAL</b>                   |        | <b>51.30</b> | <b>1.80</b> | <b>0.30</b> | <b>16.35</b> | <b>7.20</b>      | <b>2.70</b>  | <b>65.40</b> | <b>75.30</b> |
|                                    |        |              |             |             |              | <b>VCT. DES.</b> | <b>75.30</b> |              | <b>7%</b>    |

|                                                                           |       |               |             |             |              |                 |               |               |               |
|---------------------------------------------------------------------------|-------|---------------|-------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + PURE DE PAPA + POLLO A LA PLANCHA + INFUSIÓN</b> |       |               |             |             |              |                 |               |               |               |
| LECHE EVAPORADA                                                           | 15.00 | 21.45         | 1.05        | 1.22        | 1.64         | 4.20            | 10.94         | 6.54          | 21.68         |
| ARROZ SUPERIOR                                                            | 30.00 | 107.70        | 2.46        | 0.15        | 23.34        | 9.84            | 1.35          | 93.36         | 104.55        |
| PAPA BLANCA                                                               | 15.00 | 13.82         | 0.32        | 0.02        | 3.35         | 1.26            | 0.14          | 13.38         | 14.78         |
| POLLO                                                                     | 20.00 | 30.60         | 3.64        | 2.04        | 0.00         | 14.56           | 18.36         | 0.00          | 32.92         |
| MANZANILLA                                                                | 5.00  | 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         |
| <b>SUB TOTAL</b>                                                          |       | <b>211.97</b> | <b>7.47</b> | <b>3.43</b> | <b>38.16</b> | <b>29.86</b>    | <b>30.79</b>  | <b>152.60</b> | <b>213.25</b> |
|                                                                           |       |               |             |             |              | <b>VCT. CEN</b> | <b>213.25</b> |               | <b>20%</b>    |

|            |        |        |        |
|------------|--------|--------|--------|
| VCT (Gr.)  | 37.73  | 26.43  | 163.62 |
| VCT (Kcal) | 150.89 | 237.75 | 654.36 |
| VCT (%)    | 14%    | 23%    | 63%    |

|                  |                |             |
|------------------|----------------|-------------|
| <b>VCT. MENU</b> | <b>1043.00</b> | <b>100%</b> |
|------------------|----------------|-------------|

CONTRATISTA

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NUTRICIONISTA

Sergio Antonio Saavedra Cárdena  
AREA DE NUTRICIÓN  
CNR 2063

FORMATO - B

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

MENÚ N° 10 24

| ALIMENTO                                   | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                            | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO |               |        |       |        |       |                           |        |        |                         |
| LECHE EVAPORADA                            | 50.00         | 71.50  | 3.50  | 4.05   | 5.45  | 14.00                     | 36.45  | 21.80  | 72.25                   |
| PAN FRANCES                                | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| PESCADO                                    | 50.00         | 0.00   | 10.80 | 1.95   | 0.15  | 43.20                     | 17.55  | 0.60   | 61.35                   |
| AZUCAR REFINADA                            | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                  |               | 168.10 | 15.98 | 6.04   | 28.19 | 63.92                     | 54.36  | 112.76 | 231.04                  |
|                                            |               |        |       |        |       | VCT. DES.                 | 231.04 |        | 20%                     |

|                                     |        |              |             |             |              |                  |             |               |               |
|-------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA PURE DE PLATANO</b> |        |              |             |             |              |                  |             |               |               |
| PLATANO DE SEDA                     | 100.00 | 56.44        | 1.50        | 0.30        | 21.00        | 6.00             | 2.70        | 84.00         | 92.70         |
| AZUCAR REFINADA                     | 5.00   | 19.20        | 0.00        | 0.00        | 4.92         | 0.00             | 0.00        | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                    |        | <b>75.64</b> | <b>1.50</b> | <b>0.30</b> | <b>25.92</b> | <b>6.00</b>      | <b>2.70</b> | <b>103.66</b> | <b>112.36</b> |
|                                     |        |              |             |             |              | <b>VCT. DES.</b> | <b>112</b>  |               | <b>10%</b>    |

|                                                                                   |       |               |              |              |              |                  |               |               |               |
|-----------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GUIZO DE RES CON ESPINACA + ENSALADA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                    | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                    | 15.00 | 132.60        | 0.00         | 15.00        | 0.00         | 0.00             | 135.00        | 0.00          | 135.00        |
| CARNE DE RES                                                                      | 50.00 | 47.25         | 10.65        | 0.80         | 0.00         | 42.60            | 7.20          | 0.00          | 49.80         |
| CEBOLLA                                                                           | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56             | 0.18          | 4.52          | 5.28          |
| TOMATE                                                                            | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32             | 0.18          | 1.72          | 2.22          |
| ESPINACA                                                                          | 20.00 | 4.48          | 0.38         | 0.12         | 1.26         | 1.52             | 1.08          | 5.04          | 7.64          |
| AZUCAR REFINADA                                                                   | 20.00 | 76.80         | 0.00         | 0.00         | 19.66        | 0.00             | 0.00          | 78.64         | 78.64         |
| ANIS                                                                              | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                  |       | <b>446.92</b> | <b>15.35</b> | <b>16.21</b> | <b>61.38</b> | <b>61.40</b>     | <b>145.89</b> | <b>245.52</b> | <b>452.81</b> |
|                                                                                   |       |               |              |              |              | <b>VCT. ALM.</b> | <b>452.81</b> |               | <b>40%</b>    |

|                                            |       |              |             |             |              |                  |               |              |               |
|--------------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA TARDE ANIS + 01 PAN CON QUESO</b> |       |              |             |             |              |                  |               |              |               |
| PAN                                        | 20.00 | 58.20        | 1.68        | 0.04        | 12.76        | 6.72             | 0.36          | 51.04        | 58.12         |
| AZUCAR REFINADA                            | 10.00 | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32        | 39.32         |
| QUESO                                      | 10.00 | 0.00         | 1.63        | 1.03        | 0.34         | 6.52             | 9.27          | 1.36         | 17.15         |
| ANIS                                       | 5.00  | 0.00         | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00         | 0.00          |
| <b>SUB TOTAL</b>                           |       | <b>68.20</b> | <b>3.31</b> | <b>1.07</b> | <b>22.93</b> | <b>13.24</b>     | <b>9.63</b>   | <b>91.72</b> | <b>114.59</b> |
|                                            |       |              |             |             |              | <b>VCT. DES.</b> | <b>114.59</b> |              | <b>10%</b>    |

|                                                       |       |               |             |             |              |                 |               |               |               |
|-------------------------------------------------------|-------|---------------|-------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO GUISADO + INFUSIÓN</b> |       |               |             |             |              |                 |               |               |               |
| ARROZ SUPERIOR                                        | 25.00 | 89.75         | 2.05        | 0.13        | 19.45        | 8.20            | 1.13          | 77.80         | 87.13         |
| 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          |
| POLLO                                                 | 35.00 | 53.55         | 6.37        | 3.57        | 0.00         | 25.48           | 32.13         | 0.00          | 57.61         |
| 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          |
| CEBOLLA                                               | 10.00 | 4.41          | 0.14        | 0.02        | 1.13         | 0.56            | 0.18          | 4.52          | 5.28          |
| <b>SUB TOTAL</b>                                      |       | <b>212.98</b> | <b>8.64</b> | <b>8.74</b> | <b>25.93</b> | <b>34.58</b>    | <b>78.62</b>  | <b>103.70</b> | <b>216.88</b> |
|                                                       |       |               |             |             |              | <b>VCT. CEN</b> | <b>216.88</b> |               | <b>19%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 44.78  | 32.36  | 164.35 |
| VCT (Kcal.) | 179.12 | 291.20 | 657.36 |
| VCT (%)     | 16%    | 26%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1128</b> | <b>100%</b> |
|------------------|-------------|-------------|

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FORMATO - B

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

MENÚ N° 11 25

| ALIMENTO                              | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|---------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                       | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: AVENA + 01 PAN CON HIGADITO |               |        |       |        |       |                           |        |        |                         |
| AVENA                                 | 20.00         | 69.40  | 2.66  | 0.80   | 14.40 | 10.64                     | 7.20   | 57.60  | 75.44                   |
| PAN FRANCES                           | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HIGADO DE POLLO                       | 30.00         | 0.00   | 6.15  | 2.10   | 0.48  | 24.60                     | 18.90  | 1.92   | 45.42                   |
| ACEITE VEGETAL                        | 3.00          | 0.00   | 0.00  | 3.00   | 0.00  | 0.00                      | 27.00  | 0.00   | 27.00                   |
| AZUCAR REFINADA                       | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                             |               | 166.00 | 10.49 | 5.94   | 37.47 | 41.98                     | 53.46  | 149.88 | 245.30                  |
|                                       |               |        |       |        |       | VCT. DES.                 | 245.30 |        | 20%                     |

|                                       |       |               |             |             |              |                  |               |               |               |
|---------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA MAIZENA CON LECHE</b> |       |               |             |             |              |                  |               |               |               |
| MAIZENA                               | 20.00 | 70.20         | 0.12        | 0.04        | 17.34        | 0.48             | 0.36          | 69.36         | 70.20         |
| LECHE EVAPORADA                       | 20.00 | 28.60         | 1.40        | 1.62        | 2.18         | 5.60             | 14.58         | 8.72          | 28.90         |
| CANELA ENTERA                         | 2.00  | 0.00          | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                       | 7.00  | 26.88         | 0.00        | 0.00        | 6.88         | 0.00             | 0.00          | 27.52         | 27.52         |
| <b>SUB TOTAL</b>                      |       | <b>125.68</b> | <b>1.52</b> | <b>1.66</b> | <b>26.40</b> | <b>6.08</b>      | <b>14.94</b>  | <b>105.60</b> | <b>126.62</b> |
|                                       |       |               |             |             |              | <b>VCT. DES.</b> | <b>126.62</b> |               | <b>10%</b>    |

|                                                                          |       |               |              |              |              |                  |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                           | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                           | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00             | 45.00         | 0.00          | 45.00         |
| PAVITA                                                                   | 50.00 | 120.60        | 10.05        | 10.10        | 0.00         | 40.20            | 90.90         | 0.00          | 131.10        |
| LENTEJAS SECAS                                                           | 25.00 | 84.75         | 5.65         | 0.25         | 15.25        | 22.60            | 2.25          | 61.00         | 85.85         |
| TOMATE                                                                   | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32             | 0.18          | 1.72          | 2.22          |
| AZUCAR REFINADA                                                          | 5.00  | 19.20         | 0.00         | 0.00         | 4.92         | 0.00             | 0.00          | 19.66         | 19.66         |
| LIMON                                                                    | 5.00  | 0.77          | 0.03         | 0.01         | 0.49         | 0.10             | 0.09          | 1.94          | 2.13          |
| CEBOLLA                                                                  | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56             | 0.18          | 4.52          | 5.26          |
| <b>SUB TOTAL</b>                                                         |       | <b>455.31</b> | <b>20.05</b> | <b>15.65</b> | <b>61.12</b> | <b>80.18</b>     | <b>140.85</b> | <b>244.44</b> | <b>465.47</b> |
|                                                                          |       |               |              |              |              | <b>VCT. ALM.</b> | <b>465.47</b> |               | <b>38%</b>    |

|                                     |       |              |             |             |              |                  |               |              |               |
|-------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA TARDE SEMOLA CON LECHE</b> |       |              |             |             |              |                  |               |              |               |
| SEMOLA                              | 20.00 | 72.40        | 1.56        | 0.22        | 15.68        | 6.24             | 1.98          | 62.72        | 70.94         |
| LECHE EVAPORADA                     | 40.00 | 0.00         | 2.80        | 3.24        | 4.36         | 11.20            | 29.16         | 17.44        | 57.80         |
| AZUCAR REFINADA                     | 5.00  | 0.00         | 0.00        | 0.00        | 4.92         | 0.00             | 0.00          | 19.66        | 19.66         |
| <b>SUB TOTAL</b>                    |       | <b>72.40</b> | <b>4.36</b> | <b>3.46</b> | <b>24.96</b> | <b>17.44</b>     | <b>31.14</b>  | <b>99.82</b> | <b>148.40</b> |
|                                     |       |              |             |             |              | <b>VCT. DES.</b> | <b>148.40</b> |              | <b>12%</b>    |

|                                                            |       |               |              |              |              |                 |               |               |               |
|------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO A LA PLANCHA + INFUSIÓN</b> |       |               |              |              |              |                 |               |               |               |
| ARROZ SUPERIOR                                             | 30.00 | 107.70        | 2.46         | 0.15         | 23.34        | 9.84            | 1.35          | 93.36         | 104.55        |
| ACEITE VEGETAL                                             | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00            | 45.00         | 0.00          | 45.00         |
| POLLO                                                      | 50.00 | 76.50         | 9.10         | 5.10         | 0.00         | 36.40           | 45.90         | 0.00          | 82.30         |
| AZUCAR REFINADA                                            | 5.00  | 19.20         | 0.00         | 0.00         | 4.92         | 0.00            | 0.00          | 19.66         | 19.66         |
| HIERBA LUISA                                               | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                           |       | <b>247.60</b> | <b>11.56</b> | <b>10.25</b> | <b>28.26</b> | <b>46.24</b>    | <b>92.25</b>  | <b>113.02</b> | <b>251.51</b> |
|                                                            |       |               |              |              |              | <b>VCT. CEN</b> | <b>251.51</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 47.98  | 36.96  | 178.21 |
| VCT (Kcal.) | 145.66 | 240.39 | 599.74 |
| VCT (%)     | 12%    | 19%    | 48%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1237</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

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C.M.P. 2004

FORMATO - B

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

MENÚ N° 12 26

| ALIMENTO                                                    | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|-------------------------------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                                             | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: TRIGO CON LECHE + 01 PAN CON TORTILLA DE VERDURAS |               |        |      |        |       |                           |        |        |                         |
| TRIGO                                                       | 20.00         | 71.60  | 1.68 | 0.28   | 15.22 | 6.72                      | 2.52   | 60.88  | 70.12                   |
| LECHE EVAPORADA                                             | 20.00         | 28.60  | 1.40 | 1.62   | 2.18  | 5.60                      | 14.58  | 8.72   | 28.90                   |
| PAN FRANCES                                                 | 20.00         | 0.00   | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HUEVOS ROSADOS                                              | 35.00         | 0.00   | 4.73 | 2.94   | 0.67  | 18.90                     | 26.46  | 2.66   | 48.02                   |
| ESPINACA                                                    | 10.00         | 0.00   | 0.19 | 0.06   | 0.63  | 0.76                      | 0.54   | 2.52   | 3.82                    |
| TOMATE                                                      | 10.00         | 0.00   | 0.08 | 0.02   | 0.43  | 0.32                      | 0.18   | 1.72   | 2.22                    |
| AZUCAR REFINADA                                             | 5.00          | 19.20  | 0.00 | 0.00   | 4.92  | 0.00                      | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                                                   |               | 119.40 | 9.76 | 4.96   | 36.81 | 39.02                     | 44.84  | 147.20 | 230.86                  |
| VCT. DES.                                                   |               |        |      |        |       | 230.88                    |        |        | 20%                     |

|                                    |        |       |      |      |       |       |      |       |       |
|------------------------------------|--------|-------|------|------|-------|-------|------|-------|-------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |       |      |      |       |       |      |       |       |
| PAPAYA                             | 120.00 | 34.56 | 0.48 | 0.12 | 9.84  | 1.92  | 1.08 | 39.36 | 42.36 |
| MERMELADA                          | 15.00  | 32.10 | 0.06 | 0.03 | 8.79  | 0.24  | 0.27 | 35.16 | 35.67 |
| SUB TOTAL                          |        | 66.66 | 0.54 | 0.15 | 18.63 | 2.16  | 1.35 | 74.52 | 78.03 |
| VCT. DES.                          |        |       |      |      |       | 78.03 |      |       | 7%    |

|                                                                                        |       |        |       |       |       |        |        |        |        |
|----------------------------------------------------------------------------------------|-------|--------|-------|-------|-------|--------|--------|--------|--------|
| <b>ALMUERZO: ARROZ GRANEADO + PURE DE PAPA + POLLO AL SILLAO + ENSALADA + LIMONADA</b> |       |        |       |       |       |        |        |        |        |
| ARROZ SUPERIOR                                                                         | 50.00 | 179.50 | 4.10  | 0.25  | 38.90 | 16.40  | 2.25   | 155.60 | 174.25 |
| ACEITE VEGETAL                                                                         | 5.00  | 44.20  | 0.00  | 5.00  | 0.00  | 0.00   | 45.00  | 0.00   | 45.00  |
| POLLO                                                                                  | 50.00 | 76.50  | 9.10  | 5.10  | 0.00  | 36.40  | 45.90  | 0.00   | 82.30  |
| PAPA AMARILLA                                                                          | 20.00 | 19.57  | 0.40  | 0.08  | 4.66  | 1.60   | 0.72   | 18.64  | 20.96  |
| LECHE EVAPORADA                                                                        | 20.00 | 28.60  | 1.40  | 1.62  | 2.18  | 5.60   | 14.58  | 8.72   | 28.90  |
| MARGARINA                                                                              | 10.00 | 72.00  | 0.06  | 8.10  | 0.03  | 0.24   | 72.90  | 0.12   | 73.26  |
| SILLAO                                                                                 | 1.00  | 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  |
| LIMON                                                                                  | 5.00  | 0.77   | 0.03  | 0.01  | 0.49  | 0.10   | 0.09   | 1.94   | 2.13   |
| SUB TOTAL                                                                              |       | 459.54 | 15.09 | 20.16 | 58.09 | 60.34  | 181.44 | 224.34 | 466.12 |
| VCT. ALM.                                                                              |       |        |       |       |       | 466.12 |        |        | 41%    |

|                                       |        |       |      |      |       |        |      |        |        |
|---------------------------------------|--------|-------|------|------|-------|--------|------|--------|--------|
| <b>MEDIA TARDE MANZANA EN ALMIBAR</b> |        |       |      |      |       |        |      |        |        |
| MANZANA                               | 150.00 | 72.40 | 0.45 | 0.15 | 21.90 | 1.80   | 1.35 | 87.60  | 90.75  |
| AZUCAR REFINADA                       | 12.00  | 0.00  | 0.00 | 0.00 | 11.80 | 0.00   | 0.00 | 47.18  | 47.18  |
| CANELA ENTERA                         | 5.00   | 0.00  | 0.00 | 0.00 | 0.00  | 0.00   | 0.00 | 0.00   | 0.00   |
| SUB TOTAL                             |        | 72.40 | 0.45 | 0.15 | 33.70 | 1.80   | 1.35 | 134.78 | 137.93 |
| VCT. DES.                             |        |       |      |      |       | 137.93 |      |        | 12%    |

|                                                |       |        |       |      |       |        |       |        |        |
|------------------------------------------------|-------|--------|-------|------|-------|--------|-------|--------|--------|
| <b>CENA SOPA DE FIDEO CON POLLO + INFUSIÓN</b> |       |        |       |      |       |        |       |        |        |
| FIDEOS SURTIDO                                 | 30.00 | 108.00 | 2.82  | 0.06 | 23.46 | 11.28  | 0.54  | 93.84  | 105.66 |
| PAPA BLANCA                                    | 20.00 | 18.43  | 0.42  | 0.02 | 4.46  | 1.68   | 0.18  | 17.84  | 19.70  |
| ZANAHORIA                                      | 10.00 | 3.90   | 0.06  | 0.05 | 0.92  | 0.24   | 0.45  | 3.68   | 4.37   |
| ZAPALLO                                        | 10.00 | 2.60   | 0.07  | 0.02 | 0.64  | 0.28   | 0.18  | 2.56   | 3.02   |
| POLLO                                          | 50.00 | 76.50  | 9.10  | 5.10 | 0.00  | 36.40  | 45.90 | 0.00   | 82.30  |
| HIERBA LUISA                                   | 5.00  | 0.00   | 0.00  | 0.00 | 0.00  | 0.00   | 0.00  | 0.00   | 0.00   |
| AZUCAR REFINADA                                | 5.00  | 19.20  | 0.00  | 0.00 | 4.92  | 0.00   | 0.00  | 19.66  | 19.66  |
| SUB TOTAL                                      |       | 228.63 | 12.47 | 5.25 | 34.40 | 49.88  | 47.25 | 137.58 | 234.71 |
| VCT. CEN                                       |       |        |       |      |       | 234.71 |       |        | 20%    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Kcal.) | 153.20 | 276.03 | 718.42 |
| VCT (%)     | 13%    | 24%    | 63%    |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1148 | 100% |
|-----------|------|------|

CONTRATISTA

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NUTRICIONISTA

Argio Antonio Saavedra Cieza  
AREA DE NUTRICION  
CHP. 2020

02

FORMATO - B

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

MENÚ N° 13 27

| ALIMENTO                             | PESO<br>BRUTO | KCAL.  | PROT | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------|---------------|--------|------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                      | (g)           | (g)    | (g)  | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: KIWICHA + 01 PAN CON QUESO |               |        |      |        |       |                           |        |        |                         |
| KIWICHA                              | 20.00         | 75.40  | 2.70 | 1.42   | 12.90 | 10.80                     | 12.78  | 51.60  | 75.18                   |
| PAN FRANCES                          | 20.00         | 58.20  | 1.68 | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| QUESO                                | 30.00         | 0.00   | 4.89 | 3.09   | 1.02  | 19.56                     | 27.81  | 4.08   | 51.45                   |
| AZUCAR REFINADA                      | 10.00         | 38.40  | 0.00 | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                            |               | 172.00 | 9.27 | 4.55   | 36.51 | 37.08                     | 40.95  | 146.04 | 224.07                  |
|                                      |               |        |      |        |       | VCT. DES.                 | 224.07 | 20%    |                         |

|                                     |       |              |             |             |              |                  |              |              |              |
|-------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|--------------|--------------|--------------|
| <b>MEDIA MAÑANA FRESA CON LECHE</b> |       |              |             |             |              |                  |              |              |              |
| LECHE EVAPORADA                     | 30.00 | 42.90        | 2.10        | 2.43        | 3.27         | 8.40             | 21.87        | 13.08        | 43.35        |
| FRESAS                              | 50.00 | 20.50        | 0.35        | 0.40        | 4.45         | 1.40             | 3.60         | 17.80        | 22.80        |
| AZUCAR REFINADA                     | 5.00  | 19.20        | 0.00        | 0.00        | 4.92         | 0.00             | 0.00         | 19.66        | 19.66        |
| <b>SUB TOTAL</b>                    |       | <b>82.60</b> | <b>2.45</b> | <b>2.83</b> | <b>12.64</b> | <b>9.80</b>      | <b>25.47</b> | <b>50.54</b> | <b>85.81</b> |
|                                     |       |              |             |             |              | <b>VCT. DES.</b> | <b>85.81</b> |              | <b>8%</b>    |

|                                                               |       |               |              |              |              |                  |               |               |               |
|---------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                | 20.00 | 176.80        | 0.00         | 20.00        | 0.00         | 0.00             | 180.00        | 0.00          | 180.00        |
| CARNE DE RES                                                  | 50.00 | 47.25         | 10.65        | 0.80         | 0.00         | 42.60            | 7.20          | 0.00          | 49.80         |
| CEBOLLA                                                       | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56             | 0.18          | 4.52          | 5.26          |
| TOMATE                                                        | 20.00 | 3.76          | 0.16         | 0.04         | 0.86         | 0.64             | 0.36          | 3.44          | 4.44          |
| PAPA BLANCA                                                   | 20.00 | 18.43         | 0.42         | 0.02         | 4.46         | 1.68             | 0.18          | 17.84         | 19.70         |
| AZUCAR REFINADA                                               | 10.00 | 38.43         | 0.00         | 0.00         | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| MANZANILLA                                                    | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                              |       | <b>468.58</b> | <b>15.47</b> | <b>21.13</b> | <b>55.18</b> | <b>61.88</b>     | <b>190.17</b> | <b>220.72</b> | <b>472.77</b> |
|                                                               |       |               |              |              |              | <b>VCT. ALM.</b> | <b>472.77</b> |               | <b>41%</b>    |

|                                       |        |              |             |             |              |                  |               |               |               |
|---------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA AL ALMIBAR</b> |        |              |             |             |              |                  |               |               |               |
| MANZANA                               | 150.00 | 72.90        | 0.45        | 0.15        | 21.90        | 1.80             | 1.35          | 87.60         | 90.75         |
| AZUCAR REFINADA                       | 10.00  | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| <b>SUB TOTAL</b>                      |        | <b>72.90</b> | <b>0.45</b> | <b>0.15</b> | <b>31.73</b> | <b>1.80</b>      | <b>1.35</b>   | <b>126.92</b> | <b>130.07</b> |
|                                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>130.07</b> |               | <b>11%</b>    |

|                                                        |       |               |             |             |              |                 |               |               |               |
|--------------------------------------------------------|-------|---------------|-------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + POLLO AL HORNO + INFUSIÓN</b> |       |               |             |             |              |                 |               |               |               |
| ARROZ SUPERIOR                                         | 30.00 | 107.70        | 2.46        | 0.15        | 23.34        | 9.84            | 1.35          | 93.36         | 104.55        |
| ACEITE VEGETAL                                         | 5.00  | 44.20         | 0.00        | 5.00        | 0.00         | 0.00            | 45.00         | 0.00          | 45.00         |
| POLLO                                                  | 35.00 | 53.55         | 6.37        | 3.57        | 0.00         | 25.48           | 32.13         | 0.00          | 57.61         |
| 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          |
| <b>SUB TOTAL</b>                                       |       | <b>224.65</b> | <b>8.83</b> | <b>8.72</b> | <b>28.26</b> | <b>35.32</b>    | <b>78.48</b>  | <b>113.02</b> | <b>226.82</b> |
|                                                        |       |               |             |             |              | <b>VCT. CEN</b> | <b>226.82</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 36.47  | 37.38  | 164.32 |
| VCT (Kcal.) | 145.88 | 336.42 | 657.24 |
| VCT (%)     | 13%    | 30%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1140</b> | <b>100%</b> |
|------------------|-------------|-------------|

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FORMATO - B

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

MENÚ N° 14 28

| ALIMENTO                               | PESO<br>BRUTO | KCAL.  | PROT  | GRASAS | CHO   | K.CALORIAS PON NUTRIENTES |        |        | DIST. CAL %<br>POR MENÚ |
|----------------------------------------|---------------|--------|-------|--------|-------|---------------------------|--------|--------|-------------------------|
|                                        | (g)           | (g)    | (g)   | (g)    | (g)   | PROT                      | GRASAS | CHO    |                         |
| DESAYUNO: SOYA + 01 PAN CON HUEVO DURO |               |        |       |        |       |                           |        |        |                         |
| SOYA                                   | 20.00         | 80.20  | 5.64  | 3.78   | 7.14  | 22.56                     | 34.02  | 28.56  | 85.14                   |
| PAN FRANCES                            | 20.00         | 58.20  | 1.68  | 0.04   | 12.76 | 6.72                      | 0.36   | 51.04  | 58.12                   |
| HUEVOS ROSADOS                         | 30.00         | 0.00   | 4.05  | 2.52   | 0.57  | 16.20                     | 22.68  | 2.28   | 41.16                   |
| AZUCAR REFINADA                        | 10.00         | 38.40  | 0.00  | 0.00   | 9.83  | 0.00                      | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                              |               | 176.80 | 11.37 | 6.34   | 30.30 | 45.48                     | 57.06  | 121.20 | 223.74                  |
|                                        |               |        |       |        |       | VCT. DES.                 | 223.74 |        | 19%                     |

|                           |       |               |             |             |              |                  |               |              |               |
|---------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA MAÑANA LECHE</b> |       |               |             |             |              |                  |               |              |               |
| LECHE EVAPORADA           | 80.00 | 114.40        | 5.60        | 6.48        | 8.72         | 22.40            | 58.32         | 34.88        | 115.60        |
| AZUCAR REFINADA           | 12.00 | 46.08         | 0.00        | 0.00        | 11.80        | 0.00             | 0.00          | 47.18        | 47.18         |
| <b>SUB TOTAL</b>          |       | <b>160.48</b> | <b>5.60</b> | <b>6.48</b> | <b>20.52</b> | <b>22.40</b>     | <b>58.32</b>  | <b>82.06</b> | <b>162.78</b> |
|                           |       |               |             |             |              | <b>VCT. DES.</b> | <b>162.78</b> |              | <b>14%</b>    |

|                                                                       |       |               |              |              |              |                  |               |               |               |
|-----------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + INFUSIÓN</b> |       |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                        | 50.00 | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                        | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00             | 45.00         | 0.00          | 45.00         |
| POLLO                                                                 | 50.00 | 76.50         | 9.10         | 5.10         | 0.00         | 36.40            | 45.90         | 0.00          | 82.30         |
| FREJOL CANARIO                                                        | 25.00 | 84.75         | 5.48         | 0.53         | 15.05        | 21.90            | 4.73          | 60.20         | 86.83         |
| AZUCAR REFINADA                                                       | 10.00 | 38.40         | 0.00         | 0.00         | 9.83         | 0.00             | 0.00          | 39.32         | 39.32         |
| ANIS                                                                  | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                      |       | <b>423.35</b> | <b>18.68</b> | <b>10.88</b> | <b>63.78</b> | <b>74.70</b>     | <b>97.88</b>  | <b>255.12</b> | <b>427.70</b> |
|                                                                       |       |               |              |              |              | <b>VCT. ALM.</b> | <b>427.70</b> |               | <b>37%</b>    |

|                                       |       |              |             |             |              |                  |               |              |               |
|---------------------------------------|-------|--------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA TARDE MAZAMORRA DE LECHE</b> |       |              |             |             |              |                  |               |              |               |
| MAIZENA                               | 10.00 | 35.10        | 0.06        | 0.02        | 8.67         | 0.24             | 0.18          | 34.68        | 35.10         |
| LECHE EVAPORADA                       | 30.00 | 42.90        | 2.10        | 2.43        | 3.27         | 8.40             | 21.87         | 13.08        | 43.35         |
| CANELA ENTERA                         | 2.00  | 0.00         | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00         | 0.00          |
| AZUCAR REFINADA                       | 10.00 | 0.00         | 0.00        | 0.00        | 9.83         | 0.00             | 0.00          | 39.32        | 39.32         |
| <b>SUB TOTAL</b>                      |       | <b>78.00</b> | <b>2.16</b> | <b>2.45</b> | <b>21.77</b> | <b>8.64</b>      | <b>22.05</b>  | <b>87.08</b> | <b>117.77</b> |
|                                       |       |              |             |             |              | <b>VCT. DES.</b> | <b>117.77</b> |              | <b>10%</b>    |

|                                                      |       |               |              |             |              |                  |               |               |               |
|------------------------------------------------------|-------|---------------|--------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>CENA SOPA A LA MINUTA CON MENUDENCIA DE POLLO</b> |       |               |              |             |              |                  |               |               |               |
| FIDEO                                                | 25.00 | 90.00         | 2.35         | 0.05        | 19.55        | 9.40             | 0.45          | 78.20         | 88.05         |
| 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          |
| HIGADO DE POLLO                                      | 45.00 | 70.65         | 9.23         | 3.15        | 0.72         | 36.90            | 28.35         | 2.88          | 68.13         |
| PAPA BLANCA                                          | 20.00 | 18.43         | 0.42         | 0.02        | 4.46         | 1.68             | 0.18          | 17.84         | 19.70         |
| ZANAHORIA                                            | 10.00 | 3.90          | 0.06         | 0.05        | 0.92         | 0.24             | 0.45          | 3.68          | 4.37          |
| ZAPALLO                                              | 10.00 | 2.60          | 0.07         | 0.02        | 0.64         | 0.28             | 0.18          | 2.56          | 3.02          |
| <b>SUB TOTAL</b>                                     |       | <b>231.66</b> | <b>12.21</b> | <b>8.31</b> | <b>26.72</b> | <b>48.82</b>     | <b>74.78</b>  | <b>106.88</b> | <b>230.49</b> |
|                                                      |       |               |              |             |              | <b>VCT. CEN.</b> | <b>230.49</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 50.02  | 34.46  | 163.09 |
| VCT (Kcal.) | 200.04 | 310.10 | 652.34 |
| VCT (%)     | 17%    | 27%    | 56%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1182</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

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CHP. 2008