

## PROGRAMACIÓN DEL MENÚ PARA PERSONAL INPE

| ESTABLECIMIENTO PENITENCIARIO DE:  |   | PASCO  |   |
|------------------------------------|---|--|---|
| DÍA/ FECHA                         | DESAYUNO  | ALMUERZO   | CENA  |
| VIERNES 1 DE DICIEMBRE DEL 2017    | ARROZ + ESTOFADO DE RES + INFUSION + 1 PAN ✓              | SOPA + ARROZ + PURE + POLLO AL HORNO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓            | ARROZ + POLLO AL SILLAO + ENSALADA + INFUSION ✓         |
| SABADO 2 DE DICIEMBRE DEL 2017     | ARROZ + PAPA RELLENA + 1 PAN + INFUSION ✓                 | SOPA + ARROZ + CHANCHO A LA OLLA + PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | AGUADITO DE POLLO + FRUTA + INFUSION ✓                  |
| DOMINGO 3 DE DICIEMBRE DEL 2017    | ARROZ + OLLUQUITO CON POLLO + INFUSION + 1 PAN ✓          | SOPA + ARROZ + PURE + POLLO AL HORNO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓            | TALLARIN SALTADO + ENSALADA + INFUSION ✓                |
| LUNES 4 DE DICIEMBRE DEL 2017      | SANCOCHADO DE RES + 1 PAN + INFUSION ✓                    | SOPA + ARROZ + CARAULCRA DE CHANCHO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓             | ARROZ A LA CUBANA + FRUTA + INFUSION ✓                  |
| MARTES 5 DE DICIEMBRE DEL 2017     | CAU CAU CRIOLLO + ARROZ + 1 PAN + INFUSION ✓              | SOPA + ARROZ + BISTECK AL JUGO + PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓           | ARROZ CHAUFA MIXTO + FRUTA + INFUSION ✓                 |
| MIÉRCOLES 6 DE DICIEMBRE DEL 2017  | CALDO VERDE + CANCHA + QUESO + HUEVO + 1 PAN + INFUSION ✓ | SOPA + ARROZ + PALLARES + PESCADO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | ARROZ + POLLO AL SILLAO + ENSALADA + INFUSION ✓         |
| JUEVES 7 DE DICIEMBRE DEL 2017     | MENESTRON + INFUSION + 1 PAN ✓                            | SOPA + SECO DE CABRITO + FRIJOL CANARIO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | ARROZ TAPADO + FRUTA + INFUSION ✓                       |
| VIERNES 8 DE DICIEMBRE DEL 2017    | ARROZ + AJI DE POLLO + INFUSION + 1 PAN ✓                 | SOPA + ARROZ + MILANESA DE POLLO + PAPAS FRITAS + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓ | ARROZ + MOLLEJITAS + YUCA FRITA + ENSALADA + INFUSION ✓ |
| SABADO 9 DE DICIEMBRE DEL 2017     | ARROZ + ESTOFADO DE RES + 1 PAN + INFUSION ✓              | SOPA + ARROZ + ESCABECHE DE POLLO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓               | CALDO DE POLLO + FRUTA + INFUSION ✓                     |
| DOMINGO 10 DE DICIEMBRE DEL 2017   | PATASCA + INFUSION + 1 PAN ✓                              | SOPA + ARROZ + FRIJOL CANARIO + CHULETA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | TALLARIN SALTADO + ENSALADA + INFUSION ✓                |
| LUNES 11 DE DICIEMBRE DEL 2017     | ARROZ + OLLUQUITO CON POLLO + INFUSION + 1 PAN ✓          | SOPA + SUDADO DE PESCADO + ARROZ + YUCA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | CALDO DE POLLO + FRUTA + INFUSION ✓                     |
| MARTES 12 DE DICIEMBRE DEL 2017    | MENESTRON + 1 PAN + INFUSION ✓                            | SOPA + POLLO BROASTER + ARROZ + ENSALADA RUSA + REFRESCO DE FRUTA + FRUTA ✓              | ARROZ + CAIGUA RELLENA + ENSALADA + INFUSION ✓          |
| MIÉRCOLES 13 DE DICIEMBRE DEL 2017 | CAU CAU CRIOLLO + ARROZ + 1 PAN + INFUSION ✓              | SOPA + ARROZ + SECO A LA NORTEÑA + YUCA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓         | CALDO DE POLLO + FRUTA + INFUSION ✓                     |
| JUEVES 14 DE DICIEMBRE DEL 2017    | PATASCA + 1 PAN + INFUSION ✓                              | SOPA + PESCADO FRITO + ARROZ + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓                    | ARROZ + POLLO FRITO + ENSALADA + INFUSION ✓             |
| VIERNES 15 DE DICIEMBRE DEL 2017   | ARROZ + LOMO SALTADO + 1 PAN + INFUSION ✓                 | PAPA AL HUANCAINA + ARROZ CON POLLO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓             | CALDO DE POLLO + FRUTA + INFUSION ✓                     |

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| <br><br><b>Eyer F. Berrospi Davila</b><br>RUC 20800093208<br>REPRESENTANTE LEGAL COMÚN DEL CONSORCIO | <br>Lic. Yessica Carrizosa<br>NUTRICIONISTA<br>C.N.P. 4118 |
| FIRMA DEL CONTRATISTA  | FIRMA DE NUTRICIONISTA   |

## PROGRAMACIÓN DEL MENÚ PARA PERSONAL INPE

| ESTABLECIMIENTO PENITENCIARIO DE:  |   | PASCO   |   |
|------------------------------------|---|---|---|
| DIA/ FECHA                         | DESAYUNO                                      | ALMUERZO  | CENA  |
| SABADO 16 DE DICIEMBRE DEL 2017    | ARROZ + LOMO SALTADO + INFUSION + 1 PAN ✓     | SOPA + ARROZ + LENTEJA + PESCADO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | ARROZ + POLLO AL HORNO + ENSALADA+INFUSION ✓                        |
| DOMINGO 17 DE DICIEMBRE DEL 2017   | ARROZ CHAUFA + INFUSION + 1 PAN ✓             | PAPA A LA HUANCAINA + ARROZ CON POLLO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | CALDO DE POLLO+ FRUTA + INFUSION ✓                                  |
| LUNES 18 DE DICIEMBRE DEL 2017     | PATASCA + 1 PAN + INFUSION ✓                  | SOPA + ARROZ + SECO A LA NORTEÑA + FRIJOL PANAMITO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | ARROZ + SALTADO DE BROCOLI + POLLO PICADO +FRUTA+ INFUSION ✓        |
| MARTES 19 DE DICIEMBRE DEL 2017    | TALLARTIN ROJO CON POLLO : 1 PAN + INFUSION ✓ | SOPA : ARROZ : PURE : BISTECK AL JUCO : ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | CALDO DE POLLO : FRUTA : INFUSION ✓                                 |
| MIERCOLES 20 DE DICIEMBRE DEL 2017 | ARROZ + PICANTE DE RES + 1 PAN + INFUSION ✓   | SOPA + PACHAMANCA DE POLLO + ARROZ + CAMOTE + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | POLLO AL HORNO + ARROZ + PAPA + ENSALADA + INFUSION ✓               |
| JUEVES 21 DE DICIEMBRE DEL 2017    | ARROZ + PICANTE DE RES + 1 PAN + INFUSION ✓   | SOPA + SUDADO DE PESCADO + ARROZ + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | CALDO DE POLLO+ FRUTA + INFUSION ✓                                  |
| VIERNES 22 DE DICIEMBRE DEL 2017   | CHANFAINITA + TALLARIN + 1 PAN + INFUSION ✓   | PAPA A LA HUANCAINA+ ARROZ CON POLLO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | ARROZ + SALTADO DE MOLLEJITAS + PAPAS FRITAS + ENSALADA+ INFUSION ✓ |
| SABADO 23 DE DICIEMBRE DEL 2017    | MENESTRON + INFUSION + 1 PAN ✓                | SOPA + ARROZ + SECO DE POLLO+ PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | LOCRO DE POLLO + CEBOLLA + CANCHA + FRUTA+ INFUSION ✓               |
| DOMINGO 24 DE DICIEMBRE DEL 2017   | ARROZ + PAPA RELLENA + 1 PAN + INFUSION ✓     | SOPA + ARROZ + LENTEJAS + PESCADO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | ARROZ + PICANTE DE RES + FRUTA+ INFUSION ✓                          |
| LUNES 25 DE DICIEMBRE DEL 2017     | ARROZ + ESTOFADO DE RES + 1 PAN + INFUSION ✓  | PAPA A LA HUANCAINA + TALLARINES VERDES + POLLO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA+ POLLO A LA OLLA CON PAPA (MEJORAMIENTO) ✓ | ARROZ + CAIGUA RELLENA + ENSALADA+ INFUSION ✓                       |
| MARTES 26 DE DICIEMBRE DEL 2017    | ARROZ + CAU CAU + INFUSION + 1 PAN ✓          | SOPA + ASADO DE POLLO + ARROZ + MENESTRA+ ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | POLLO FRITO + ARROZ + ENSALADA + INFUSION ✓                         |
| MIERCOLES 27 DE DICIEMBRE DEL 2017 | ARROZ + POLLO A LA OLLA + INFUSION + 1 PAN ✓  | SOPA + ARROZ + SECO DE POLLO + ENSALADA + REFRESCO + FRUTA ✓  | POLLO AL HORNO + ARROZ + PAPA +ENSALADA+ INFUSION ✓                 |
| JUEVES 28 DE DICIEMBRE DEL 2017    | ARROZ + PICANTE DE RES + 1 PAN + INFUSION ✓   | SOPA + ARROZ + ADOBO DE CHANCHO + PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓   | CALDO DE POLLO FRUTA + INFUSION ✓                                   |
| VIERNES 29 DE DICIEMBRE DEL 2017   | TALLARTIN ROJO CON POLLO + 1 PAN + INFUSION ✓ | SOPA + ARROZ + PESCADO FRITO+ LENTEJAS + ENSALADA+ REFRESCO DE FRUTA+ FRUTA ✓   | CALDO DE POLLO+ FRUTA+ INFUSION ✓                                   |
| SABADO 30 DE DICIEMBRE DEL 2017    | CAU CAU CRIOLLO + ARROZ + INFUSION + 1 PAN ✓  | SOPA + PESCADO FRITO + ARROZ+ PAPA+ ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | CALDO DE POLLO+FRUTA + INFUSION ✓                                   |
| DOMINGO 31 DE DICIEMBRE DEL 2017   | ARROZ + ESTOFADO DE RES + 1 PAN + INFUSION ✓  | PAPA A LA HUANCAINA + TALLARINES VERDES + POLLO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA ✓  | ARROZ + CAIGUA RELLENA + ENSALADA+ INFUSION ✓                       |

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|  <p><b>CONSORCIO LA LECHERITA</b><br/> <b>Eyer E. Berrospi Davila</b><br/>         RUC 206000932011<br/>         REPRESENTANTE LEGAL COMÚN DEL CONSORCIO</p> |  <p>Lic. Yvelisa Cárdenas Sarcedo, a Julia<br/>         NUTRICIONISTA</p> |
| FIRMA DEL CONTRATISTA   | FIRMA DE NUTRICIONISTA  |

**DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 01**

|                  | PESO BRUTO<br>(g)                                 | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE  |              |               | TOTAL<br>(Kcal) |
|------------------|---|--------------|-------------|--------------|-----------------------------|--------------|---------------|-----------------|
|                  |   |              |             |              | PROT                        | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>  | <b>ARROZ + ESTOFADO DE RES + INFUSION + 1 PAN</b> |              |             |              |                             |              |               |                 |
| ARROZ            | 90  | 7.38         | 0.45        | 70.02        | 29.52                       | 4.05         | 280.08        | 313.65          |
| RES              | 100   | 21.30        | 1.60        | 0            | 85.20                       | 14.40        | 0             | 99.60           |
| PAPA             | 100   | 2.10         | 0.10        | 22.30        | 8.40                        | 0.90         | 89.20         | 98.50           |
| ZANAHORIA        | 20  | 0.12         | 0.10        | 1.84         | 0.48                        | 0.90         | 7.36          | 8.74            |
| ARVEJA           | 20  | 1.42         | 0.12        | 0.10         | 5.68                        | 1.08         | 15.04         | 21.8            |
| AJI COLORADO     | 10  | 0.01         | 0.10        | 0.17         | 0.04                        | 0.90         | 6.16          | 8.26            |
| AJOS             | 3   | 0.16         | 0.02        | 0.91         | 0.64                        | 0.18         | 3.64          | 4.6             |
| CEBOLLA          | 15  | 1.06         | 0.09        | 2.82         | 4.24                        | 0.81         | 11.28         | 16.33           |
| ACEITE           | 20  | 0            | 20          | 0            | 0                           | 180          | 0             | 180             |
| PAN              | 30  | 2.5          | 0.1         | 19.1         | 10.1                        | 0.5          | 76.6          | 87.18           |
| TE               | 3   | 0.24         | 0.12        | 2.14         | 0.96                        | 1.08         | 8.56          | 10.6            |
| AZUCAR RUBIA     | 30  | 0            | 0           | 29.5         | 0                           | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b> |   | <b>36.29</b> | <b>22.8</b> | <b>148.9</b> | <b>145.26</b>               | <b>204.8</b> | <b>615.88</b> |                 |
|                  |   |              |             |              | VALOR CALORICO DEL DESAYUNO |              |               | 967.22          |
|                  |   |              |             |              | % DISTRIBUCION DEL DESAYUNO |              |               | 30.76           |

|                 | PESO BRUTO<br>(g)  | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE  |               |              | TOTAL<br>(Kcal) |
|-----------------|--|--------------|--------------|--------------|-----------------------------|---------------|--------------|-----------------|
|                 |  |              |              |              | PROT                        | GRAS          | CARB         |                 |
| <b>ALMUERZO</b> | <b>SOPA + ARROZ + POLLO AL HORNO + PURE + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |              |              |                             |               |              |                 |
| FIDEOS          | 30   | 2.82         | 0.06         | 23.31        | 11.28                       | 0.54          | 93.24        | 105.06          |
| ZAPALLO         | 20   | 0.18         | 0.04         | 0.58         | 0.72                        | 0.36          | 2.32         | 3.4             |
| ZANAHORIA       | 20   | 0.12         | 0.1          | 1.84         | 0.48                        | 0.9           | 7.36         | 8.74            |
| APIO            | 20   | 0.14         | 0.04         | 0.96         | 0.56                        | 0.36          | 3.84         | 4.76            |
| OREGANO         | 3  | 0.02         | 0.01         | 0.33         | 0.08                        | 0.09          | 1.32         | 1.49            |
| HUEVO           | 27   | 4.4          | 4.3          | 0.5          | 17.6                        | 38.9          | 1.9          | 58.4            |
| PORO            | 20   | 0.54         | 0.16         | 1.52         | 2.16                        | 1.44          | 6.08         | 9.68            |
| ARROZ           | 150  | 12.3         | 0.75         | 116.7        | 49.2                        | 6.75          | 466.8        | 522.75          |
| PAPA BLANCA     | 100  | 2.1          | 0.1          | 22.3         | 8.4                         | 0.9           | 89.2         | 98.5            |
| POLLO           | 160  | 29.12        | 16.32        | 0            | 116.48                      | 146.88        | 0            | 263.36          |
| SILLAO          | 3  | 0.16         | 0.03         | 0.28         | 0.64                        | 0.27          | 1.12         | 2.03            |
| PIÑA            | 20   | 0.08         | 0.04         | 1.96         | 0.32                        | 0.36          | 7.84         | 8.52            |
| CEBOLLA         | 15   | 1.06         | 0.09         | 2.82         | 4.24                        | 0.81          | 11.28        | 16.33           |
| AJOS            | 3  | 0.16         | 0.02         | 0.91         | 0.64                        | 0.18          | 3.64         | 4.6             |
| TOMATE          | 15   | 0.12         | 0.03         | 0.64         | 0.48                        | 0.27          | 2.56         | 3.31            |
| PEPINILLO       | 25   | 0.12         | 0.02         | 0.65         | 0.48                        | 0.18          | 2.6          | 3.26            |
| LIMON           | 3  | 0.01         | 0            | 0.1          | 0.03                        | 0             | 0.6          | 0.63            |
| MANZANA         | 20   | 0.05         | 0            | 2.2          | 0.18                        | 0             | 8.8          | 8.98            |
| ACEITE          | 10   | 0            | 10           | 0            | 0                           | 90            | 0            | 90              |
| MANGO           | 150  | 0.53         | 0.3          | 21.2         | 2.14                        | 2.4           | 84.9         | 89.44           |
| <b>TOTAL</b>    |  | <b>54.03</b> | <b>32.41</b> | <b>198.8</b> | <b>216.11</b>               | <b>291.59</b> | <b>795.4</b> |                 |
|                 |  |              |              |              | VALOR CALORICO DEL ALMUERZO |               |              | 1303.24         |
|                 |  |              |              |              | % DISTRIBUCION DEL ALMUERZO |               |              | 41.44           |

|                  | PESO BRUTO<br>(g)                                   | PROT<br>(g) | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------|---|-------------|--------------|--------------|----------------------------|---------------|---------------|-----------------|
|                  |   |             |              |              | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>      | <b>ARROZ + POLLO AL SILLAO+ ENSALADA + INFUSION</b> |             |              |              |                            |               |               |                 |
| ARROZ            | 90  | 7.38        | 0.45         | 70.02        | 29.52                      | 4.05          | 280.08        | 313.65          |
| CEBOLLA CHINA    | 20  | 0.34        | 0.06         | 1.12         | 1.36                       | 0.54          | 4.48          | 6.38            |
| POLLO            | 100   | 18.2        | 10.2         | 0            | 72.8                       | 91.8          | 0             | 164.6           |
| AJOS             | 3   | 0.16        | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6             |
| KION             | 3   | 0.27        | 0.17         | 2.13         | 1.08                       | 1.53          | 8.52          | 11.13           |
| ACEITE VEGETAL   | 15  | 0           | 15           | 0            | 0                          | 135           | 0             | 135             |
| SILLAO           | 10  | 0.16        | 0.03         | 0.28         | 0.64                       | 0.27          | 1.12          | 2.03            |
| PIMENTON         | 15  | 0.22        | 0.07         | 1.15         | 0.88                       | 0.63          | 4.6           | 6.11            |
| PEPINILLO        | 25  | 0.12        | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON            | 3   | 0.01        | 0            | 0.1          | 0.03                       | 0             | 0.6           | 0.63            |
| TE               | 3   | 0.24        | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.6            |
| PAPA BLANCA      | 100   | 2.1         | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2          | 98.5            |
| AZUCAR RUBIA     | 30  | 0           | 0            | 29.5         | 0                          | 0             | 117.96        | 117.96          |
| <b>SUB TOTAL</b> |   | <b>29.2</b> | <b>26.24</b> | <b>130.3</b> | <b>116.79</b>              | <b>236.16</b> | <b>521.36</b> |                 |
|                  |   |             |              |              | VALOR CALORICO DE LA CENA  |               |               | 874.45          |
|                  |   |             |              |              | % DISTRIBUCION DE LA CENA  |               |               | 27.81           |

|            | PROT   | GRAS   | CARB  |                               |
|------------|--------|--------|-------|-------------------------------|
| VCT( g)    | 119.52 | 81.45  | 478   |                               |
| VCT (kcal) | 478.08 | 733.05 | 1912  |                               |
| VCT (%)    | 15.20  | 23.31  | 60.80 |                               |
|            |        |        |       | VALOR CALORICO TOTAL DEL MENU |
|            |        |        |       | 3144.91                       |

**CONSORCIO LA LECHERITA**

**Ever F Berrospi Davila**  
RUC 20800093208  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

Lic. Yesenia Carrin Saavedra Julia  
NUTRICIONISTA  
C.N.P. 4118

DOOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 02

|                                    | PESO BRUTO                                   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ + PAPA RELLENA + INFUSION + PAN</b> |              |              |               |                            |               |               |               |
| PAPA                               | 150  | 3.15         | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75        |
| ACEITE                             | 5  | 0            | 5            | 0             | 0                          | 45            | 0             | 45            |
| ARROZ                              | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| CEBOLLA                            | 15   | 0.34         | 0.06         | 1.12          | 1.36                       | 0.54          | 4.48          | 6.38          |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74          |
| CARNE DE RES                       | 100  | 21.3         | 1.6          | 0             | 85.2                       | 14.4          | 0             | 99.6          |
| HUEVO                              | 27   | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4          |
| PAN                                | 30   | 2.5          | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18         |
| ANIS                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |  | <b>39.43</b> | <b>11.88</b> | <b>157.67</b> | <b>157.82</b>              | <b>106.72</b> | <b>630.74</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>895.26</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>28.51</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + CHANCHO A LA OLLA + PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |              |              |               |                            |               |               |                |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76           |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49           |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| CHANCHO                            | 150   | 21.6         | 22.65        | 0             | 86.4                       | 203.85        | 0             | 290.25         |
| PAPA                               | 150   | 3.15         | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75         |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| ACEITE                             | 15  | 0            | 15           | 0             | 0                          | 135           | 0             | 135            |
| TOMATE                             | 20  | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44           |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| MANZANA                            | 20  | 0.05         | 0            | 2.2           | 0.18                       | 0             | 8.8           | 8.98           |
| MANDARINA                          | 150   | 0.9          | 0.45         | 12.9          | 3.6                        | 4.05          | 51.6          | 59.25          |
| <b>SUB TOTAL</b>                   |   | <b>47.73</b> | <b>43.88</b> | <b>199.63</b> | <b>190.89</b>              | <b>395.12</b> | <b>798.62</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1384.77</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>44.10</b>   |

|                                  | PESO BRUTO                                 | PROT        | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|-------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)  | (g)         | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>AGUADITO DE POLLO + FRUTA+ INFUSION</b> |             |              |               |                            |               |               |               |
| ARROZ MOLIDO                     | 90   | 7.38        | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| POLLO                            | 100  | 18.2        | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| ZAPALLO                          | 20   | 0.18        | 0.04         | 0.58          | 0.72                       | 0.36          | 2.88          | 3.72          |
| CHOCLO                           | 40   | 1.32        | 0.32         | 11.12         | 5.28                       | 2.88          | 44.48         | 52.64         |
| TOMATE                           | 25   | 0.2         | 0.05         | 1.07          | 0.8                        | 0.45          | 4.28          | 5.53          |
| ZANAHORIA                        | 20   | 0.12        | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74          |
| APIO                             | 20   | 0.14        | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76          |
| PIMENTON                         | 20   | 0.3         | 0.10         | 1.54          | 1.20                       | 0.90          | 6.16          | 8.26          |
| PAPA BLANCA                      | 150  | 3.15        | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75        |
| PORO                             | 20   | 0.54        | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68          |
| OREGANO                          | 3  | 0.02        | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49          |
| PLATANO                          | 150  | 2.25        | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05        |
| <b>SUB TOTAL</b>                 |  | <b>33.8</b> | <b>12.07</b> | <b>153.93</b> | <b>135.2</b>               | <b>108.63</b> | <b>616.28</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |             |              |               |                            |               |               | <b>859.87</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |             |              |               |                            |               |               | <b>27.39</b>  |

|                                      | PROT   | GRAS   | CARB    |               |
|--------------------------------------|--------|--------|---------|---------------|
| VCT (g)                              | 120.96 | 67.83  | 511.23  |               |
| VCT (kcal)                           | 483.84 | 610.47 | 2044.92 |               |
| VCT (%)                              | 15.41  | 19.44  | 65.13   |               |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3139.9</b> |

**CONSORCIO LA LECHERITA**  
*[Firma]*  
**Ever Berrospi Davila**  
RUC 2080093203  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

*[Firma]*  
Lic. Yessica Carrizosa J. Jilina  
NUTRICIONISTA  
C.N.P. 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 03

|                                    | PESO BRUTO  | PROT        | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|---|-------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)   | (g)         | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ + OLLUQUITO CON POLLO + INFUSION + FRUTA</b> |             |              |               |                            |               |               |               |
| ARROZ                              | 90  | 7.38        | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| OLLUCO                             | 100   | 1.1         | 0.1          | 14.3          | 4.4                        | 0.9           | 57.2          | 62.5          |
| POLLO                              | 100   | 18.2        | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| TOMATE                             | 20  | 0.16        | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| CEBOLLA                            | 15  | 1.06        | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| AJOS                               | 3   | 0.16        | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| ACEITE                             | 8   | 0           | 8            | 0             | 0                          | 72            | 0             | 72            |
| PAPA                               | 100   | 2.1         | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| PAN                                | 30  | 2.5         | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18         |
| ANIS                               | 3   | 0.24        | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 30  | 0           | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |   | <b>32.9</b> | <b>19.22</b> | <b>161.95</b> | <b>131.7</b>               | <b>172.58</b> | <b>647.96</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |             |              |               |                            |               |               | <b>952.36</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |             |              |               |                            |               |               | <b>29.66</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|--------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB         |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + POLLO AL HORNO + PURE + REFRESCO DE FRUTA+ FRUTA + ENSALADA</b> |              |              |               |                            |               |              |                |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24        | 105.06         |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32         | 3.4            |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36         | 8.74           |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84         | 4.76           |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32         | 1.49           |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9          | 58.4           |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08         | 9.68           |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8        | 522.75         |
| PAPA BLANCA                        | 150   | 3.15         | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8        | 147.75         |
| POLLO                              | 160   | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0            | 263.36         |
| SILLAO                             | 3   | 0.16         | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12         | 2.03           |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84         | 8.52           |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28        | 16.33          |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64         | 4.6            |
| TOMATE                             | 15  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56         | 3.31           |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6          | 3.26           |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6          | 0.63           |
| ACEITE                             | 10  | 0            | 10           | 0             | 0                          | 90            | 0            | 90             |
| MANGO                              | 150   | 0.53         | 0.3          | 21.2          | 2.14                       | 2.4           | 84.9         | 89.44          |
| <b>TOTAL</b>                       |   | <b>55.03</b> | <b>32.46</b> | <b>207.75</b> | <b>220.13</b>              | <b>292.04</b> | <b>831.2</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |              | <b>1343.51</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |              | <b>41.84</b>   |

|                                  | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>TALLARIN SALTADO CON POLLO PICADO+ ENSALADA + INFUSION</b> |              |              |               |                            |               |               |               |
| FIDEOS                           | 100   | 9.4          | 0.2          | 78.2          | 37.6                       | 1.8           | 312.8         | 352.2         |
| CEBOLLA CHINA                    | 20  | 0.34         | 0.06         | 1.12          | 1.36                       | 0.54          | 4.48          | 6.38          |
| POLLO                            | 100   | 18.2         | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| AJOS                             | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| KION                             | 3   | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52          | 11.13         |
| ACEITE VEGETAL                   | 15  | 0            | 15           | 0             | 0                          | 135           | 0             | 135           |
| SILLAO                           | 3   | 0.16         | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12          | 2.03          |
| PIMENTON                         | 15  | 0.22         | 0.07         | 1.15          | 0.88                       | 0.63          | 4.60          | 6.11          |
| TE                               | 3   | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR RUBIA                     | 30  | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| RES                              | 80  | 7.49         | 7.9          | 0.1           | 29.95                      | 70.7          | 0.2           | 100.85        |
| PEPINILLO                        | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26          |
| LIMON                            | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| <b>SUB TOTAL</b>                 |   | <b>36.61</b> | <b>33.79</b> | <b>116.28</b> | <b>146.42</b>              | <b>303.71</b> | <b>465.08</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |               |                            |               |               | <b>915.35</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |               |                            |               |               | <b>28.50</b>  |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 124.54 | 85.47  | 485.98  |                |
| VCT (kcal)                           | 498.16 | 769.23 | 1943.92 |                |
| VCT (%)                              | 15.51  | 23.95  | 60.54   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3211.22</b> |

CONSORCIO LA LECHERITA  
  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE S DEL ESTABLECIMIENTO  
PENAL DE PASCO  
MENU N° 04

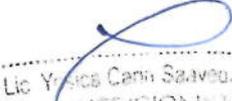
|                  | PESO BRUTO                                | PROT         | GRAS        | CARB          | KILOCALORIAS POR NUTRIENTE  |              |               | TOTAL<br>(Kcal) |
|------------------|---|--------------|-------------|---------------|-----------------------------|--------------|---------------|-----------------|
|                  | (g)                                       | (g)          | (g)         | (g)           | PROT                        | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>  | <b>SANCOCHADO DE RES + PAN + INFUSION</b> |              |             |               |                             |              |               |                 |
| CARNE DE RES     | 100                                       | 21.3         | 1.6         | 0             | 85.2                        | 14.4         | 0             | 99.6            |
| PAPA             | 100                                       | 2.1          | 0.1         | 22.3          | 8.4                         | 0.9          | 89.2          | 98.5            |
| ARROZ            | 30  | 2.5          | 0.2         | 23.3          | 9.8                         | 1.4          | 93.4          | 104.55          |
| CHOCLO           | 20  | 0.42         | 0.1         | 3.6           | 1.69                        | 0.9          | 14.2          | 16.79           |
| HABAS            | 20  | 2.26         | 0.2         | 5.2           | 9.04                        | 1.4          | 20.7          | 31.14           |
| ZANAHORIA        | 20  | 0.12         | 0.10        | 1.84          | 0.48                        | 0.90         | 7.36          | 8.74            |
| APIO             | 20  | 0.14         | 0.04        | 0.96          | 0.56                        | 0.36         | 3.84          | 4.76            |
| PAN              | 30  | 2.5          | 0.1         | 19.1          | 10.1                        | 0.5          | 76.6          | 87.18           |
| TE               | 3   | 0.24         | 0.12        | 2.14          | 0.96                        | 1.08         | 8.56          | 10.6            |
| AZUCAR           | 30  | 0            | 0           | 29.5          | 0                           | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b> |   | <b>31.58</b> | <b>2.56</b> | <b>107.94</b> | <b>126.23</b>               | <b>21.84</b> | <b>431.82</b> |                 |
|                  |   |              |             |               | VALOR CALORICO DEL DESAYUNO |              |               | 579.82          |
|                  |   |              |             |               | % DISTRIBUCION DEL DESAYUNO |              |               | 20.80           |

|                  | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE  |               |               | TOTAL<br>(Kcal) |
|------------------|---|--------------|--------------|---------------|-----------------------------|---------------|---------------|-----------------|
|                  | (g)   | (g)          | (g)          | (g)           | PROT                        | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>  | <b>SOPA + ARROZ + CARAPULCRA DE CHANCHO + ENSALADA + REFRESCO DE FRUTA+ FRUTA</b> |              |              |               |                             |               |               |                 |
| FIDEOS           | 30  | 2.82         | 0.06         | 23.31         | 11.28                       | 0.54          | 93.24         | 105.06          |
| ZAPALLO          | 20  | 0.18         | 0.04         | 0.58          | 0.72                        | 0.36          | 2.32          | 3.4             |
| ZANAHORIA        | 20  | 0.12         | 0.1          | 1.84          | 0.48                        | 0.9           | 7.36          | 8.74            |
| APIO             | 20  | 0.14         | 0.04         | 0.96          | 0.56                        | 0.36          | 3.84          | 4.76            |
| OREGANO          | 3   | 0.02         | 0.01         | 0.33          | 0.08                        | 0.09          | 1.32          | 1.49            |
| HUEVO            | 27  | 4.4          | 4.3          | 0.5           | 17.6                        | 38.9          | 1.9           | 58.4            |
| PORO             | 20  | 0.54         | 0.16         | 1.52          | 2.16                        | 1.44          | 6.08          | 9.68            |
| ARROZ            | 150   | 12.3         | 0.75         | 116.7         | 49.2                        | 6.75          | 466.8         | 522.75          |
| CHANCHO          | 160   | 21.6         | 22.65        | 0             | 86.4                        | 203.85        | 0             | 290.25          |
| PAPA SECA        | 150   | 2.1          | 0.5          | 38.6          | 8.4                         | 4.1           | 154.2         | 166.7           |
| CEBOLLA          | 15  | 1.06         | 0.09         | 2.82          | 4.24                        | 0.81          | 11.28         | 16.33           |
| AJOS             | 3   | 0.16         | 0.02         | 0.91          | 0.64                        | 0.18          | 3.64          | 4.6             |
| ACEITE           | 15  | 0            | 15           | 0             | 0                           | 135           | 0             | 135             |
| TOMATE           | 20  | 0.16         | 0.04         | 0.86          | 0.64                        | 0.36          | 3.44          | 4.44            |
| PEPINILLO        | 25  | 0.12         | 0.02         | 0.65          | 0.48                        | 0.18          | 2.6           | 3.26            |
| LIMON            | 3   | 0.01         | 0            | 0.1           | 0.03                        | 0             | 0.6           | 0.63            |
| MANZANA          | 20  | 0.05         | 0            | 2.2           | 0.18                        | 0             | 8.8           | 8.98            |
| MANDARINA        | 150   | 0.9          | 0.45         | 12.9          | 3.6                         | 4.05          | 51.6          | 59.25           |
| <b>SUB TOTAL</b> |   | <b>46.68</b> | <b>44.23</b> | <b>204.78</b> | <b>186.69</b>               | <b>397.87</b> | <b>819.02</b> |                 |
|                  |   |              |              |               | VALOR CALORICO DEL ALMUERZO |               |               | 1403.72         |
|                  |   |              |              |               | % DISTRIBUCION DEL ALMUERZO |               |               | 50.34           |

|              | PESO BRUTO                                 | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|--------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|              | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>  | <b>ARROZ A LA CUBANA + FRUTA+ INFUSION</b> |              |              |               |                            |               |               |                 |
| ARROZ        | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65          |
| HUEVO        | 55   | 7.42         | 4.62         | 0.99          | 29.68                      | 41.58         | 3.96          | 75.22           |
| PLATANO      | 45   | 0.36         | 0            | 6.4           | 1.43                       | 0.3           | 25.7          | 27.43           |
| ACEITE       | 30   | 0            | 30           | 0             | 0                          | 270           | 0             | 270             |
| HIERBA LUISA | 3  | 0            | 0            | 0             | 0                          | 0             | 0             | 0               |
| AZUCAR       | 15   | 0            | 0            | 14.78         | 0                          | 0             | 59.12         | 59.12           |
| MANDARINA    | 150  | 0.9          | 0.45         | 12.9          | 3.6                        | 4.05          | 51.6          | 59.25           |
| <b>TOTAL</b> |  | <b>16.06</b> | <b>35.52</b> | <b>105.09</b> | <b>64.23</b>               | <b>319.98</b> | <b>420.46</b> |                 |
|              |  |              |              |               | VALOR CALORICO DE LA CENA  |               |               | 804.67          |
|              |  |              |              |               | % DISTRIBUCION DE LA CENA  |               |               | 28.86           |

|            | PROT                          | GRAS   | CARB    |         |
|------------|-------------------------------|--------|---------|---------|
| VCT (g)    | 94.32                         | 82.31  | 417.81  |         |
| VCT (kcal) | 377.28                        | 740.79 | 1671.24 |         |
| VCT (%)    | 13.53                         | 26.57  | 59.94   |         |
|            | VALOR CALORICO TOTAL DEL MENU |        |         | 2788.21 |

CONSORCIO LA LECHERITA  
  
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 CNP 4116

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO MENU N° 05

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|---|-------------------|-------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|   |                   |             |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>DESAYUNO</b>                                   |                   |             |              |               |                            |               |               |                 |
| <b>CAU - CAU CRIOLLO + ARROZ + INFUSION + PAN</b> |                   |             |              |               |                            |               |               |                 |
| ARROZ   | 90                | 7.38        | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65          |
| MONDONGO  | 100               | 11.83       | 2.45         | 0             | 47.32                      | 22.05         | 0             | 69.37           |
| ZANAHORIA   | 20                | 0.12        | 0.1          | 1.84          | 0.48                       | 0.9           | 7.36          | 8.74            |
| ARVEJA  | 20                | 1.42        | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04         | 21.8            |
| PAPA BLANCA                                       | 100               | 2.1         | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| AJI AMARILLO                                      | 15                | 0.29        | 0.3          | 1.4           | 1.14                       | 2.3           | 5.5           | 8.94            |
| AJOS  | 3                 | 0.16        | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| CEBOLLA   | 15                | 1.06        | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| ACEITE  | 15                | 0.00        | 15           | 0.0           | 0.00                       | 125           | 0.0           | 125             |
| PAN   | 30                | 2.5         | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18           |
| TE  | 3                 | 0.24        | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR  | 30                | 0           | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96          |
| <b>TOTAL</b>                                      |                   | <b>27.1</b> | <b>18.85</b> | <b>150.13</b> | <b>108.48</b>              | <b>158.85</b> | <b>615.22</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b>                |                   |             |              |               |                            |               |               | <b>882.67</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b>                |                   |             |              |               |                            |               |               | <b>27.47</b>    |

|  | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|--|-------------------|-------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|  |                   |             |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>  |                   |             |              |               |                            |               |               |                 |
| <b>SOPA + ARROZ + BISTECK AL JUGO + PAPA+ REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |                   |             |              |               |                            |               |               |                 |
| FIDEOS   | 30                | 2.82        | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO  | 20                | 0.18        | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA  | 20                | 0.12        | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO   | 20                | 0.14        | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| OREGANO  | 3                 | 0.02        | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| HUEVO  | 27                | 4.40        | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4            |
| PORO   | 20                | 0.54        | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| ARROZ  | 150               | 12.3        | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75          |
| PAPA BLANCA  | 150               | 3.15        | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75          |
| CARNE DE RES   | 150               | 31.95       | 2.40         | 0             | 127.8                      | 21.60         | 0             | 149.4           |
| SILLAO   | 3                 | 0.16        | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12          | 2.03            |
| PIÑA   | 20                | 0.08        | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52            |
| AZUCAR   | 15                | 0           | 0            | 14.78         | 0                          | 0             | 59.12         | 59.12           |
| CEBOLLA  | 15                | 1.06        | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| AJOS   | 3                 | 0.16        | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| TOMATE   | 15                | 0.12        | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31            |
| ACEITE   | 25                | 0           | 25           | 0             | 0                          | 225           | 0             | 225             |
| MANDARINA  | 150               | 0.9         | 0.45         | 12.9          | 3.6                        | 4.05          | 51.6          | 59.25           |
| <b>SUB TOTAL</b>   |                   | <b>58.1</b> | <b>33.67</b> | <b>213.48</b> | <b>232.4</b>               | <b>303.23</b> | <b>853.82</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b>   |                   |             |              |               |                            |               |               | <b>1389.59</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b>   |                   |             |              |               |                            |               |               | <b>43.24</b>    |

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL<br>(Kcal) |
|--|-------------------|--------------|--------------|-------------|----------------------------|---------------|--------------|-----------------|
|  |                   |              |              |             | PROT                       | GRAS          | CARB         |                 |
| <b>CENA</b>                                |                   |              |              |             |                            |               |              |                 |
| <b>ARROZ CHAUFA MIXTO +FRUTA+ INFUSION</b> |                   |              |              |             |                            |               |              |                 |
| ARROZ                                      | 90                | 7.38         | 0.45         | 70.02       | 29.52                      | 4.05          | 280.08       | 313.65          |
| CEBOLLA CHINA                              | 15                | 0.34         | 0.06         | 1.12        | 1.36                       | 0.54          | 4.48         | 6.38            |
| POLLO                                      | 80                | 17.11        | 2.5          | 0.0         | 68.45                      | 22.2          | 0.0          | 90.65           |
| AJOS                                       | 3                 | 0.16         | 0.02         | 0.91        | 0.64                       | 0.18          | 3.64         | 4.6             |
| KION                                       | 3                 | 0.27         | 0.17         | 2.13        | 1.08                       | 1.53          | 8.52         | 11.13           |
| HUEVO                                      | 27                | 4.40         | 4.3          | 0.5         | 17.60                      | 38.9          | 1.9          | 58.4            |
| ACEITE VEGETAL                             | 30                | 0            | 30           | 0           | 0                          | 270           | 0            | 270             |
| SILLAO                                     | 3                 | 0.16         | 0.03         | 0.28        | 0.64                       | 0.27          | 1.12         | 2.03            |
| PIMENTON                                   | 15                | 0.22         | 0.07         | 1.15        | 0.88                       | 0.63          | 4.60         | 6.11            |
| TE   | 3                 | 0.24         | 0.12         | 2.14        | 0.96                       | 1.08          | 8.56         | 10.6            |
| RES  | 80                | 7.49         | 7.9          | 0.1         | 29.95                      | 70.7          | 0.2          | 100.85          |
| NARANJA                                    | 150               | 0.90         | 0.30         | 15.15       | 3.6                        | 2.7           | 60.6         | 66.90           |
| <b>TOTAL</b>                               |                   | <b>38.67</b> | <b>45.92</b> | <b>93.5</b> | <b>154.68</b>              | <b>412.78</b> | <b>373.7</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b>           |                   |              |              |             |                            |               |              | <b>941.3</b>    |
| <b>% DISTRIBUCION DE LA CENA</b>           |                   |              |              |             |                            |               |              | <b>29.29</b>    |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 123.87 | 98.44  | 457.11  |                |
| VCT (kcal)                           | 495.48 | 885.96 | 1828.44 |                |
| VCT (%)                              | 15.42  | 27.57  | 56.90   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3213.56</b> |

CONSORCIO LA LECHERITA  
  
**Ever F. Berrospi Davila**  
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 CNP 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 06

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |       |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|-------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS  | CARB   |                 |
| <b>DESAYUNO</b>   |                   |             |             |             |                            |       |        |                 |
| <b>CALDO VERDE + HUEVO + QUESO + CANCHA + INFUSION+ PAN</b> |                   |             |             |             |                            |       |        |                 |
| PAPA BLANCA   | 150               | 3.15        | 0.15        | 33.45       | 12.6                       | 1.35  | 133.8  | 147.75          |
| MAIZ  | 20                | 0.66        | 0.16        | 5.56        | 2.64                       | 1.44  | 22.24  | 26.32           |
| QUESO   | 30                | 5.25        | 6.0         | 1.0         | 21.00                      | 54.3  | 4.0    | 79.3            |
| HUEVO   | 60                | 8.1         | 5.04        | 1.08        | 32.4                       | 45.36 | 4.32   | 82.08           |
| LECHE   | 70                | 4.41        | 5.39        | 7.63        | 17.64                      | 48.51 | 30.52  | 96.67           |
| ESPINACA  | 20                | 0.56        | 0.18        | 0.98        | 2.24                       | 1.62  | 3.92   | 7.78            |
| CULANTRO  | 20                | 0.66        | 0.26        | 1.4         | 2.64                       | 2.34  | 5.6    | 10.58           |
| PAN   | 30                | 2.5         | 0.1         | 19.1        | 10.1                       | 0.5   | 76.6   | 87.18           |
| ANIS  | 3                 | 0.24        | 0.12        | 2.14        | 0.96                       | 1.08  | 8.56   | 10.6            |
| AZUCAR  | 30                | 0           | 0           | 29.5        | 0                          | 0     | 117.96 | 117.96          |
| SUB TOTAL   |                   | 25.53       | 17.4        | 101.84      | 102.22                     | 156.5 | 407.52 |                 |
| VALOR CALORICO DEL DESAYUNO                                 |                   |             |             |             |                            |       |        | 666.22          |
| % DISTRIBUCION DEL DESAYUNO                                 |                   |             |             |             |                            |       |        | 22.85           |

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>ALMUERZO</b>   |                   |             |             |             |                            |        |        |                 |
| <b>SOPA + ARROZ + PESCADO FRITO + PALLARES + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |                   |             |             |             |                            |        |        |                 |
| FIDEOS  | 30                | 2.82        | 0.06        | 23.31       | 11.28                      | 0.54   | 93.24  | 105.06          |
| ZAPALLO   | 20                | 0.18        | 0.04        | 0.58        | 0.72                       | 0.36   | 2.32   | 3.4             |
| ZANAHORIA   | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90   | 7.36   | 8.74            |
| APIO  | 20                | 0.14        | 0.04        | 0.96        | 0.56                       | 0.36   | 3.84   | 4.76            |
| OREGANO   | 3                 | 0.02        | 0.01        | 0.33        | 0.08                       | 0.09   | 1.32   | 1.49            |
| HUEVO   | 27                | 4.40        | 4.3         | 0.5         | 17.60                      | 38.9   | 1.9    | 58.4            |
| PORO  | 20                | 0.54        | 0.16        | 1.52        | 2.16                       | 1.44   | 6.08   | 9.68            |
| ARROZ   | 150               | 12.3        | 0.75        | 116.7       | 49.2                       | 6.75   | 466.8  | 522.75          |
| PESCADO   | 300               | 43.2        | 7.8         | 0.6         | 172.8                      | 70.2   | 2.4    | 245.4           |
| LENTEJAS  | 80                | 2.1         | 0.1         | 22.3        | 8.4                        | 0.9    | 89.2   | 98.5            |
| PIÑA  | 20                | 0.08        | 0.04        | 1.96        | 0.32                       | 0.36   | 7.84   | 8.52            |
| CEBOLLA   | 15                | 1.06        | 0.09        | 2.82        | 4.24                       | 0.81   | 11.28  | 16.33           |
| AJOS  | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18   | 3.64   | 4.6             |
| ACEITE VEGETAL  | 25                | 0           | 25          | 0           | 0                          | 225    | 0      | 225             |
| PEPINILLO   | 25                | 0.12        | 0.02        | 0.65        | 0.48                       | 0.18   | 2.6    | 3.26            |
| LIMON   | 3                 | 0.01        | 0.0         | 0.1         | 0.03                       | 0.0    | 0.6    | 0.63            |
| NARANJA   | 150               | 0.90        | 0.30        | 15.15       | 3.6                        | 2.7    | 60.6   | 66.90           |
| SUB TOTAL   |                   | 68.15       | 38.83       | 190.23      | 272.59                     | 349.67 | 761.02 |                 |
| VALOR CALORICO DEL ALMUERZO   |                   |             |             |             |                            |        |        | 1383.42         |
| % DISTRIBUCION DEL ALMUERZO   |                   |             |             |             |                            |        |        | 47.45           |

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>CENA</b>   |                   |             |             |             |                            |        |        |                 |
| <b>ARROZ + POLLO AL SILLAO+ ENSALADA + INFUSION</b> |                   |             |             |             |                            |        |        |                 |
| ARROZ   | 90                | 7.38        | 0.45        | 70.02       | 29.52                      | 4.05   | 280.08 | 313.65          |
| CEBOLLA CHINA                                       | 20                | 0.34        | 0.06        | 1.12        | 1.36                       | 0.54   | 4.48   | 6.38            |
| POLLO   | 100               | 18.2        | 10.2        | 0           | 72.8                       | 91.8   | 0      | 164.6           |
| AJOS  | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18   | 3.64   | 4.6             |
| KION  | 3                 | 0.27        | 0.17        | 2.13        | 1.08                       | 1.53   | 8.52   | 11.13           |
| ACEITE VEGETAL                                      | 25                | 0           | 25          | 0           | 0                          | 225    | 0      | 225             |
| SILLAO  | 3                 | 0.16        | 0.03        | 0.28        | 0.64                       | 0.27   | 1.12   | 2.03            |
| PIMENTON  | 15                | 0.22        | 0.07        | 1.15        | 0.88                       | 0.63   | 4.60   | 6.11            |
| PEPINILLO   | 25                | 0.12        | 0.02        | 0.65        | 0.48                       | 0.18   | 2.6    | 3.26            |
| LIMON   | 3                 | 0.01        | 0.0         | 0.1         | 0.03                       | 0.0    | 0.6    | 0.63            |
| TE  | 3                 | 0.24        | 0.12        | 2.14        | 0.96                       | 1.08   | 8.56   | 10.6            |
| AZUCAR RUBIA  | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| SUB TOTAL   |                   | 27.1        | 36.14       | 108         | 108.39                     | 325.26 | 432.16 |                 |
| VALOR CALORICO DE LA CENA                           |                   |             |             |             |                            |        |        | 865.95          |
| % DISTRIBUCION DE LA CENA                           |                   |             |             |             |                            |        |        | 29.70           |

|                               | PROT   | GRAS   | CARB    |         |
|-------------------------------|--------|--------|---------|---------|
| VCT (g)                       | 120.78 | 92.37  | 400.07  |         |
| VCT (kcal)                    | 483.12 | 831.33 | 1600.28 |         |
| VCT (%)                       | 16.57  | 28.51  | 54.89   |         |
| VALOR CALORICO TOTAL DEL MENU |        |        |         | 2915.59 |

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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO MENU N° 07

|                             | PESO BRUTO                         | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |              | TOTAL (Kcal) |
|-----------------------------|------------------------------------|--------------|-------------|--------------|----------------------------|--------------|--------------|--------------|
|                             | (g)                                | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB         |              |
| <b>DESAYUNO</b>             | <b>MENESTRON + INFUSION+ 1 PAN</b> |              |             |              |                            |              |              |              |
| CARNE DE RES                | 80                                 | 17.04        | 1.28        | 0            | 68.16                      | 11.52        | 0            | 79.68        |
| FIDEOS                      | 30                                 | 2.82         | 0.06        | 23.31        | 11.28                      | 0.54         | 93.24        | 105.06       |
| ESPINACA                    | 20                                 | 0.56         | 0.18        | 0.98         | 2.24                       | 1.62         | 3.92         | 7.78         |
| ZANAHORIA                   | 20                                 | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36         | 8.74         |
| APIO                        | 20                                 | 0.14         | 0.04        | 0.96         | 0.56                       | 0.36         | 3.84         | 4.76         |
| CULANTRO                    | 20                                 | 0.66         | 0.26        | 1.4          | 2.64                       | 2.34         | 5.6          | 10.58        |
| CHOCLO                      | 20                                 | 0.42         | 0.1         | 3.6          | 1.69                       | 0.9          | 14.2         | 16.79        |
| HABAS                       | 20                                 | 2.26         | 0.2         | 5.2          | 9.04                       | 1.4          | 20.7         | 31.14        |
| LECHE                       | 70                                 | 4.9          | 5.67        | 7.63         | 19.6                       | 51.03        | 30.52        | 101.15       |
| PAN                         | 30                                 | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6         | 87.18        |
| TE                          | 3                                  | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56         | 10.6         |
| AZUCAR                      | 30                                 | 0            | 0           | 29.5         | 0                          | 0            | 117.96       | 117.96       |
| <b>SUB TOTAL</b>            |                                    | <b>31.66</b> | <b>8.11</b> | <b>95.66</b> | <b>126.75</b>              | <b>72.19</b> | <b>382.5</b> |              |
| VALOR CALORICO DEL DESAYUNO |                                    |              |             |              |                            |              |              | 581.42       |
| % DISTRIBUCION DEL DESAYUNO |                                    |              |             |              |                            |              |              | 21.00        |

|                             | PESO BRUTO  | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |              | TOTAL (Kcal) |
|-----------------------------|---|--------------|-------------|--------------|----------------------------|--------------|--------------|--------------|
|                             | (g)   | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB         |              |
| <b>ALMUERZO</b>             | <b>SOPA + ARROZ + SECO DE CABRITO + FRIJOL CANARIO + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |             |              |                            |              |              |              |
| FIDEOS                      | 30  | 2.82         | 0.06        | 23.31        | 11.28                      | 0.54         | 93.24        | 105.06       |
| ZAPALLO                     | 20  | 0.18         | 0.04        | 0.58         | 0.72                       | 0.36         | 2.32         | 3.4          |
| ZANAHORIA                   | 20  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36         | 8.74         |
| APIO                        | 20  | 0.14         | 0.04        | 0.96         | 0.56                       | 0.36         | 3.84         | 4.76         |
| OREGANO                     | 3   | 0.02         | 0.01        | 0.33         | 0.08                       | 0.09         | 1.32         | 1.49         |
| HUEVO                       | 27  | 4.40         | 4.3         | 0.5          | 17.60                      | 38.9         | 1.9          | 58.4         |
| ARROZ                       | 150   | 12.3         | 0.75        | 116.7        | 49.2                       | 6.75         | 466.8        | 522.75       |
| RES                         | 150   | 21.30        | 2.40        | 0            | 127.8                      | 21.60        | 0            | 149.4        |
| ZANAHORIA                   | 20  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36         | 8.74         |
| FRIJOL CANARIO              | 80  | 2.1          | 0.1         | 22.3         | 8.4                        | 0.9          | 89.2         | 98.5         |
| ESPINACA                    | 20  | 0.56         | 0.18        | 0.98         | 2.24                       | 1.62         | 3.92         | 7.78         |
| CULANTRO                    | 20  | 0.66         | 0.26        | 1.4          | 2.64                       | 2.34         | 5.6          | 10.58        |
| PIÑA                        | 20  | 0.08         | 0.04        | 1.96         | 0.32                       | 0.36         | 7.84         | 8.52         |
| AJOS                        | 3   | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64         | 4.6          |
| ACEITE                      | 25  | 0            | 25          | 0            | 0                          | 225          | 0            | 225          |
| PLATANO                     | 150   | 2.25         | 0.45        | 31.5         | 9                          | 4.05         | 126          | 139.05       |
| TOMATE                      | 15  | 0.12         | 0.03        | 0.64         | 0.48                       | 0.27         | 2.56         | 3.31         |
| PEPINILLO                   | 25  | 0.12         | 0.02        | 0.65         | 0.48                       | 0.18         | 2.6          | 3.26         |
| LIMON                       | 3   | 0.01         | 0.0         | 0.1          | 0.03                       | 0.0          | 0.6          | 0.63         |
| <b>SUB TOTAL</b>            |   | <b>47.46</b> | <b>33.9</b> | <b>206.5</b> | <b>232.43</b>              | <b>305.3</b> | <b>826.1</b> |              |
| VALOR CALORICO DEL ALMUERZO |   |              |             |              |                            |              |              | 1363.97      |
| % DISTRIBUCION DEL ALMUERZO |   |              |             |              |                            |              |              | 49.26        |

|                           | PESO BRUTO                            | PROT         | GRAS        | CARB          | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal) |
|---------------------------|---------------------------------------|--------------|-------------|---------------|----------------------------|--------------|---------------|--------------|
|                           | (g)                                   | (g)          | (g)         | (g)           | PROT                       | GRAS         | CARB          |              |
| <b>CENA</b>               | <b>ARROZ TAPADO + FRUTA+ INFUSION</b> |              |             |               |                            |              |               |              |
| CARNE DE RES              | 80                                    | 17.04        | 1.28        | 0             | 68.16                      | 11.52        | 0             | 79.68        |
| ARROZ                     | 90                                    | 7.38         | 0.45        | 70.02         | 29.52                      | 4.05         | 280.08        | 313.65       |
| ZANAHORIA                 | 20                                    | 0.12         | 0.10        | 1.84          | 0.48                       | 0.90         | 7.36          | 8.74         |
| CEBOLLA                   | 15                                    | 1.06         | 0.09        | 2.82          | 4.24                       | 0.81         | 11.28         | 16.33        |
| AJOS                      | 3                                     | 0.16         | 0.02        | 0.91          | 0.64                       | 0.18         | 3.64          | 4.6          |
| HUEVO                     | 27                                    | 2.91         | 2.5         | 0.0           | 11.66                      | 22.9         | 0.0           | 34.56        |
| TOMATE                    | 20                                    | 0.16         | 0.04        | 0.96          | 0.64                       | 0.36         | 3.44          | 4.44         |
| TORONJIL                  | 3                                     | 0.24         | 0.12        | 2.14          | 0.96                       | 1.08         | 8.56          | 10.60        |
| ACEITE                    | 25                                    | 0            | 25          | 0             | 0                          | 225          | 0             | 225          |
| NARANJA                   | 150                                   | 0.90         | 0.30        | 15.15         | 3.6                        | 2.7          | 60.6          | 66.90        |
| AZUCAR                    | 15                                    | 0            | 0           | 14.78         | 0                          | 0            | 59.12         | 59.12        |
| <b>SUB TOTAL</b>          |                                       | <b>29.97</b> | <b>29.9</b> | <b>108.52</b> | <b>119.9</b>               | <b>269.5</b> | <b>434.08</b> |              |
| VALOR CALORICO DE LA CENA |                                       |              |             |               |                            |              |               | 823.62       |
| % DISTRIBUCION DE LA CENA |                                       |              |             |               |                            |              |               | 29.74        |

|                               | PROT   | GRAS   | CARB    |         |
|-------------------------------|--------|--------|---------|---------|
| VCT (g)                       | 109.09 | 71.91  | 410.68  |         |
| VCT (kcal)                    | 436.36 | 647.19 | 1642.72 |         |
| VCT (%)                       | 15.76  | 23.37  | 59.33   |         |
| VALOR CALORICO TOTAL DEL MENU |        |        |         | 2769.01 |

  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO MENU N° 08

|                                    | PESO BRUTO                                    | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>DESAYUNO</b>                    | <b>AJI DE POLLO + ARROZ + INFUSION+ 1 PAN</b> |              |              |               |                            |               |               |                |
| ARROZ                              | 90  | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65         |
| POLLO                              | 100   | 18.2         | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6          |
| PAN                                | 90  | 7.56         | 0.18         | 56.61         | 30.24                      | 1.62          | 226.44        | 258.3          |
| LECHE                              | 70  | 4.9          | 5.67         | 7.63          | 19.6                       | 51.03         | 30.52         | 101.15         |
| AJI AMARILLO                       | 15  | 0.13         | 0.1          | 1.32          | 0.52                       | 0.9           | 5.28          | 6.7            |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| PAN                                | 30  | 2.5          | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18          |
| TE                                 | 3   | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6           |
| AZUCAR                             | 30  | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96         |
| <b>TOTAL</b>                       |   | <b>42.13</b> | <b>16.93</b> | <b>190.05</b> | <b>168.62</b>              | <b>151.97</b> | <b>760.36</b> |                |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |              |              |               |                            |               |               | <b>1081.07</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |              |              |               |                            |               |               | <b>31.27</b>   |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |                | TOTAL (Kcal)  |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|----------------|---------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB           |               |
| <b>ALMUERZO</b>                    | <b>SOPA + POLLO MILANESA + ARROZ + PAPAS FRITAS + ENSALADA + REFRESCO DE FRUTAS + FRUTA</b> |              |              |               |                            |               |                |               |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24          | 105.06        |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32           | 3.4           |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36           | 8.74          |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84           | 4.76          |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32           | 1.49          |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9            | 58.4          |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08           | 9.68          |
| PAPA                               | 100   | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2           | 98.5          |
| POLLO                              | 160   | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0              | 263.36        |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8          | 522.75        |
| TOMATE                             | 20  | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44           | 4.44          |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6            | 3.26          |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6            | 0.63          |
| ACEITE                             | 25  | 0            | 0            | 25            | 0                          | 0             | 225            | 225           |
| MARACUYA                           | 20  | 0.18         | 0.02         | 3.22          | 0.72                       | 0.18          | 12.88          | 13.78         |
| PLATANO                            | 150   | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126            | 139.05        |
| <b>SUB TOTAL</b>                   |   | <b>54.46</b> | <b>22.41</b> | <b>229.37</b> | <b>217.83</b>              | <b>201.89</b> | <b>1042.58</b> |               |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |                | <b>1462.3</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |                | <b>42.30</b>  |

|                                  | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>ARROZ + MOLLEJITAS + YUCA FRITA + ENSALADA+ INFUSION</b> |              |              |               |                            |               |               |               |
| MOLLEJITAS                       | 80  | 16.4         | 5.6          | 1.28          | 65.6                       | 50.4          | 5.12          | 121.12        |
| ARROZ                            | 90  | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| TOMATE                           | 15  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.9           | 2.56          | 3.31          |
| YUCA                             | 100   | 0.8          | 0.2          | 39.3          | 3.2                        | 1.8           | 157.2         | 162.2         |
| OREGANO                          | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49          |
| KION                             | 3   | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52          | 11.3          |
| TE                               | 3   | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| CEBOLLA                          | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| ACEITE                           | 30  | 0            | 30           | 0             | 0                          | 270           | 0             | 270           |
| PEPINILLO                        | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26          |
| LIMON                            | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| <b>SUB TOTAL</b>                 |   | <b>26.42</b> | <b>36.69</b> | <b>119.41</b> | <b>105.67</b>              | <b>330.84</b> | <b>477.84</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |               |                            |               |               | <b>913.89</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |               |                            |               |               | <b>26.43</b>  |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 123.01 | 76.03  | 538.83  |                |
| VCT (kcal)                           | 492.04 | 684.27 | 2155.32 |                |
| VCT (%)                              | 14.23  | 19.79  | 62.34   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3457.26</b> |

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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 09

|                                    | PESO BRUTO<br>(g)                                 | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|-------------|--------------|----------------------------|--------------|---------------|-----------------|
|                                    |   |              |             |              | PROT                       | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>                    | <b>ARROZ + ESTOFADO DE RES + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |                 |
| ARROZ                              | 90  | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65          |
| RES                                | 100   | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60           |
| PAPA                               | 100   | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50           |
| ZANAHORIA                          | 20  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74            |
| ARVEJA                             | 20  | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8            |
| AJI COLORADO                       | 10  | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26            |
| AJOS                               | 3   | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6             |
| CEBOLLA                            | 15  | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33           |
| ACEITE                             | 20  | 0            | 20          | 0            | 0                          | 180          | 0             | 180             |
| PAN                                | 30  | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18           |
| TE                                 | 3   | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6            |
| AZUCAR RUBIA                       | 30  | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b>                   |   | <b>36.29</b> | <b>22.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>204.8</b> | <b>615.88</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>967.22</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>29.41</b>    |

|                                    | PESO BRUTO<br>(g)   | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                    |   |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + ESCABECHE DE POLLO + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |              |              |               |                            |               |               |                 |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4            |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| POLLO                              | 160   | 18.2         | 16.32        | 0             | 116.48                     | 146.88        | 0             | 263.36          |
| CEBOLLA                            | 60  | 0.28         | 0.04         | 2.26          | 1.12                       | 0.36          | 9.04          | 10.52           |
| AJI AMARILLO                       | 15  | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44            |
| ACEITE                             | 15  | 0            | 15           | 0             | 0                          | 125           | 0             | 125             |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| PAPA                               | 150   | 3.15         | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75          |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75          |
| VAINITA                            | 25  | 0.47         | 0.1          | 1.6           | 1.86                       | 0.5           | 6.3           | 8.66            |
| BROCOLI                            | 25  | 1.96         | 0.4          | 2.3           | 7.84                       | 3.2           | 9.1           | 20.14           |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63            |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52            |
| PLATANO DE SEDA                    | 150   | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05          |
| <b>TOTAL</b>                       |   | <b>47.24</b> | <b>38.02</b> | <b>220.68</b> | <b>232.61</b>              | <b>331.58</b> | <b>882.62</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1446.95</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>44.00</b>    |

|                                  | PESO BRUTO<br>(g)                        | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                  |  |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA + INFUSION</b> |              |              |               |                            |               |               |                 |
| FIDEOS                           | 40                                       | 3.76         | 0.08         | 31.28         | 15.04                      | 0.72          | 125.12        | 140.88          |
| ZAPALLO                          | 20                                       | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                        | 20                                       | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                             | 20                                       | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| PAPA                             | 100                                      | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| OREGANO                          | 3  | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| KION                             | 3  | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52          | 11.3            |
| PORO                             | 20                                       | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| POLLO                            | 120                                      | 19.2         | 2.9          | 0             | 76.8                       | 26.1          | 0             | 102.9           |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR                           | 30                                       | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96          |
| ACEITE                           | 25                                       | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| PLATANO DE SEDA                  | 150                                      | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05          |
| <b>SUB TOTAL</b>                 |  | <b>28.82</b> | <b>29.17</b> | <b>124.08</b> | <b>115.28</b>              | <b>262.53</b> | <b>496.28</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>874.26</b>   |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>26.59</b>    |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 112.35 | 89.99  | 493.66  |                |
| VCT (kcal)                           | 449.4  | 809.91 | 1974.64 |                |
| VCT (%)                              | 13.67  | 24.63  | 60.05   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3288.43</b> |

CONSORCIO LA LEONERITA  
  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 10

|                                    | PESO BRUTO                        | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|-----------------------------------|--------------|--------------|--------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)                               | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>PATASCA + INFUSION + 1 PAN</b> |              |              |              |                            |               |               |               |
| MOTE                               | 100                               | 2.34         | 1.17         | 18.99        | 9.36                       | 10.53         | 75.96         | 95.85         |
| CARNE DE RES                       | 100                               | 19.17        | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6          |
| MONDONGO                           | 100                               | 7.61         | 3.50         | 0            | 67.60                      | 31.50         | 0             | 99.10         |
| ACEITE                             | 11                                | 0            | 11           | 0            | 0                          | 99            | 0             | 99            |
| PAN                                | 30                                | 2.88         | 0.09         | 21.54        | 11.52                      | 0.81          | 86.16         | 98.49         |
| TE                                 | 3                                 | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 40                                | 0            | 0            | 39.15        | 0                          | 0             | 166.6         | 156.6         |
| <b>SUB TOTAL</b>                   |                                   | <b>32.24</b> | <b>17.48</b> | <b>81.82</b> | <b>174.64</b>              | <b>157.32</b> | <b>337.28</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>659.24</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>20.13</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |                | TOTAL (Kcal)  |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|----------------|---------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB           |               |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + CHULETA + FRIJOL CANARIO + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |              |               |                            |               |                |               |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24          | 105.06        |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32           | 3.4           |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36           | 8.74          |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84           | 4.76          |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32           | 1.49          |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9            | 58.4          |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08           | 9.68          |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8          | 522.75        |
| FRIJOL CANARIO                     | 80  | 2.1          | 0.9          | 54.9          | 81.4                       | 8.1           | 219.6          | 309.06        |
| CHANCHO                            | 160   | 14.4         | 22.65        | 0             | 86.4                       | 203.85        | 0              | 290.25        |
| SILLAO                             | 3   | 0.16         | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12           | 2.03          |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84           | 8.52          |
| AZUCAR                             | 40  | 0            | 0            | 39.15         | 0                          | 0             | 166.6          | 156.6         |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64           | 4.6           |
| TOMATE                             | 25  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56           | 3.31          |
| ACEITE                             | 20  | 0            | 20           | 0             | 0                          | 180           | 0              | 180           |
| PLATANO DE SEDA                    | 150   | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126            | 139.05        |
| <b>SUB TOTAL</b>                   |   | <b>39.79</b> | <b>49.58</b> | <b>275.08</b> | <b>260.66</b>              | <b>446.42</b> | <b>1110.22</b> |               |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |                | <b>1807.7</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |                | <b>55.19</b>  |

|                                  | PESO BRUTO  | PROT         | GRAS        | CARB          | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal)  |
|----------------------------------|---|--------------|-------------|---------------|----------------------------|--------------|---------------|---------------|
|                                  | (g)   | (g)          | (g)         | (g)           | PROT                       | GRAS         | CARB          |               |
| <b>CENA</b>                      | <b>TALLARIN SALTADO CON POLLO PICADO+ ENSALADA + INFUSION</b> |              |             |               |                            |              |               |               |
| FIDEOS                           | 100   | 9.4          | 0.2         | 78.2          | 37.6                       | 1.8          | 312.8         | 352.2         |
| CEBOLLA CHINA                    | 15  | 0.34         | 0.06        | 1.12          | 1.36                       | 0.54         | 4.48          | 6.38          |
| POLLO                            | 100   | 12.7         | 10.2        | 0             | 72.8                       | 91.8         | 0             | 164.6         |
| AJOS                             | 3   | 0.16         | 0.02        | 0.91          | 0.64                       | 0.18         | 3.64          | 4.6           |
| KION                             | 3   | 0.27         | 0.17        | 2.13          | 1.08                       | 1.53         | 8.52          | 11.13         |
| ACEITE VEGETAL                   | 10  | 0            | 10          | 0             | 0                          | 90           | 0             | 90            |
| SILLAO                           | 3   | 0.16         | 0.03        | 0.28          | 0.64                       | 0.27         | 1.12          | 2.03          |
| PIMENTON                         | 15  | 0.22         | 0.07        | 1.15          | 0.88                       | 0.63         | 4.60          | 6.11          |
| TE                               | 3   | 0.24         | 0.12        | 2.14          | 0.96                       | 1.08         | 8.56          | 10.6          |
| AZUCAR RUBIA                     | 40  | 0            | 0           | 39.15         | 0                          | 0            | 166.6         | 156.6         |
| TOMATE                           | 15  | 0.12         | 0.03        | 0.64          | 0.48                       | 0.27         | 2.56          | 3.31          |
| LIMON                            | 3   | 0.01         | 0.0         | 0.1           | 0.03                       | 0.0          | 0.6           | 0.63          |
| <b>SUB TOTAL</b>                 |   | <b>23.62</b> | <b>20.9</b> | <b>125.82</b> | <b>116.47</b>              | <b>188.1</b> | <b>513.48</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |             |               |                            |              |               | <b>808.19</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |             |               |                            |              |               | <b>24.68</b>  |

|                                      |       |        |         |                |
|--------------------------------------|-------|--------|---------|----------------|
| VCT (g)                              | 95.65 | 87.96  | 482.72  |                |
| VCT (kcal)                           | 382.6 | 791.64 | 1930.88 |                |
| VCT (%)                              | 11.68 | 24.17  | 58.96   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |       |        |         | <b>3275.13</b> |

**CONSORCIO LA LECHERITA**  
*Ever F. Berrospi Davila*  
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RUC 20600093208  
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*Lic. Yessica Carrn Saavedra Julca*  
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NUTRICIONISTA  
CNP 4116

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 11

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>DESAYUNO</b>                                       |                   |             |             |             |                            |        |        |                 |
| <b>OLLUQUITO CON POLLO + ARROZ + INFUSION + 1 PAN</b> |                   |             |             |             |                            |        |        |                 |
| ARROZ   | 90                | 7.38        | 0.45        | 70.02       | 29.52                      | 4.05   | 280.08 | 313.65          |
| OLLUCO  | 100               | 1.1         | 0.1         | 14.3        | 4.4                        | 0.9    | 57.2   | 62.5            |
| POLLO   | 100               | 18.2        | 10.2        | 0           | 72.8                       | 91.8   | 0      | 164.6           |
| TOMATE  | 20                | 0.16        | 0.04        | 0.86        | 0.64                       | 0.36   | 3.44   | 4.44            |
| CEBOLLA   | 15                | 1.06        | 0.09        | 2.82        | 4.24                       | 0.81   | 11.28  | 16.33           |
| AJOS  | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18   | 3.64   | 4.6             |
| ACEITE  | 8                 | 0           | 8           | 0           | 0                          | 72     | 0      | 72              |
| PAPA  | 100               | 2.1         | 0.1         | 22.3        | 8.4                        | 0.9    | 89.2   | 98.5            |
| PAN   | 30                | 2.5         | 0.1         | 19.1        | 10.1                       | 0.5    | 76.6   | 87.18           |
| ANIS  | 3                 | 0.24        | 0.12        | 2.14        | 0.96                       | 1.08   | 8.56   | 10.6            |
| AZUCAR  | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| SUB TOTAL   |                   | 32.9        | 19.22       | 161.95      | 131.7                      | 172.58 | 647.96 |                 |
| VALOR CALORICO DEL DESAYUNO                           |                   |             |             |             |                            |        |        | 952.36          |
| % DISTRIBUCION DEL DESAYUNO                           |                   |             |             |             |                            |        |        | 26.87           |

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |      |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS | CARB   |                 |
| <b>ALMUERZO</b>   |                   |             |             |             |                            |      |        |                 |
| <b>SOPA + SUDADO DE PESCADO + ARROZ+ YUCA+ ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |                   |             |             |             |                            |      |        |                 |
| FIDEOS  | 30                | 2.82        | 0.06        | 23.31       | 11.28                      | 0.54 | 93.24  | 105.06          |
| ZAPALLO   | 20                | 0.18        | 0.04        | 0.58        | 0.72                       | 0.36 | 2.32   | 3.4             |
| ZANAHORIA   | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90 | 7.36   | 8.74            |
| APIO  | 20                | 0.14        | 0.04        | 0.96        | 0.56                       | 0.36 | 3.84   | 4.76            |
| OREGANO   | 3                 | 0.02        | 0.01        | 0.33        | 0.08                       | 0.09 | 1.32   | 1.49            |
| HUEVO   | 27                | 4.40        | 4.3         | 0.5         | 17.60                      | 38.9 | 1.9    | 58.4            |
| PORO  | 20                | 0.54        | 0.16        | 1.52        | 2.16                       | 1.44 | 6.08   | 9.68            |
| ARROZ   | 150               | 12.3        | 0.75        | 116.7       | 49.2                       | 6.75 | 466.8  | 522.75          |
| PESCADO   | 200               | 43.2        | 7.8         | 0.6         | 172.8                      | 70.2 | 2.4    | 245.4           |
| PIÑA  | 20                | 0.08        | 0.04        | 1.96        | 0.32                       | 0.36 | 7.84   | 8.52            |
| YUCA  | 150               | 1.2         | 0.3         | 58.95       | 4.8                        | 2.7  | 235.8  | 243.3           |
| AZUCAR  | 15                | 0           | 0           | 14.78       | 0                          | 0    | 59.12  | 59.12           |
| CEBOLLA   | 15                | 1.06        | 0.09        | 2.82        | 4.24                       | 0.81 | 11.28  | 16.33           |
| AJOS  | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18 | 3.64   | 4.6             |
| TOMATE  | 15                | 0.12        | 0.03        | 0.64        | 0.48                       | 0.27 | 2.56   | 3.31            |
| ACEITE  | 20                | 0           | 20          | 0           | 0                          | 180  | 0      | 180             |
| NARANJA   | 150               | 0.47        | 0.2         | 7.9         | 1.87                       | 1.4  | 31.5   | 34.77           |
| NARANJA   | 20                | 0.06        | 0           | 1.1         | 0.25                       | 0.2  | 4.2    | 4.65            |
| AZUCAR  | 30                | 0           | 0           | 29.5        | 0                          | 0    | 117.96 | 117.96          |
| TOMATE  | 20                | 0.16        | 0.04        | 0.86        | 0.64                       | 0.36 | 3.44   | 4.44            |
| PEPINILLO   | 25                | 0.12        | 0.02        | 0.65        | 0.48                       | 0.18 | 2.6    | 3.26            |
| LIMON   | 3                 | 0.01        | 0.0         | 0.1         | 0.03                       | 0.0  | 0.6    | 0.63            |
| SUB TOTAL   |                   | 67.16       | 34          | 266.51      | 268.63                     | 306  | 1065.8 |                 |
| VALOR CALORICO DEL ALMUERZO   |                   |             |             |             |                            |      |        | 1640.57         |
| % DISTRIBUCION DEL ALMUERZO   |                   |             |             |             |                            |      |        | 46.29           |

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>CENA</b>                             |                   |             |             |             |                            |        |        |                 |
| <b>CALDO DE POLLO + FRUTA+ INFUSION</b> |                   |             |             |             |                            |        |        |                 |
| FIDEOS                                  | 40                | 3.76        | 0.08        | 31.28       | 15.04                      | 0.72   | 125.12 | 140.88          |
| ZAPALLO                                 | 20                | 0.18        | 0.04        | 0.58        | 0.72                       | 0.36   | 2.32   | 3.4             |
| ZANAHORIA                               | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90   | 7.36   | 8.74            |
| APIO                                    | 20                | 0.14        | 0.04        | 0.96        | 0.56                       | 0.36   | 3.84   | 4.76            |
| PAPA                                    | 100               | 2.1         | 0.1         | 22.3        | 8.4                        | 0.9    | 89.2   | 98.5            |
| OREGANO                                 | 3                 | 0.02        | 0.01        | 0.33        | 0.08                       | 0.09   | 1.32   | 1.49            |
| NARANJA                                 | 150               | 0.90        | 0.30        | 15.15       | 3.6                        | 2.7    | 60.6   | 66.90           |
| PORO                                    | 20                | 0.54        | 0.16        | 1.52        | 2.16                       | 1.44   | 6.08   | 9.68            |
| POLLO                                   | 160               | 29.12       | 16.32       | 0           | 116.48                     | 146.88 | 0      | 263.36          |
| ACEITE                                  | 25                | 0           | 25          | 0           | 0                          | 225    | 0      | 225             |
| TORONJIL                                | 3                 | 0.24        | 0.12        | 2.14        | 0.96                       | 1.08   | 8.56   | 10.60           |
| AZUCAR                                  | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| SUB TOTAL                               |                   | 37.12       | 42.27       | 105.6       | 148.48                     | 380.43 | 422.36 |                 |
| VALOR CALORICO DE LA CENA               |                   |             |             |             |                            |        |        | 951.27          |
| % DISTRIBUCION DE LA CENA               |                   |             |             |             |                            |        |        | 26.84           |

|                               | PROT   | GRAS   | CARB    |        |
|-------------------------------|--------|--------|---------|--------|
| VCT( g)                       | 137.18 | 95.49  | 534.06  |        |
| VCT( kcal)                    | 548.72 | 859.41 | 2136.24 |        |
| VCT( %)                       | 15.48  | 24.25  | 60.27   |        |
| VALOR CALORICO TOTAL DEL MENU |        |        |         | 3544.2 |

CONSORCIO LA LECHERITA  
  
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**DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE HUANUCO  
MENU N° 12**

|                                     | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL<br>(Kcal)                    |               |
|-------------------------------------|-------------------|--------------|-------------|---------------|----------------------------|--------------|---------------|------------------------------------|---------------|
|                                     |                   |              |             |               | PROT                       | GRAS         | CARB          |                                    |               |
| <b>MENESTRON + INFUSION + 1 PAN</b> |                   |              |             |               |                            |              |               |                                    |               |
| CARNE DE RES                        | 80                | 17.04        | 1.28        | 0             | 68.16                      | 11.52        | 0             | 79.68                              |               |
| FIDEOS                              | 30                | 2.82         | 0.06        | 23.31         | 11.28                      | 0.54         | 93.24         | 105.06                             |               |
| ESPINACA                            | 20                | 0.56         | 0.18        | 0.98          | 2.24                       | 1.62         | 3.92          | 7.78                               |               |
| ZANAHORIA                           | 20                | 0.12         | 0.10        | 1.84          | 0.48                       | 0.90         | 7.36          | 8.74                               |               |
| APIO                                | 20                | 0.14         | 0.04        | 0.96          | 0.56                       | 0.36         | 3.84          | 4.76                               |               |
| CULANTRO                            | 20                | 0.66         | 0.26        | 1.4           | 2.64                       | 2.34         | 5.6           | 10.58                              |               |
| CHOCLO                              | 20                | 0.42         | 0.1         | 3.6           | 1.69                       | 0.9          | 14.2          | 16.79                              |               |
| HABAS                               | 20                | 2.26         | 0.2         | 5.2           | 9.04                       | 1.4          | 20.7          | 31.14                              |               |
| LECHE                               | 70                | 4.9          | 5.67        | 7.63          | 19.6                       | 51.03        | 30.52         | 101.15                             |               |
| PAN                                 | 30                | 2.5          | 0.1         | 19.1          | 10.1                       | 0.5          | 76.6          | 87.18                              |               |
| TE                                  | 3                 | 0.24         | 0.12        | 2.14          | 0.96                       | 1.08         | 8.56          | 10.6                               |               |
| AZUCAR                              | 40                | 0            | 0           | 39.15         | 0                          | 0            | 166.6         | 156.6                              |               |
| <b>SUB TOTAL</b>                    |                   | <b>31.66</b> | <b>8.11</b> | <b>105.31</b> | <b>126.75</b>              | <b>72.19</b> | <b>431.14</b> |                                    |               |
|                                     |                   |              |             |               |                            |              |               | <b>VALOR CALORICO DEL DESAYUNO</b> | <b>620.06</b> |
|                                     |                   |              |             |               |                            |              |               | <b>% DISTRIBUCION DEL DESAYUNO</b> | <b>20.58</b>  |

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL<br>(Kcal)                    |                |
|--|-------------------|--------------|--------------|---------------|----------------------------|---------------|--------------|------------------------------------|----------------|
|  |                   |              |              |               | PROT                       | GRAS          | CARB         |                                    |                |
| <b>SOPA + POLLO BROASTER + ARROZ + ENSALADA RUSA + REFRESCO DE FRUTA + FRUTA</b> |                   |              |              |               |                            |               |              |                                    |                |
| FIDEOS   | 30                | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24        | 105.06                             |                |
| ZAPALLO  | 20                | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32         | 3.4                                |                |
| ZANAHORIA  | 20                | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36         | 8.74                               |                |
| APIO   | 20                | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84         | 4.76                               |                |
| OREGANO  | 3                 | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32         | 1.49                               |                |
| HUEVO  | 27                | 3.65         | 2.27         | 0.49          | 14.58                      | 20.41         | 1.94         | 36.94                              |                |
| PORO   | 20                | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08         | 9.68                               |                |
| POLLO  | 160               | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0            | 263.36                             |                |
| ARROZ  | 150               | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8        | 522.75                             |                |
| ZANAHORIA  | 20                | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36         | 8.74                               |                |
| ARVEJA   | 20                | 1.42         | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04        | 21.8                               |                |
| CHOCLO   | 20                | 0.42         | 0.1          | 3.6           | 1.69                       | 0.9           | 14.2         | 16.79                              |                |
| BETARRAGA  | 20                | 0.40         | 0.1          | 1.1           | 1.62                       | 0.5           | 4.3          | 6.42                               |                |
| ACEITE   | 30                | 0            | 30           | 0             | 0                          | 270           | 0            | 270                                |                |
| MARACUYA   | 20                | 0.18         | 0.02         | 3.22          | 0.72                       | 0.18          | 12.88        | 13.78                              |                |
| AZUCAR   | 15                | 0            | 0            | 14.78         | 0                          | 0             | 59.12        | 59.12                              |                |
| PLATANO  | 150               | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126          | 139.05                             |                |
| <b>SUB TOTAL</b>   |                   | <b>53.68</b> | <b>50.64</b> | <b>201.87</b> | <b>214.73</b>              | <b>455.34</b> | <b>821.8</b> |                                    |                |
|  |                   |              |              |               |                            |               |              | <b>VALOR CALORICO DEL ALMUERZO</b> | <b>1491.88</b> |
|  |                   |              |              |               |                            |               |              | <b>% DISTRIBUCION DEL ALMUERZO</b> | <b>49.52</b>   |

|   | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal)                  |               |
|---|-------------------|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------------------------|---------------|
|   |                   |              |              |               | PROT                       | GRAS          | CARB          |                                  |               |
| <b>ARROZ+ CAIGUA RELLENA+ ENSALADA + INFUSION</b> |                   |              |              |               |                            |               |               |                                  |               |
| CARNE DE RES                                      | 100               | 17.4         | 1.6          | 0             | 85.2                       | 14.4          | 0             | 99.6                             |               |
| ARROZ   | 90                | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65                           |               |
| CAIGUA  | 100               | 0.48         | 0.2          | 3.2           | 1.92                       | 1.7           | 12.7          | 16.32                            |               |
| ZANAHORIA   | 20                | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74                             |               |
| CEBOLLA   | 15                | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33                            |               |
| AJOS  | 3                 | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6                              |               |
| HUEVO   | 27                | 2.91         | 2.5          | 0.0           | 11.66                      | 22.9          | 0.0           | 34.56                            |               |
| TOMATE  | 20                | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44                             |               |
| TORONJIL  | 3                 | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.60                            |               |
| ACEITE  | 30                | 0            | 30           | 0             | 0                          | 270           | 0             | 270                              |               |
| PEPINILLO   | 25                | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26                             |               |
| LIMON   | 3                 | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63                             |               |
| AZUCAR  | 30                | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96                           |               |
| <b>SUB TOTAL</b>                                  |                   | <b>30.04</b> | <b>35.14</b> | <b>112.04</b> | <b>135.77</b>              | <b>316.56</b> | <b>448.22</b> |                                  |               |
|   |                   |              |              |               |                            |               |               | <b>VALOR CALORICO DE LA CENA</b> | <b>900.69</b> |
|   |                   |              |              |               |                            |               |               | <b>% DISTRIBUCION DE LA CENA</b> | <b>29.90</b>  |

|            |        |        |         |                                      |
|------------|--------|--------|---------|--------------------------------------|
| VCT (g)    | 115.38 | 93.89  | 419.22  |                                      |
| VCT (kcal) | 461.52 | 845.01 | 1676.88 |                                      |
| VCT (%)    | 15.32  | 28.05  | 55.66   |                                      |
|            |        |        |         | <b>VALOR CALORICO TOTAL DEL MENU</b> |
|            |        |        |         | <b>3012.63</b>                       |

**CONSORCIO LA LECHERITA**  
  
**Ever F. Berrospi Davila**  
 RUC 20600093208  
 REPRESENTANTE LEGAL COMUN L'EL CONSORCIO

  
 Lic. Yessica Carril Saravia Julia  
 NUTRICIONISTA  
 C.N.P. 4116

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 13

|   | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|---|-------------------|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|   |                   |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>DESAYUNO</b>                                     |                   |              |              |               |                            |               |               |                 |
| <b>CAU - CAU CRIOLLO + ARROZ + INFUSION + 1 PAN</b> |                   |              |              |               |                            |               |               |                 |
| ARROZ   | 90                | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65          |
| MONDONGO  | 100               | 15.70        | 0.6          | 0             | 62.80                      | 5.4           | 0             | 68.2            |
| PAPA BLANCA   | 100               | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| AJI AMARILLO  | 15                | 0.29         | 0.3          | 1.4           | 1.14                       | 2.3           | 5.5           | 8.94            |
| AJOS  | 3                 | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| CEBOLLA   | 15                | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| ACEITE  | 15                | 0.00         | 15           | 0.0           | 0.00                       | 125           | 0.0           | 125             |
| PAN   | 30                | 2.5          | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18           |
| ANIS  | 3                 | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR  | 30                | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96          |
| <b>TOTAL</b>  |                   | <b>29.43</b> | <b>16.78</b> | <b>148.19</b> | <b>117.8</b>               | <b>140.22</b> | <b>592.82</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b>                  |                   |              |              |               |                            |               |               | <b>850.96</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b>                  |                   |              |              |               |                            |               |               | <b>27.09</b>    |

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|--|-------------------|--------------|--------------|--------------|----------------------------|---------------|---------------|-----------------|
|  |                   |              |              |              | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>  |                   |              |              |              |                            |               |               |                 |
| <b>SOPA + ARROZ + SECO A LA NORTEÑA + YUCA + REFRESCO DE FRUTA+ FRUTA + ENSALADA</b> |                   |              |              |              |                            |               |               |                 |
| FIDEOS   | 30                | 2.82         | 0.06         | 23.31        | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO  | 20                | 0.18         | 0.04         | 0.58         | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA  | 20                | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO   | 20                | 0.14         | 0.04         | 0.96         | 0.56                       | 0.36          | 3.84          | 4.76            |
| OREGANO  | 3                 | 0.02         | 0.01         | 0.33         | 0.08                       | 0.09          | 1.32          | 1.49            |
| HUEVO  | 27                | 4.40         | 4.3          | 0.5          | 17.60                      | 38.9          | 1.9           | 58.4            |
| ARROZ  | 150               | 12.3         | 0.75         | 116.7        | 49.2                       | 6.75          | 466.8         | 522.75          |
| RES  | 150               | 31.95        | 2.40         | 0            | 127.8                      | 21.60         | 0             | 149.4           |
| ZANAHORIA  | 20                | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36          | 8.74            |
| ESPINACA   | 20                | 0.56         | 0.18         | 0.98         | 2.24                       | 1.62          | 3.92          | 7.78            |
| CULANTRO   | 20                | 0.66         | 0.26         | 1.4          | 2.64                       | 2.34          | 5.6           | 10.58           |
| ARVEJA   | 20                | 1.42         | 0.12         | 0.10         | 5.68                       | 1.08          | 15.04         | 21.8            |
| PIÑA   | 20                | 0.08         | 0.04         | 1.96         | 0.32                       | 0.36          | 7.84          | 8.52            |
| YUCA   | 150               | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2          | 98.5            |
| AJOS   | 3                 | 0.16         | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6             |
| ACEITE   | 25                | 0            | 25           | 0            | 0                          | 225           | 0             | 225             |
| PLATANO  | 150               | 2.25         | 0.45         | 31.5         | 9                          | 4.05          | 126           | 139.05          |
| TOMATE   | 15                | 0.12         | 0.03         | 0.64         | 0.48                       | 0.27          | 2.56          | 3.31            |
| PEPINILLO  | 25                | 0.12         | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON  | 3                 | 0.01         | 0.0          | 0.1          | 0.03                       | 0.0           | 0.6           | 0.63            |
| <b>SUB TOTAL</b>   |                   | <b>59.53</b> | <b>34.02</b> | <b>206.6</b> | <b>238.11</b>              | <b>306.38</b> | <b>841.14</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b>   |                   |              |              |              |                            |               |               | <b>1385.77</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b>   |                   |              |              |              |                            |               |               | <b>44.12</b>    |

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL<br>(Kcal) |
|--|-------------------|--------------|--------------|---------------|----------------------------|---------------|--------------|-----------------|
|  |                   |              |              |               | PROT                       | GRAS          | CARB         |                 |
| <b>CENA</b>                              |                   |              |              |               |                            |               |              |                 |
| <b>CALDO DE POLLO + FRUTA + INFUSION</b> |                   |              |              |               |                            |               |              |                 |
| FIDEOS                                   | 30                | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24        | 105.06          |
| ZAPALLO                                  | 20                | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32         | 3.4             |
| ZANAHORIA                                | 20                | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36         | 8.74            |
| APIO                                     | 20                | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84         | 4.76            |
| PAPA                                     | 100               | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2         | 98.5            |
| OREGANO                                  | 3                 | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32         | 1.49            |
| KION                                     | 3                 | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52         | 11.3            |
| PORO                                     | 20                | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08         | 9.68            |
| ACEITE                                   | 20                | 0            | 20           | 0             | 0                          | 180           | 0            | 180             |
| POLLO                                    | 160               | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0            | 263.36          |
| TE                                       | 3                 | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56         | 10.6            |
| AZUCAR                                   | 30                | 0            | 0            | 29.5          | 0                          | 0             | 117.96       | 117.96          |
| MANGO                                    | 150               | 0.53         | 0.3          | 21.2          | 2.14                       | 2.4           | 84.9         | 89.44           |
| <b>SUB TOTAL</b>                         |                   | <b>36.08</b> | <b>37.42</b> | <b>105.81</b> | <b>144.34</b>              | <b>336.48</b> | <b>423.3</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b>         |                   |              |              |               |                            |               |              | <b>904.29</b>   |
| <b>% DISTRIBUCION DE LA CENA</b>         |                   |              |              |               |                            |               |              | <b>28.79</b>    |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 125.04 | 88.22  | 460.6   |                |
| VCT (kcal)                           | 500.16 | 793.98 | 1842.40 |                |
| VCT (%)                              | 15.92  | 25.28  | 58.66   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3141.02</b> |

CONSORCIO LA LECHERITA  
  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 14

|                                    | PESO BRUTO                        | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|-----------------------------------|--------------|--------------|--------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)                               | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>PATASCA + INFUSION + 1 PAN</b> |              |              |              |                            |               |               |               |
| MOTE                               | 100                               | 2.34         | 1.17         | 18.99        | 9.36                       | 10.53         | 75.96         | 95.85         |
| CARNE DE RES                       | 100                               | 19.17        | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6          |
| MONDONGO                           | 100                               | 7.61         | 3.50         | 0            | 67.60                      | 31.50         | 0             | 99.10         |
| ACEITE                             | 8                                 | 0            | 8            | 0            | 0                          | 72            | 0             | 72            |
| PAN                                | 30                                | 2.88         | 0.09         | 21.54        | 11.52                      | 0.81          | 86.16         | 98.49         |
| TE                                 | 3                                 | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 40                                | 0            | 0            | 39.15        | 0                          | 0             | 166.6         | 156.6         |
| <b>SUB TOTAL</b>                   |                                   | <b>32.24</b> | <b>15.48</b> | <b>81.82</b> | <b>174.64</b>              | <b>139.32</b> | <b>337.28</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>641.24</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>22.49</b>  |

|                                    | PESO BRUTO   | PROT        | GRAS         | CARB       | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|--|-------------|--------------|------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)  | (g)         | (g)          | (g)        | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + PESCADO FRITO + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |             |              |            |                            |               |               |                |
| FIDEOS                             | 30   | 2.82        | 0.06         | 23.31      | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20   | 0.18        | 0.04         | 0.58       | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20   | 0.12        | 0.10         | 1.84       | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20   | 0.14        | 0.04         | 0.96       | 0.56                       | 0.36          | 3.84          | 4.76           |
| OREGANO                            | 3  | 0.02        | 0.01         | 0.33       | 0.08                       | 0.09          | 1.32          | 1.49           |
| HUEVO                              | 27   | 4.40        | 4.3          | 0.5        | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20   | 0.54        | 0.16         | 1.52       | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150  | 12.3        | 0.75         | 116.7      | 49.2                       | 6.75          | 466.8         | 522.75         |
| PESCADO                            | 200  | 25.92       | 7.8          | 0.6        | 172.8                      | 70.2          | 2.4           | 245.4          |
| PIÑA                               | 20   | 0.08        | 0.04         | 1.96       | 0.32                       | 0.36          | 7.84          | 8.52           |
| AZUCAR                             | 30   | 0           | 0            | 29.5       | 0                          | 0             | 117.96        | 117.96         |
| AJOS                               | 3  | 0.16        | 0.02         | 0.91       | 0.64                       | 0.18          | 3.64          | 4.6            |
| ACEITE                             | 20   | 0           | 20           | 0          | 0                          | 180           | 0             | 180            |
| TOMATE                             | 15   | 0.12        | 0.03         | 0.64       | 0.48                       | 0.27          | 2.56          | 3.31           |
| PEPINILLO                          | 25   | 0.12        | 0.02         | 0.65       | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3  | 0.01        | 0.0          | 0.1        | 0.03                       | 0.0           | 0.6           | 0.63           |
| NARANJA                            | 150  | 0.47        | 0.2          | 7.9        | 1.87                       | 1.4           | 31.5          | 34.77          |
| <b>SUB TOTAL</b>                   |  | <b>47.4</b> | <b>33.57</b> | <b>188</b> | <b>258.7</b>               | <b>301.93</b> | <b>751.96</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |             |              |            |                            |               |               | <b>1312.73</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |             |              |            |                            |               |               | <b>46.04</b>   |

|                                  | PESO BRUTO                                       | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|--------------|---------------|
|                                  | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB         |               |
| <b>CENA</b>                      | <b>ARROZ + POLLO FRITO + ENSALADA + INFUSION</b> |              |              |               |                            |               |              |               |
| POLLO                            | 100  | 18.2         | 10.2         | 0             | 72.8                       | 91.8          | 0            | 164.6         |
| ARROZ                            | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08       | 313.65        |
| PAPA                             | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2         | 98.5          |
| ACEITE                           | 20   | 0            | 20           | 0             | 0                          | 180           | 0            | 180           |
| AJOS                             | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64         | 4.6           |
| TOMATE                           | 15   | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56         | 3.31          |
| PEPINILLO                        | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6          | 3.26          |
| LIMON                            | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6          | 0.63          |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56         | 10.6          |
| AZUCAR                           | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96       | 117.96        |
| <b>SUB TOTAL</b>                 |  | <b>28.33</b> | <b>30.94</b> | <b>126.26</b> | <b>113.31</b>              | <b>278.46</b> | <b>505.2</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |              | <b>897.11</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |              | <b>31.47</b>  |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 107.97 | 79.99  | 396.08  |                |
| VCT (kcal)                           | 431.88 | 719.91 | 1584.32 |                |
| VCT (%)                              | 15.15  | 25.25  | 55.57   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>2851.08</b> |

**CONSORCIO LA LECHERITA**  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 15

|                                    | PESO BRUTO                                     | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ + LOMO SALTADO + INFUSION + 1 PAN</b> |              |              |               |                            |               |               |               |
| ARROZ                              | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| RES                                | 100  | 21.3         | 1.6          | 0             | 85.2                       | 14.4          | 0             | 99.6          |
| CDEBOLLA                           | 20   | 0.28         | 0.04         | 2.26          | 1.12                       | 0.36          | 9.04          | 10.52         |
| TOMATE                             | 20   | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| PAPA                               | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| ACEITE                             | 20   | 0            | 20           | 0             | 0                          | 180           | 0             | 180           |
| PAN                                | 30   | 2.5          | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18         |
| TE                                 | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |  | <b>34.12</b> | <b>22.47</b> | <b>147.09</b> | <b>136.58</b>              | <b>201.83</b> | <b>588.52</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>927.05</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>28.58</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>ARROZ CON POLLO + PAPA A LA HUANCAINA + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |              |               |                            |               |               |                |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| POLLO CON HUESO                    | 160   | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0             | 263.36         |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| ESPINACA                           | 20  | 0.56         | 0.18         | 0.98          | 2.24                       | 1.62          | 3.92          | 7.78           |
| CULANTRO                           | 20  | 0.66         | 0.26         | 1.4           | 2.64                       | 2.34          | 5.6           | 10.58          |
| ARVEJA                             | 20  | 1.42         | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04         | 21.8           |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52           |
| PAPA BLANCA                        | 100   | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| CHOCLO                             | 20  | 0.42         | 0.1          | 3.6           | 1.69                       | 0.9           | 14.2          | 16.79          |
| LECHE EVAPORADA                    | 70  | 4.9          | 5.67         | 7.63          | 19.6                       | 51.03         | 30.52         | 101.15         |
| QUESO                              | 30  | 5.25         | 6.03         | 0.99          | 21                         | 54.27         | 3.96          | 79.23          |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| ACEITE                             | 15  | 0            | 15           | 0             | 0                          | 135           | 0             | 135            |
| PLATANO                            | 150   | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05         |
| TOMATE                             | 15  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31           |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| <b>SUB TOTAL</b>                   |   | <b>60.13</b> | <b>45.35</b> | <b>192.82</b> | <b>240.52</b>              | <b>408.15</b> | <b>785.92</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1434.73</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>44.23</b>   |

|                                  | PESO BRUTO                               | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)                                      | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA + INFUSION</b> |              |              |               |                            |               |               |               |
| FIDEOS                           | 40                                       | 3.76         | 0.08         | 31.28         | 15.04                      | 0.72          | 125.12        | 140.88        |
| ZAPALLO                          | 20                                       | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4           |
| ZANAHORIA                        | 20                                       | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74          |
| APIO                             | 20                                       | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76          |
| YUCA                             | 150                                      | 1.2          | 0.3          | 58.95         | 4.8                        | 2.7           | 235.8         | 243.3         |
| OREGANO                          | 3  | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49          |
| KION                             | 3  | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52          | 11.3          |
| PORO                             | 20                                       | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68          |
| POLLO                            | 160                                      | 29.12        | 16.32        | 0             | 116.48                     | 146.88        | 0             | 263.36        |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                           | 30                                       | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| NARANJA                          | 150                                      | 0.90         | 0.30         | 15.15         | 3.6                        | 2.7           | 60.6          | 66.90         |
| <b>SUB TOTAL</b>                 |  | <b>36.49</b> | <b>17.64</b> | <b>144.38</b> | <b>145.96</b>              | <b>158.76</b> | <b>577.48</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>882.37</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>27.20</b>  |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 130.74 | 85.46  | 484.29  |                |
| VCT (kcal)                           | 522.96 | 769.14 | 1937.16 |                |
| VCT (%)                              | 16.12  | 23.71  | 59.71   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3244.15</b> |

CONSORCIO LA LECHERITA  
  
**Ever F Berrospi Davila**  
 RUC 20800093208  
 REPRESENTANTE LEGAL COMUN DEL CONSORCIO

  
 Lic. Yessy C. Ordoñez  
 LICENCIADA EN NUTRICIONISTA  
 P. 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 16

|                                    | PESO BRUTO                                   | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|--------------|--------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ+ LOMO SALTADO+ INFUSION + 1 PAN</b> |              |              |              |                            |               |               |               |
| ARROZ                              | 90   | 7.38         | 0.45         | 70.02        | 29.52                      | 4.05          | 280.08        | 313.65        |
| RES                                | 100  | 21.3         | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6          |
| CEBOLLA                            | 20   | 0.28         | 0.04         | 2.26         | 1.12                       | 0.36          | 9.04          | 10.52         |
| PAPA                               | 100  | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2          | 98.5          |
| SILLAO                             | 10   | 0.16         | 0.03         | 0.28         | 0.64                       | 0.27          | 1.12          | 2.03          |
| TOMATE                             | 20   | 0.16         | 0.04         | 0.86         | 0.64                       | 0.36          | 3.44          | 4.44          |
| KION                               | 3  | 0.27         | 0.17         | 2.13         | 1.08                       | 1.53          | 8.52          | 11.3          |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6           |
| ACEITE                             | 20   | 0            | 20           | 0            | 0                          | 180           | 0             | 180           |
| PAN                                | 30   | 2.5          | 0.1          | 19.1         | 10.1                       | 0.5           | 76.6          | 87.18         |
| TE                                 | 3  | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 30   | 0            | 0            | 29.5         | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |  | <b>34.55</b> | <b>22.67</b> | <b>149.5</b> | <b>138.3</b>               | <b>203.63</b> | <b>598.16</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |              |              |                            |               |               | <b>940.38</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |              |              |                            |               |               | <b>29.54</b>  |

|                                    | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + PESCADO FRITO + LENTEJAS + ENSALADA + REFRESCO DE FRUTA+ FRUTA</b> |              |              |               |                            |               |               |               |
| FIDEOS                             | 30   | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06        |
| ZAPALLO                            | 20   | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4           |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74          |
| APIO                               | 20   | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76          |
| OREGANO                            | 3  | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49          |
| HUEVO                              | 27   | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4          |
| PORO                               | 20   | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68          |
| ARROZ                              | 150  | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75        |
| PESCADO                            | 300  | 25.92        | 7.8          | 0.6           | 172.8                      | 70.2          | 2.4           | 245.4         |
| LENTEJAS                           | 80   | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| PIÑA                               | 20   | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52          |
| CEBOLLA                            | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| TOMATE                             | 15   | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31          |
| PEPINILLO                          | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26          |
| LIMON                              | 3  | 0.01         | 5.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| ACEITE                             | 25   | 0            | 25           | 0             | 0                          | 225           | 0             | 225           |
| NARANJA                            | 150  | 0.47         | 0.2          | 7.9           | 1.87                       | 1.4           | 31.5          | 34.77         |
| <b>SUB TOTAL</b>                   |  | <b>50.56</b> | <b>38.76</b> | <b>183.62</b> | <b>271.34</b>              | <b>348.64</b> | <b>734.48</b> |               |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>1354.6</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>42.56</b>  |

|                                  | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>ARROZ + POLLO AL HORNO + ENSALADA+ INFUSION</b> |              |              |               |                            |               |               |               |
| POLLO                            | 160  | 34.24        | 4.96         | 0             | 136.96                     | 44.64         | 0             | 181.6         |
| ARROZ                            | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| PAPA                             | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| ACEITE                           | 15   | 0            | 15           | 0             | 0                          | 135           | 0             | 135           |
| AJOS                             | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| CEBOLLA                          | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| TOMATE                           | 20   | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| AJI ESPECIAL                     | 3  | 0.06         | 0.03         | 0.24          | 0.24                       | 0.27          | 0.96          | 1.47          |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                           | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| PEPINILLO                        | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26          |
| LIMON                            | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| <b>SUB TOTAL</b>                 |  | <b>45.53</b> | <b>20.83</b> | <b>129.54</b> | <b>182.11</b>              | <b>187.47</b> | <b>518.32</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>888.04</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>27.90</b>  |

|                                      |         |        |         |                |
|--------------------------------------|---------|--------|---------|----------------|
| VCT (g)                              | PROT    | GRAS   | CARB    |                |
|                                      | /130.64 | 82.26  | 462.66  |                |
| VCT (kcal)                           | 522.56  | 740.34 | 1850.64 |                |
| VCT (%)                              | 16.42   | 23.26  | 58.14   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |         |        |         | <b>3183.02</b> |

**CONSORCIO LA LECHERITA**  
*Ever F. Berrospi Davila*  
**Ever F. Berrospi Davila**  
RUC 206008937001  
REPRESENTANTE LEGAL COMUNAL DEL CONSORCIO

*Yesica Carr. Saavedra Julca*  
**Yesica Carr. Saavedra Julca**  
NUTRICIONISTA  
C.N.P. 1110

REFERENCIA: Memorando Múltiple N°087-2009- INPE / 01 dicta los Lineamientos para Elaboración de Bases para el Servicio de Alimentación para internos(as), niños y personal INPE del Establecimiento Penitenciario

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO MENU N°17

|                                    | PESO BRUTO                             | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)                                    | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ CHAUFA + INFUSION + 1 PAN</b> |              |              |               |                            |               |               |               |
| ARROZ                              | 90                                     | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| POLLO                              | 100                                    | 14.6         | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| CEBOLLA CHINA                      | 20                                     | 0.28         | 0.04         | 2.26          | 1.12                       | 0.36          | 9.04          | 10.52         |
| PIMENTON                           | 20                                     | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| SILLAO                             | 10                                     | 0.16         | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12          | 2.03          |
| HUEVO                              | 27                                     | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4          |
| KION                               | 3                                      | 0.27         | 0.17         | 2.13          | 1.08                       | 1.53          | 8.52          | 11.3          |
| AJOS                               | 3                                      | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| ACEITE                             | 13                                     | 0            | 13           | 0             | 0                          | 117           | 0             | 117           |
| PAN                                | 30                                     | 2.5          | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18         |
| TE                                 | 3                                      | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 35                                     | 0            | 0            | 34.41         | 0                          | 0             | 137.62        | 137.62        |
| <b>SUB TOTAL</b>                   |  | <b>30.15</b> | <b>28.47</b> | <b>132.61</b> | <b>135.1</b>               | <b>256.03</b> | <b>530.52</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>921.94</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |              |               |                            |               |               | <b>28.74</b>  |

|                                    | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>ARROZ CON POLLO + PAPA A LA HUANCAINA + REFRESCO DE FRUTA+ FRUTA + ENSALADA</b> |              |              |               |                            |               |               |                |
| ARROZ                              | 150  | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| POLLO CON HUESO                    | 160  | 34.24        | 4.96         | 0             | 136.96                     | 44.64         | 0             | 181.6          |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| ESPINACA                           | 20   | 0.56         | 0.18         | 0.98          | 2.24                       | 1.62          | 3.92          | 7.78           |
| CULANTRO                           | 20   | 0.66         | 0.26         | 1.4           | 2.64                       | 2.34          | 5.6           | 10.58          |
| ARVEJA                             | 20   | 1.42         | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04         | 21.8           |
| PIÑA                               | 20   | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52           |
| PAPA BLANCA                        | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| CHOCLO                             | 20   | 0.42         | 0.1          | 3.6           | 1.69                       | 0.9           | 14.2          | 16.79          |
| LECHE EVAPORADA                    | 70   | 4.41         | 5.4          | 7.6           | 17.64                      | 48.5          | 30.5          | 96.64          |
| QUESO                              | 30   | 5.25         | 6.03         | 0.99          | 21                         | 54.27         | 3.96          | 79.23          |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| ACEITE                             | 25   | 0            | 25           | 0             | 0                          | 225           | 0             | 225            |
| PLATANO                            | 150  | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05         |
| TOMATE                             | 15   | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31           |
| PEPINILLO                          | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| <b>SUB TOTAL</b>                   |  | <b>64.22</b> | <b>43.56</b> | <b>191.27</b> | <b>256.88</b>              | <b>391.94</b> | <b>779.82</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>1428.78</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>44.54</b>   |

|                                  | PESO BRUTO                              | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal) |
|----------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|--------------|
|                                  | (g)                                     | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |              |
| <b>CENA</b>                      | <b>CALDO DE POLLO+ FRUTA + INFUSION</b> |              |              |               |                            |               |               |              |
| FIDEOS                           | 30                                      | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06       |
| ZAPALLO                          | 20                                      | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4          |
| ZANAHORIA                        | 20                                      | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74         |
| APIO                             | 20                                      | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76         |
| YUCA                             | 100                                     | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5         |
| OREGANO                          | 3                                       | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49         |
| ACEITE                           | 25                                      | 0            | 25           | 0             | 0                          | 225           | 0             | 225          |
| PORO                             | 20                                      | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68         |
| POLLO                            | 100                                     | 21.40        | 3.10         | 0             | 85.6                       | 27.9          | 0             | 113.5        |
| TE                               | 3                                       | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6         |
| AZUCAR                           | 35                                      | 0            | 0            | 34.41         | 0                          | 0             | 137.62        | 137.62       |
| PLATANO                          | 150                                     | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05       |
| <b>SUB TOTAL</b>                 |   | <b>29.81</b> | <b>29.18</b> | <b>118.89</b> | <b>119.24</b>              | <b>262.62</b> | <b>475.54</b> |              |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |               |                            |               |               | <b>857.4</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |               |                            |               |               | <b>26.73</b> |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT(g)                               | 124.18 | 101.21 | 442.77  |                |
| VCT(kcal)                            | 496.72 | 910.89 | 1771.08 |                |
| VCT(%)                               | 15.48  | 28.39  | 55.21   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3208.12</b> |

CONSORCIO LA LECHERITA

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Lic. Yesica Carin Saavedra Julca  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE HUANUCO MENU N°18

|                                    | PESO BRUTO                        | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|------------------------------------|-----------------------------------|--------------|--------------|--------------|----------------------------|---------------|---------------|---------------|
|                                    | (g)                               | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB          |               |
| <b>DESAYUNO</b>                    | <b>PATASCA + INFUSION + 1 PAN</b> |              |              |              |                            |               |               |               |
| MOTE                               | 100                               | 2.34         | 1.17         | 18.99        | 9.36                       | 10.53         | 75.96         | 95.85         |
| CARNE DE RES                       | 100                               | 19.17        | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6          |
| MONDONGO                           | 100                               | 7.61         | 3.50         | 0            | 67.60                      | 31.50         | 0             | 99.10         |
| ACEITE                             | 10                                | 0            | 10           | 0            | 0                          | 90            | 0             | 90            |
| PAN                                | 30                                | 2.88         | 0.09         | 21.54        | 11.52                      | 0.81          | 86.16         | 98.49         |
| TE                                 | 3                                 | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                             | 40                                | 0            | 0            | 39.15        | 0                          | 0             | 166.6         | 156.6         |
| <b>SUB TOTAL</b>                   |                                   | <b>32.24</b> | <b>16.48</b> | <b>81.82</b> | <b>174.64</b>              | <b>148.32</b> | <b>337.28</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>650.24</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |                                   |              |              |              |                            |               |               | <b>22.72</b>  |

|                                    | PESO BRUTO   | PROT         | GRAS        | CARB          | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal)   |
|------------------------------------|--|--------------|-------------|---------------|----------------------------|--------------|---------------|----------------|
|                                    | (g)  | (g)          | (g)         | (g)           | PROT                       | GRAS         | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + SECO A LA NORTEÑA + FRIJOL PANAMITO + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |             |               |                            |              |               |                |
| FIDEOS                             | 30   | 2.82         | 0.06        | 23.31         | 11.28                      | 0.54         | 93.24         | 105.06         |
| ZAPALLO                            | 20   | 0.18         | 0.04        | 0.58          | 0.72                       | 0.36         | 2.32          | 3.4            |
| ZANAHORIA                          | 20   | 0.12         | 0.1         | 1.84          | 0.48                       | 0.9          | 7.36          | 8.74           |
| APIO                               | 20   | 0.14         | 0.04        | 0.96          | 0.56                       | 0.36         | 3.84          | 4.76           |
| OREGANO                            | 3  | 0.02         | 0.01        | 0.33          | 0.08                       | 0.09         | 1.32          | 1.49           |
| HUEVO                              | 27   | 4.4          | 4.3         | 0.5           | 17.6                       | 38.9         | 1.9           | 58.4           |
| ARROZ                              | 150  | 12.3         | 0.75        | 116.7         | 49.2                       | 6.75         | 466.8         | 522.75         |
| RES                                | 150  | 31.95        | 2.4         | 0             | 127.8                      | 21.6         | 0             | 149.4          |
| ESPINACA                           | 20   | 0.56         | 0.18        | 0.98          | 2.24                       | 1.62         | 3.92          | 7.78           |
| CULANTRO                           | 20   | 0.66         | 0.26        | 1.4           | 2.64                       | 2.34         | 5.6           | 10.58          |
| PIÑA                               | 20   | 0.08         | 0.04        | 1.96          | 0.32                       | 0.36         | 7.84          | 8.52           |
| FRIJOL PANAMITO                    | 80   | 2.1          | 0.1         | 22.3          | 8.4                        | 0.9          | 89.2          | 98.5           |
| AJOS                               | 3  | 0.16         | 0.02        | 0.91          | 0.64                       | 0.18         | 3.64          | 4.6            |
| ACEITE                             | 25   | 0            | 25          | 0             | 0                          | 225          | 0             | 225            |
| PLATANO                            | 150  | 2.25         | 0.45        | 31.5          | 9                          | 4.05         | 126           | 139.05         |
| TOMATE                             | 15   | 0.12         | 0.03        | 0.64          | 0.48                       | 0.27         | 2.56          | 3.31           |
| PEPINILLO                          | 25   | 0.12         | 0.02        | 0.65          | 0.48                       | 0.18         | 2.6           | 3.26           |
| LIMON                              | 3  | 0.01         | 0           | 0.1           | 0.03                       | 0            | 0.6           | 0.63           |
| <b>SUB TOTAL</b>                   |  | <b>57.99</b> | <b>33.8</b> | <b>204.66</b> | <b>231.95</b>              | <b>304.4</b> | <b>818.74</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |              |             |               |                            |              |               | <b>1355.23</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |              |             |               |                            |              |               | <b>47.35</b>   |

|                                  | PESO BRUTO  | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL (Kcal) |
|----------------------------------|---|--------------|--------------|--------------|----------------------------|---------------|--------------|--------------|
|                                  | (g)   | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB         |              |
| <b>CENA</b>                      | <b>ARROZ + SALTADO DE BROCOLI CON POLLO PICADO + FRUTA + INFUSION</b> |              |              |              |                            |               |              |              |
| POLLO                            | 100   | 10.8         | 2.34         | 2.04         | 43.2                       | 21.06         | 8.16         | 72.42        |
| ARROZ                            | 90  | 7.38         | 0.45         | 70.02        | 29.52                      | 4.05          | 280.08       | 313.65       |
| TOMATE                           | 40  | 0.12         | 0.03         | 0.64         | 0.48                       | 0.9           | 2.56         | 3.31         |
| PAPA                             | 100   | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2         | 98.5         |
| BROCOLI                          | 100   | 0.98         | 0.2          | 1.1          | 3.92                       | 1.6           | 4.6          | 10.11        |
| OREGANO                          | 3   | 0.02         | 0.01         | 0.33         | 0.08                       | 0.09          | 1.32         | 1.49         |
| KION                             | 3   | 0.27         | 0.17         | 2.13         | 1.08                       | 1.53          | 8.52         | 11.3         |
| TE                               | 3   | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56         | 10.6         |
| CEBOLLA                          | 40  | 1.06         | 0.09         | 2.82         | 4.24                       | 0.81          | 11.28        | 16.33        |
| AZUCAR                           | 15  | 0            | 0            | 14.78        | 0                          | 0             | 59.12        | 59.12        |
| ACEITE                           | 25  | 0            | 25           | 0            | 0                          | 225           | 0            | 225          |
| NARANJA                          | 150   | 0.47         | 0.2          | 7.9          | 1.87                       | 1.4           | 31.5         | 34.77        |
| <b>SUB TOTAL</b>                 |   | <b>23.44</b> | <b>28.71</b> | <b>126.2</b> | <b>93.75</b>               | <b>258.42</b> | <b>504.9</b> |              |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |              |                            |               |              | <b>856.6</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |              |                            |               |              | <b>29.93</b> |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 113.67 | 78.99  | 412.68  |                |
| VCT (kcal)                           | 454.68 | 710.91 | 1650.72 |                |
| VCT (%)                              | 15.89  | 24.84  | 57.68   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>2862.07</b> |

  
**Consorcio LA LECHERITA**  
 Ever F. Berrospi Davila  
 RUC 2060093206  
 REPRESENTANTE LEGAL COMUN DEL CONSORCIO

  
 Lic. Yessica Carril Saavedra Julia  
 LICENCIADA EN NUTRICIONISTA  
 N° 118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE S DEL ESTABLECIMIENTO  
PENAL DE PASCO  
MENU N° 19

|                                    | PESO BRUTO  | PROT         | GRAS      | CARB         | KILOCALORIAS POR NUTRIENTE |              |              | TOTAL (Kcal)  |
|------------------------------------|---|--------------|-----------|--------------|----------------------------|--------------|--------------|---------------|
|                                    | (g)   | (g)          | (g)       | (g)          | PROT                       | GRAS         | CARB         |               |
| <b>DESAYUNO</b>                    | <b>TALLARIN ROJO CON POLLO + INFUSION + 1 PAN</b> |              |           |              |                            |              |              |               |
| FIDEOS                             | 125   | 3.88         | 0         | 26.6         | 15.50                      | 0            | 106.5        | 122           |
| POLLO                              | 90  | 17.11        | 2.5       | 0.0          | 68.45                      | 22.2         | 0.0          | 90.65         |
| TOMATE                             | 20  | 0.16         | 0.04      | 0.86         | 0.64                       | 0.36         | 3.44         | 4.44          |
| AJOS                               | 3   | 0.16         | 0.02      | 0.91         | 0.64                       | 0.18         | 3.64         | 4.6           |
| ACEITE                             | 20  | 0            | 20        | 0            | 0                          | 180          | 0            | 180           |
| CEBOLLA                            | 15  | 1.06         | 0.09      | 2.82         | 4.24                       | 0.81         | 11.28        | 16.33         |
| ZANAHORIA                          | 20  | 0.12         | 0.10      | 1.84         | 0.48                       | 0.90         | 7.36         | 8.74          |
| AJI ESPECIAL                       | 3   | 0.06         | 0.03      | 0.24         | 0.24                       | 0.27         | 0.96         | 1.47          |
| PAN                                | 30  | 2.5          | 0.1       | 19.1         | 10.1                       | 0.5          | 76.6         | 87.18         |
| ANIS                               | 3   | 0.24         | 0.12      | 2.14         | 0.96                       | 1.08         | 8.56         | 10.6          |
| AZUCAR                             | 30  | 0            | 0         | 29.5         | 0                          | 0            | 117.96       | 117.96        |
| <b>SUB TOTAL</b>                   |   | <b>25.29</b> | <b>23</b> | <b>84.01</b> | <b>101.25</b>              | <b>206.3</b> | <b>336.3</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |              |           |              |                            |              |              | <b>643.97</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |              |           |              |                            |              |              | <b>23.19</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + BISTECK AL JUGO + PURE + REFresco DE FRUTA + FRUTA + ENSALADA</b> |              |              |               |                            |               |               |                |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76           |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49           |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| PAPA BLANCA                        | 100   | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| CARNE DE RES                       | 150   | 31.95        | 2.40         | 0             | 127.8                      | 21.60         | 0             | 149.4          |
| SILLAO                             | 3   | 0.16         | 0.03         | 0.28          | 0.64                       | 0.27          | 1.12          | 2.03           |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52           |
| AZUCAR                             | 15  | 0            | 0            | 14.78         | 0                          | 0             | 59.12         | 59.12          |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| TOMATE                             | 25  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31           |
| ACEITE                             | 25  | 0            | 25           | 0             | 0                          | 225           | 0             | 225            |
| MANDARINA                          | 150   | 0.9          | 0.45         | 12.9          | 3.6                        | 4.05          | 51.6          | 59.25          |
| <b>SUB TOTAL</b>                   |   | <b>57.05</b> | <b>33.62</b> | <b>202.33</b> | <b>228.2</b>               | <b>302.78</b> | <b>809.22</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1340.34</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>48.26</b>   |

|                                  | PESO BRUTO                               | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)                                      | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA + INFUSION</b> |              |              |               |                            |               |               |               |
| FIDEOS                           | 30                                       | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06        |
| ZAPALLO                          | 20                                       | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4           |
| ZANAHORIA                        | 20                                       | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74          |
| APIO                             | 20                                       | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76          |
| PAPA                             | 100                                      | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| PLATANO                          | 150                                      | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05        |
| OREGANO                          | 3  | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49          |
| ACEITE                           | 20                                       | 0            | 20           | 0             | 0                          | 180           | 0             | 180           |
| PORO                             | 20                                       | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68          |
| POLLO                            | 100                                      | 21.40        | 3.10         | 0             | 85.6                       | 27.9          | 0             | 113.5         |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                           | 30                                       | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                 |  | <b>29.81</b> | <b>24.18</b> | <b>113.98</b> | <b>119.24</b>              | <b>217.62</b> | <b>455.88</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>792.74</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>28.55</b>  |

|                                      |        |       |         |                |
|--------------------------------------|--------|-------|---------|----------------|
| VCT (g)                              | 112.15 | 80.8  | 400.32  |                |
| VCT (kcal)                           | 448.6  | 727.2 | 1601.28 |                |
| VCT (%)                              | 16.15  | 26.19 | 57.66   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |       |         | <b>2777.05</b> |

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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 20

|                                    | PESO BRUTO                                       | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|-------------|--------------|----------------------------|--------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ + PICANTE DE RES + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |               |
| ARROZ                              | 90   | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65        |
| RES                                | 100  | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60         |
| PAPA                               | 100  | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50         |
| ZANAHORIA                          | 20   | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74          |
| ARVEJA                             | 20   | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8          |
| AJI COLORADO                       | 10   | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26          |
| AJOS                               | 3  | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6           |
| CEBOLLA                            | 15   | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33         |
| ACEITE                             | 20   | 0            | 20          | 0            | 0                          | 180          | 0             | 180           |
| PAN                                | 30   | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18         |
| TE                                 | 3  | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6          |
| AZUCAR RUBIA                       | 30   | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |  | <b>36.29</b> | <b>22.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>204.8</b> | <b>615.88</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>967.22</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>29.84</b>  |

|                                    | PESO BRUTO  | PROT      | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|---|-----------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)   | (g)       | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + PACHAMANCA DE POLLO + ARROZ + CAMOTE + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |           |              |               |                            |               |               |                |
| FIDEOS                             | 30  | 2.82      | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20  | 0.18      | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20  | 0.12      | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20  | 0.14      | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76           |
| OREGANO                            | 3   | 0.02      | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49           |
| HUEVO                              | 27  | 4.40      | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20  | 0.54      | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150   | 12.3      | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| POLLO                              | 150   | 14.04     | 14.7         | 0.1           | 56.16                      | 132.5         | 0.4           | 189.06         |
| CAMOTE                             | 70  | 0.35      | 0.1          | 25.5          | 1.40                       | 1.3           | 101.9         | 104.6          |
| CEBOLLA                            | 15  | 1.06      | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| AJOS                               | 3   | 0.16      | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| PEPINILLO                          | 25  | 0.12      | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3   | 0.01      | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| TOMATE                             | 25  | 0.16      | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44           |
| ACEITE                             | 20  | 0         | 20           | 0             | 0                          | 180           | 0             | 180            |
| MANZANA                            | 20  | 0.05      | 0            | 2.2           | 0.18                       | 0             | 8.8           | 8.98           |
| AZUCAR                             | 15  | 0         | 0            | 14.78         | 0                          | 0             | 59.12         | 59.12          |
| MANGO                              | 150   | 0.53      | 0.3          | 21.2          | 2.14                       | 2.4           | 84.9          | 89.44          |
| <b>SUB TOTAL</b>                   |   | <b>37</b> | <b>40.73</b> | <b>214.86</b> | <b>147.99</b>              | <b>367.07</b> | <b>859.54</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |           |              |               |                            |               |               | <b>1374.74</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |           |              |               |                            |               |               | <b>42.42</b>   |

|                                  | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>ARROZ + POLLO AL HORNO + PAPA + ENSALADA + INFUSION</b> |              |              |               |                            |               |               |               |
| POLLO                            | 100  | 18.2         | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| ARROZ                            | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| PAPA                             | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| ACEITE                           | 25   | 0            | 25           | 0             | 0                          | 225           | 0             | 225           |
| AJOS                             | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| CEBOLLA                          | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| TOMATE                           | 20   | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| LIMON                            | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| AJI ESPECIAL                     | 3  | 0.06         | 0.03         | 0.24          | 0.24                       | 0.27          | 0.96          | 1.47          |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                           | 15   | 0            | 0            | 14.78         | 0                          | 0             | 59.12         | 59.12         |
| <b>SUB TOTAL</b>                 |  | <b>29.37</b> | <b>36.05</b> | <b>114.17</b> | <b>117.47</b>              | <b>324.45</b> | <b>456.88</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>898.94</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>27.74</b>  |

|                                      | PROT   | GRAS   | CARB    |               |
|--------------------------------------|--------|--------|---------|---------------|
| VCT (g)                              | 102.66 | 99.58  | 477.93  |               |
| VCT (kcal)                           | 410.64 | 896.22 | 1911.72 |               |
| VCT (%)                              | 12.67  | 27.65  | 58.99   |               |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3240.9</b> |

CONSORCIO LA LECHERITA  
*[Firma]*  
**Ever F Berrosipi Davila**  
RUC 20800083208  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

*[Firma]*  
Lic. Yesenia Carrizosa Salazar J. Jirón  
NUTRICIONISTA  
C.N.P. 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 21

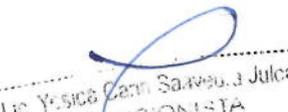
|                                    | PESO BRUTO                                       | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal)  |
|------------------------------------|--|--------------|-------------|--------------|----------------------------|--------------|---------------|---------------|
|                                    | (g)  | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB          |               |
| <b>DESAYUNO</b>                    | <b>ARROZ + PICANTE DE RES + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |               |
| ARROZ                              | 90   | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65        |
| RES                                | 100  | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60         |
| PAPA                               | 100  | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50         |
| ZANAHORIA                          | 20   | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74          |
| ARVEJA                             | 20   | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8          |
| AJI COLORADO                       | 10   | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26          |
| AJOS                               | 3  | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6           |
| CEBOLLA                            | 15   | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33         |
| ACEITE                             | 20   | 0            | 20          | 0            | 0                          | 180          | 0             | 180           |
| PAN                                | 30   | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18         |
| TE                                 | 3  | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6          |
| AZUCAR RUBIA                       | 30   | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                   |  | <b>36.29</b> | <b>22.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>204.8</b> | <b>615.88</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>967.22</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>32.53</b>  |

|                                    | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + SUDADO DE PESCADO + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |              |              |               |                            |               |               |                |
| FIDEOS                             | 30   | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20   | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20   | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76           |
| HUEVO                              | 27   | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20   | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150  | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| PESCADO                            | 300  | 25.92        | 7.8          | 0.6           | 172.8                      | 70.2          | 2.4           | 245.4          |
| PAPA                               | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| PIÑA                               | 20   | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52           |
| CEBOLLA                            | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| PAPA                               | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| TOMATE                             | 15   | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31           |
| PEPINILLO                          | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| NARANJA                            | 150  | 0.47         | 0.2          | 7.9           | 1.87                       | 1.4           | 31.5          | 34.77          |
| <b>SUB TOTAL</b>                   |  | <b>52.64</b> | <b>13.85</b> | <b>205.59</b> | <b>279.66</b>              | <b>124.45</b> | <b>822.36</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>1226.61</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>41.26</b>   |

|                                  | PESO BRUTO                               | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|--------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)                                      | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA + INFUSION</b> |              |              |              |                            |               |               |               |
| FIDEOS                           | 30                                       | 2.82         | 0.06         | 23.31        | 11.28                      | 0.54          | 93.24         | 105.06        |
| ZAPALLO                          | 20                                       | 0.18         | 0.04         | 0.58         | 0.72                       | 0.36          | 2.32          | 3.4           |
| ZANAHORIA                        | 20                                       | 0.12         | 0.1          | 1.84         | 0.48                       | 0.9           | 7.36          | 8.74          |
| APIO                             | 20                                       | 0.14         | 0.04         | 0.96         | 0.56                       | 0.36          | 3.84          | 4.76          |
| PAPA                             | 100                                      | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2          | 98.5          |
| OREGANO                          | 3  | 0.02         | 0.01         | 0.33         | 0.08                       | 0.09          | 1.32          | 1.49          |
| MANDARINA                        | 150                                      | 0.9          | 0.45         | 12.9         | 3.6                        | 4.05          | 51.6          | 59.25         |
| PORO                             | 20                                       | 0.54         | 0.16         | 1.52         | 2.16                       | 1.44          | 6.08          | 9.68          |
| POLLO                            | 100                                      | 21.4         | 3.1          | 0            | 85.6                       | 27.9          | 0             | 113.5         |
| TE                               | 3  | 0.52         | 0.47         | 1.5          | 2.08                       | 4.23          | 6             | 12.31         |
| ACEITE                           | 25                                       | 0            | 25           | 0            | 0                          | 225           | 0             | 225           |
| AZUCAR                           | 35                                       | 0            | 0            | 34.41        | 0                          | 0             | 137.62        | 137.62        |
| <b>SUB TOTAL</b>                 |  | <b>28.74</b> | <b>29.53</b> | <b>99.65</b> | <b>114.96</b>              | <b>265.77</b> | <b>398.58</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |              |                            |               |               | <b>779.31</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |              |                            |               |               | <b>26.21</b>  |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | PROT   | GRAS   | CARB    |                |
|                                      | 117.67 | 66.18  | 454.14  |                |
| VCT (kcal)                           | 470.68 | 595.62 | 1816.56 |                |
| VCT (%)                              | 15.83  | 20.03  | 61.10   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>2973.14</b> |

CONSORCIO LA LECHERITA  
  
**Ever F Berrospi Davila**  
 RUC 20600093208  
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 Lic. Yesica Carr Saavedra Julca  
 NUTRICIONISTA  
 C.N.P. 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 22

|                  | PESO BRUTO                                       | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE         |               |              | TOTAL (Kcal)  |
|------------------|--|--------------|--------------|--------------|------------------------------------|---------------|--------------|---------------|
|                  | (g)  | (g)          | (g)          | (g)          | PROT                               | GRAS          | CARB         |               |
| <b>DESAYUNO</b>  | <b>TALLARIN + CHANFAINITA + INFUSION + 1 PAN</b> |              |              |              |                                    |               |              |               |
| FIDEOS           | 125  | 3.88         | 0            | 26.6         | 15.50                              | 0             | 106.5        | 122           |
| BOFE             | 100  | 13.40        | 2.2          | 0.0          | 53.60                              | 19.8          | 0.0          | 73.4          |
| ZANAHORIA        | 20   | 0.12         | 0.10         | 1.84         | 0.48                               | 0.90          | 7.36         | 8.74          |
| ARVEJA           | 20   | 1.42         | 0.12         | 0.10         | 5.68                               | 1.08          | 15.04        | 21.8          |
| AJI COLORADO     | 3  | 0.06         | 0.03         | 0.24         | 0.24                               | 0.27          | 0.96         | 1.47          |
| AJOS             | 3  | 0.16         | 0.02         | 0.91         | 0.64                               | 0.18          | 3.64         | 4.6           |
| CEBOLLA          | 15   | 1.06         | 0.09         | 2.82         | 4.24                               | 0.81          | 11.28        | 16.33         |
| ACEITE           | 10   | 0            | 10           | 0            | 0                                  | 90            | 0            | 90            |
| PAN              | 30   | 2.5          | 0.1          | 19.1         | 10.1                               | 0.5           | 76.6         | 87.18         |
| ANIS             | 3  | 0.24         | 0.12         | 2.14         | 0.96                               | 1.08          | 8.56         | 10.6          |
| AZUCAR           | 30   | 0            | 0            | 29.5         | 0                                  | 0             | 117.96       | 117.96        |
| <b>SUB TOTAL</b> |  | <b>22.84</b> | <b>12.78</b> | <b>83.25</b> | <b>91.44</b>                       | <b>114.62</b> | <b>347.9</b> |               |
|                  |  |              |              |              | <b>VALOR CALORICO DEL DESAYUNO</b> |               |              | <b>554.08</b> |
|                  |  |              |              |              | <b>% DISTRIBUCION DEL DESAYUNO</b> |               |              | <b>20.23</b>  |

|                  | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE         |               |               | TOTAL (Kcal)   |
|------------------|--|--------------|--------------|---------------|------------------------------------|---------------|---------------|----------------|
|                  | (g)  | (g)          | (g)          | (g)           | PROT                               | GRAS          | CARB          |                |
| <b>ALMUERZO</b>  | <b>ARROZ CON POLLO + PAPA A LA HUANCAINA + REFRESCO DE FRUTA+ FRUTA + ENSALADA</b> |              |              |               |                                    |               |               |                |
| ARROZ            | 150  | 12.3         | 0.75         | 116.7         | 49.2                               | 6.75          | 466.8         | 522.75         |
| POLLO CON HUESO  | 160  | 34.24        | 4.96         | 0             | 136.96                             | 44.64         | 0             | 181.6          |
| ZANAHORIA        | 20   | 0.12         | 0.10         | 1.84          | 0.48                               | 0.90          | 7.36          | 8.74           |
| ESPINACA         | 20   | 0.56         | 0.18         | 0.98          | 2.24                               | 1.62          | 3.92          | 7.78           |
| CULANTRO         | 20   | 0.66         | 0.26         | 1.4           | 2.64                               | 2.34          | 5.6           | 10.58          |
| ARVEJA           | 20   | 1.42         | 0.12         | 0.10          | 5.68                               | 1.08          | 15.04         | 21.8           |
| PIÑA             | 20   | 0.08         | 0.04         | 1.96          | 0.32                               | 0.36          | 7.84          | 8.52           |
| PAPA BLANCA      | 100  | 2.1          | 0.1          | 22.3          | 8.4                                | 0.9           | 89.2          | 98.5           |
| CHOCLO           | 20   | 0.42         | 0.1          | 3.6           | 1.69                               | 0.9           | 14.2          | 16.79          |
| LECHE EVAPORADA  | 70   | 4.41         | 5.4          | 7.6           | 17.64                              | 48.5          | 30.5          | 96.64          |
| QUESO            | 30   | 5.25         | 6.03         | 0.99          | 21                                 | 54.27         | 3.96          | 79.23          |
| AJOS             | 3  | 0.16         | 0.02         | 0.91          | 0.64                               | 0.18          | 3.64          | 4.6            |
| ACEITE           | 20   | 0            | 20           | 0             | 0                                  | 180           | 0             | 180            |
| PLATANO          | 150  | 2.25         | 0.45         | 31.5          | 9                                  | 4.05          | 12.5          | 139.05         |
| TOMATE           | 15   | 0.12         | 0.03         | 0.64          | 0.48                               | 0.27          | 2.56          | 3.31           |
| PEPINILLO        | 25   | 0.12         | 0.02         | 0.65          | 0.48                               | 0.18          | 2.6           | 3.26           |
| LIMON            | 3  | 0.01         | 0.0          | 0.1           | 0.03                               | 0.0           | 0.6           | 0.63           |
| <b>SUB TOTAL</b> |  | <b>64.22</b> | <b>38.56</b> | <b>191.27</b> | <b>256.88</b>                      | <b>346.94</b> | <b>779.82</b> |                |
|                  |  |              |              |               | <b>VALOR CALORICO DEL ALMUERZO</b> |               |               | <b>1383.78</b> |
|                  |  |              |              |               | <b>% DISTRIBUCION DEL ALMUERZO</b> |               |               | <b>50.51</b>   |

|                  | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE       |              |               | TOTAL (Kcal)  |
|------------------|---|--------------|--------------|---------------|----------------------------------|--------------|---------------|---------------|
|                  | (g)   | (g)          | (g)          | (g)           | PROT                             | GRAS         | CARB          |               |
| <b>CENA</b>      | <b>ARROZ + SALTADO DE MOLLEJITAS + PAPA FRITAS + ENSALADA+ INFUSION</b> |              |              |               |                                  |              |               |               |
| MOLLEJITAS       | 60  | 10.8         | 2.34         | 2.04          | 43.2                             | 21.06        | 8.16          | 72.42         |
| ARROZ            | 90  | 7.38         | 0.45         | 70.02         | 29.52                            | 4.05         | 280.08        | 313.65        |
| TOMATE           | 40  | 0.12         | 0.03         | 0.64          | 0.48                             | 0.9          | 2.56          | 3.31          |
| PAPA             | 100   | 2.1          | 0.1          | 22.3          | 8.4                              | 0.9          | 89.2          | 98.5          |
| OREGANO          | 3   | 0.02         | 0.01         | 0.33          | 0.08                             | 0.09         | 1.32          | 1.49          |
| KION             | 3   | 0.27         | 0.17         | 2.13          | 1.08                             | 1.53         | 8.52          | 11.3          |
| TE               | 3   | 0.24         | 0.12         | 2.14          | 0.96                             | 1.08         | 8.56          | 10.6          |
| CEBOLLA          | 40  | 1.06         | 0.09         | 2.82          | 4.24                             | 0.81         | 11.28         | 16.33         |
| ACEITE           | 30  | 0            | 30           | 0             | 0                                | 270          | 0             | 270           |
| PEPINILLO        | 25  | 0.12         | 0.02         | 0.65          | 0.48                             | 0.18         | 2.6           | 3.26          |
| LIMON            | 3   | 0.01         | 0.0          | 0.1           | 0.03                             | 0.0          | 0.6           | 0.63          |
| <b>SUB TOTAL</b> |   | <b>22.12</b> | <b>33.33</b> | <b>103.17</b> | <b>88.47</b>                     | <b>300.6</b> | <b>412.88</b> |               |
|                  |   |              |              |               | <b>VALOR CALORICO DE LA CENA</b> |              |               | <b>801.49</b> |
|                  |   |              |              |               | <b>% DISTRIBUCION DE LA CENA</b> |              |               | <b>29.26</b>  |

|            | PROT                                 | GRAS   | CARB    |                |
|------------|--------------------------------------|--------|---------|----------------|
| VCT (g)    | 109.18                               | 84.67  | 377.69  |                |
| VCT (kcal) | 436.72                               | 762.03 | 1510.76 |                |
| VCT (%)    | 15.94                                | 27.82  | 55.15   |                |
|            | <b>VALOR CALORICO TOTAL DEL MENU</b> |        |         | <b>2739.35</b> |

**CONSORCIO LA LECHERITA**

**Ever F Berrosipi Davila**  
RUC 20600093208  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

Lic. Yessica Carrin Saavedra Juina  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO MENU N° 23

|                                    | PESO BRUTO                          | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |              | TOTAL (Kcal)  |
|------------------------------------|-------------------------------------|--------------|-------------|--------------|----------------------------|--------------|--------------|---------------|
|                                    | (g)                                 | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB         |               |
| <b>DESAYUNO</b>                    | <b>MENESTRON + INFUSION + 1 PAN</b> |              |             |              |                            |              |              |               |
| CARNE DE RES                       | 80                                  | 17.04        | 1.28        | 0            | 68.16                      | 11.52        | 0            | 79.68         |
| FIDEOS                             | 30                                  | 2.82         | 0.06        | 23.31        | 11.28                      | 0.54         | 93.24        | 105.06        |
| ESPINACA                           | 20                                  | 0.56         | 0.18        | 0.98         | 2.24                       | 1.62         | 3.92         | 7.78          |
| ZANAHORIA                          | 20                                  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36         | 8.74          |
| APIO                               | 20                                  | 0.14         | 0.04        | 0.96         | 0.56                       | 0.36         | 3.84         | 4.76          |
| CULANTRO                           | 20                                  | 0.66         | 0.26        | 1.4          | 2.64                       | 2.34         | 5.6          | 10.58         |
| CHOCLO                             | 20                                  | 0.42         | 0.1         | 3.6          | 1.69                       | 0.9          | 14.2         | 16.79         |
| HABAS                              | 20                                  | 2.26         | 0.2         | 5.2          | 9.04                       | 1.4          | 20.7         | 31.14         |
| LECHE                              | 70                                  | 4.9          | 5.67        | 7.63         | 19.6                       | 51.03        | 30.52        | 101.15        |
| PAN                                | 30                                  | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6         | 87.18         |
| TE                                 | 3                                   | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56         | 10.6          |
| AZUCAR                             | 30                                  | 0            | 0           | 29.5         | 0                          | 0            | 117.96       | 117.96        |
| <b>SUB TOTAL</b>                   |                                     | <b>31.66</b> | <b>8.11</b> | <b>95.66</b> | <b>126.75</b>              | <b>72.19</b> | <b>382.5</b> |               |
| <b>VALOR CALORICO DEL DESAYUNO</b> |                                     |              |             |              |                            |              |              | <b>581.42</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |                                     |              |             |              |                            |              |              | <b>20.51</b>  |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB         | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL (Kcal)   |
|------------------------------------|---|--------------|--------------|--------------|----------------------------|---------------|--------------|----------------|
|                                    | (g)   | (g)          | (g)          | (g)          | PROT                       | GRAS          | CARB         |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + SECO DE POLLO + PAPA + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |              |              |              |                            |               |              |                |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31        | 11.28                      | 0.54          | 93.24        | 105.06         |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58         | 0.72                       | 0.36          | 2.32         | 3.4            |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36         | 8.74           |
| APIO                               | 20  | 0.14         | 0.04         | 0.96         | 0.56                       | 0.36          | 3.84         | 4.76           |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33         | 0.08                       | 0.09          | 1.32         | 1.49           |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5          | 17.60                      | 38.9          | 1.9          | 58.4           |
| PORO                               | 20  | 0.54         | 0.16         | 1.52         | 2.16                       | 1.44          | 6.08         | 9.68           |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7        | 49.2                       | 6.75          | 466.8        | 522.75         |
| POLLO CON HUESO                    | 160   | 21.8         | 4.96         | 0            | 136.96                     | 44.64         | 0            | 181.6          |
| ESPINACA                           | 20  | 0.56         | 0.18         | 0.98         | 2.24                       | 1.62          | 3.92         | 7.78           |
| CULANTRO                           | 20  | 0.66         | 0.26         | 1.4          | 2.64                       | 2.34          | 5.6          | 10.58          |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36         | 8.74           |
| ARVEJA                             | 20  | 1.42         | 0.12         | 0.10         | 5.68                       | 1.08          | 15.04        | 21.8           |
| PAPA                               | 100   | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2         | 98.5           |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82         | 4.24                       | 0.81          | 11.28        | 16.33          |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64         | 4.6            |
| TOMATE                             | 20  | 0.16         | 0.04         | 0.86         | 0.64                       | 0.36          | 3.44         | 4.44           |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6          | 3.26           |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1          | 0.03                       | 0.0           | 0.6          | 0.63           |
| MANZANA                            | 20  | 0.05         | 0            | 2.2          | 0.18                       | 0             | 8.8          | 8.98           |
| AZUCAR                             | 30  | 0            | 0            | 29.5         | 0                          | 0             | 117.96       | 117.96         |
| MANGO                              | 150   | 0.53         | 0.3          | 21.2         | 2.14                       | 2.4           | 84.9         | 89.44          |
| <b>SUB TOTAL</b>                   |   | <b>49.27</b> | <b>11.65</b> | <b>230.6</b> | <b>246.83</b>              | <b>104.75</b> | <b>937.2</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |              |                            |               |              | <b>1288.92</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |              |                            |               |              | <b>45.47</b>   |

|                                  | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>LOCRO DE POLLO + CEBOLLA + CANCHA + FRUTA+ INFUSION</b> |              |              |               |                            |               |               |               |
| POLLO                            | 160  | 21.8         | 4.96         | 0             | 136.96                     | 44.64         | 0             | 181.6         |
| CEBOLLA                          | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| ACEITE                           | 30   | 0            | 30           | 0             | 0                          | 270           | 0             | 270           |
| AJI AMARILLO                     | 15   | 0.12         | 0.1          | 1.2           | 0.50                       | 0.9           | 4.9           | 6.3           |
| PAPA                             | 150  | 0.8          | 0.3          | 54.6          | 3                          | 2.7           | 218.4         | 224.1         |
| AZUCAR                           | 30   | 0            | 0            | 29.5          | 0                          | 0             | 116.6         | 116.6         |
| TORONJIL                         | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.60         |
| PLATANO                          | 150  | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05        |
| <b>TOTAL</b>                     |  | <b>26.27</b> | <b>36.02</b> | <b>121.41</b> | <b>154.66</b>              | <b>324.18</b> | <b>485.74</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>964.58</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>34.02</b>  |

|                                      |       |        |         |                |
|--------------------------------------|-------|--------|---------|----------------|
| VCT (g)                              | 107.2 | 55.78  | 447.67  |                |
| VCT (kcal)                           | 428.8 | 502.02 | 1790.68 |                |
| VCT (%)                              | 15.13 | 17.71  | 63.17   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |       |        |         | <b>2834.92</b> |

CONSORCIO LA LECHERITA  
  
**Ever F. Berrospi Davila**  
 RUC 20600093208  
 REPRESENTANTE LEGAL COMUN DEL CONSORCIO

Lic. Y... Cerro Saavedra Julia  
 OMBUSMANA  
 2018

DOOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 24

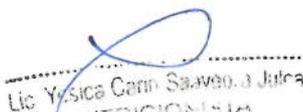
|  | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|--|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|  |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>DESAYUNO</b>                                |                   |             |             |             |                            |        |        |                 |
| <b>ARROZ + PAPA RELLENA + INFUSION + 1 PAN</b> |                   |             |             |             |                            |        |        |                 |
| PAPA   | 150               | 3.15        | 0.15        | 33.45       | 12.6                       | 1.35   | 133.8  | 147.75          |
| ACEITE   | 5                 | 0           | 5           | 0           | 0                          | 45     | 0      | 45              |
| ARROZ  | 90                | 7.38        | 0.45        | 70.02       | 29.52                      | 4.05   | 280.08 | 313.65          |
| CEBOLLA  | 15                | 0.34        | 0.06        | 1.12        | 1.36                       | 0.54   | 4.48   | 6.38            |
| ZANAHORIA                                      | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90   | 7.36   | 8.74            |
| CARNE DE RES                                   | 100               | 21.3        | 1.6         | 0           | 85.2                       | 14.4   | 0      | 99.6            |
| HUEVO  | 27                | 4.40        | 4.3         | 0.5         | 17.60                      | 38.9   | 1.9    | 58.4            |
| PAN  | 30                | 2.5         | 0.1         | 19.1        | 10.1                       | 0.5    | 76.6   | 87.18           |
| ANIS   | 3                 | 0.24        | 0.12        | 2.14        | 0.96                       | 1.08   | 8.56   | 10.6            |
| AZUCAR   | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| SUB TOTAL                                      |                   | 39.43       | 11.88       | 157.67      | 157.82                     | 106.72 | 630.74 |                 |
| VALOR CALORICO DEL DESAYUNO                    |                   |             |             |             |                            |        |        | 895.26          |
| % DISTRIBUCION DEL DESAYUNO                    |                   |             |             |             |                            |        |        | 27.12           |

|  | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|--|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|  |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>ALMUERZO</b>  |                   |             |             |             |                            |        |        |                 |
| <b>SOPA + ARROZ + PESCADO FRITO + LENTEJAS + ENSALADA + REFRESCO DE FRUTA+ + FRUTA</b> |                   |             |             |             |                            |        |        |                 |
| FIDEOS   | 30                | 2.82        | 0.06        | 23.31       | 11.28                      | 0.54   | 93.24  | 105.06          |
| ZAPALLO  | 20                | 0.18        | 0.04        | 0.58        | 0.72                       | 0.36   | 2.32   | 3.4             |
| ZANAHORIA  | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90   | 7.36   | 8.74            |
| APIO   | 20                | 0.14        | 0.04        | 0.96        | 0.56                       | 0.36   | 3.84   | 4.76            |
| HUEVO  | 27                | 4.40        | 4.3         | 0.5         | 17.60                      | 38.9   | 1.9    | 58.4            |
| PORO   | 20                | 0.54        | 0.16        | 1.52        | 2.16                       | 1.44   | 6.08   | 9.68            |
| ARROZ  | 150               | 12.3        | 0.75        | 116.7       | 49.2                       | 6.75   | 466.8  | 522.75          |
| PESCADO  | 300               | 25.92       | 7.8         | 0.6         | 172.8                      | 70.2   | 2.4    | 245.4           |
| LENTEJAS   | 80                | 2.1         | 0.1         | 22.3        | 8.4                        | 0.9    | 89.2   | 98.5            |
| ACEITE   | 30                | 0           | 30          | 0           | 0                          | 270    | 0      | 270             |
| PIÑA   | 20                | 0.08        | 0.04        | 1.96        | 0.32                       | 0.36   | 7.84   | 8.52            |
| CEBOLLA  | 15                | 1.06        | 0.09        | 2.82        | 4.24                       | 0.81   | 11.28  | 16.33           |
| AJOS   | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18   | 3.64   | 4.6             |
| AZUCAR   | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| PEPINILLO  | 25                | 0.12        | 0.02        | 0.65        | 0.48                       | 0.18   | 2.6    | 3.26            |
| LIMON  | 3                 | 0.01        | 0.0         | 0.1         | 0.03                       | 0.0    | 0.6    | 0.63            |
| NARANJA  | 150               | 0.47        | 0.2         | 7.9         | 1.87                       | 1.4    | 31.5   | 34.77           |
| SUB TOTAL  |                   | 50.42       | 43.72       | 212.15      | 270.78                     | 393.28 | 848.56 |                 |
| VALOR CALORICO DEL ALMUERZO  |                   |             |             |             |                            |        |        | 1512.76         |
| % DISTRIBUCION DEL ALMUERZO  |                   |             |             |             |                            |        |        | 45.82           |

|   | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g) | CARB<br>(g) | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL<br>(Kcal) |
|---|-------------------|-------------|-------------|-------------|----------------------------|--------|--------|-----------------|
|   |                   |             |             |             | PROT                       | GRAS   | CARB   |                 |
| <b>CENA</b>                                       |                   |             |             |             |                            |        |        |                 |
| <b>ARROZ + PICANTE DE CARNE + FRUTA+ INFUSION</b> |                   |             |             |             |                            |        |        |                 |
| CARNE DE RES                                      | 100               | 21.3        | 1.6         | 0           | 85.2                       | 14.4   | 0      | 99.6            |
| ARROZ   | 90                | 7.38        | 0.45        | 70.02       | 29.52                      | 4.05   | 280.08 | 313.65          |
| ZANAHORIA   | 20                | 0.12        | 0.10        | 1.84        | 0.48                       | 0.90   | 7.36   | 8.74            |
| ARVEJA  | 20                | 1.42        | 0.12        | 0.10        | 5.68                       | 1.08   | 15.04  | 21.8            |
| PAPA BLANCA                                       | 70                | 1.47        | 0.1         | 15.6        | 5.88                       | 0.6    | 62.4   | 68.88           |
| CEBOLLA   | 15                | 1.06        | 0.09        | 2.82        | 4.24                       | 0.81   | 11.28  | 16.33           |
| ACEITE  | 20                | 0           | 20          | 0           | 0                          | 180    | 0      | 180             |
| AJOS  | 3                 | 0.16        | 0.02        | 0.91        | 0.64                       | 0.18   | 3.64   | 4.6             |
| TOMATE  | 20                | 0.16        | 0.04        | 0.86        | 0.64                       | 0.36   | 3.44   | 4.44            |
| DURAZNO   | 150               | 0.48        | 0.1         | 13.7        | 1.93                       | 0.7    | 55     | 57.63           |
| AZUCAR  | 30                | 0           | 0           | 29.5        | 0                          | 0      | 117.96 | 117.96          |
| TOTAL   |                   | 33.55       | 22.62       | 135.35      | 134.21                     | 203.08 | 556.2  |                 |
| VALOR CALORICO DE LA CENA                         |                   |             |             |             |                            |        |        | 893.63          |
| % DISTRIBUCION DE LA CENA                         |                   |             |             |             |                            |        |        | 27.07           |

|                               |       |        |         |         |
|-------------------------------|-------|--------|---------|---------|
| VCT( g)                       | PROT  | GRAS   | CARB    |         |
|                               | 123.4 | 78.22  | 505.17  |         |
| VCT (kcal)                    | 493.6 | 703.98 | 2020.68 |         |
| VCT (%)                       | 14.95 | 21.32  | 61.20   |         |
| VALOR CALORICO TOTAL DEL MENU |       |        |         | 3301.65 |

CONSORCIO LA LECHERITA  
  
**Ever F. Berrosppi Davila**  
 RUC 20800093208  
 REPRESENTANTE LEGAL COMUN DEL CONSORCIO

  
 Lic. Ysica Carrin Saavedra Julia  
 NUTRICIONISTA  
 C.N.P. 1111

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 25

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL<br>(Kcal) |
|--|-------------------|--------------|-------------|--------------|----------------------------|--------------|---------------|-----------------|
|  |                   |              |             |              | PROT                       | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>                            |                   |              |             |              |                            |              |               |                 |
| ESTOFADO DE RES + ARROZ + INFUSION + 1 PAN |                   |              |             |              |                            |              |               |                 |
| ARROZ                                      | 90                | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65          |
| RES  | 100               | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60           |
| PAPA                                       | 100               | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50           |
| ZANAHORIA                                  | 20                | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74            |
| ARVEJA                                     | 20                | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8            |
| AJI COLORADO                               | 10                | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26            |
| AJOS                                       | 3                 | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6             |
| CEBOLLA                                    | 15                | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33           |
| ACEITE                                     | 10                | 0            | 10          | 0            | 0                          | 90           | 0             | 90              |
| PAN  | 30                | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18           |
| TE   | 3                 | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6            |
| AZUCAR RUBIA                               | 30                | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b>                           |                   | <b>36.29</b> | <b>12.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>114.8</b> | <b>615.88</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b>         |                   |              |             |              |                            |              |               | <b>877.22</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b>         |                   |              |             |              |                            |              |               | <b>29.86</b>    |

|  | PESO BRUTO<br>(g) | PROT<br>(g) | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|--|-------------------|-------------|--------------|--------------|----------------------------|---------------|---------------|-----------------|
|  |                   |             |              |              | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>  |                   |             |              |              |                            |               |               |                 |
| TALLARIN VERDE + POLLO FRITO + PAPA A LA HUANCAINA + REFRESCO DE FRUTA+ FRUTA + ENSALADA |                   |             |              |              |                            |               |               |                 |
| FIDEOS   | 125               | 3.88        | 0            | 26.6         | 15.50                      | 0             | 106.5         | 122             |
| POLLO  | 160               | 21.8        | 4.96         | 0            | 136.96                     | 44.64         | 0             | 181.6           |
| AJOS   | 3                 | 0.16        | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6             |
| ACEITE   | 25                | 0           | 25           | 0            | 0                          | 225           | 0             | 225             |
| CEBOLLA  | 15                | 1.06        | 0.09         | 2.82         | 4.24                       | 0.81          | 11.28         | 16.33           |
| ESPINACA   | 20                | 0.56        | 0.18         | 0.98         | 2.24                       | 1.62          | 3.92          | 7.78            |
| CULANTRO   | 20                | 0.66        | 0.26         | 1.4          | 2.64                       | 2.34          | 5.6           | 10.58           |
| PAPA BLANCA  | 150               | 3.15        | 0.15         | 33.45        | 12.6                       | 1.35          | 133.8         | 147.75          |
| LECHE EVAPORADA  | 70                | 4.41        | 5.4          | 7.6          | 17.64                      | 48.5          | 30.5          | 96.64           |
| GALLETA  | 30                | 2.5         | 0            | 18.9         | 10.1                       | 0             | 75.5          | 85.6            |
| AJI AMARILLO   | 10                | 0.01        | 0.10         | 0.17         | 0.04                       | 0.90          | 6.16          | 8.26            |
| QUESO  | 30                | 5.25        | 6.03         | 0.99         | 21                         | 54.27         | 3.96          | 79.23           |
| AZUCAR   | 30                | 0           | 0            | 29.5         | 0                          | 0             | 117.96        | 117.96          |
| MARACUYA   | 20                | 0.18        | 0.02         | 3.22         | 0.72                       | 0.18          | 12.88         | 13.78           |
| TOMATE   | 15                | 0.12        | 0.03         | 0.64         | 0.48                       | 0.27          | 2.56          | 3.31            |
| PEPINILLO  | 25                | 0.12        | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON  | 3                 | 0.01        | 0.0          | 0.1          | 0.03                       | 0.0           | 0.6           | 0.63            |
| PLATANO  | 150               | 2.25        | 0.45         | 31.5         | 9                          | 4.05          | 126           | 139.05          |
| <b>SUB TOTAL</b>   |                   |             | <b>46.12</b> | <b>42.71</b> | <b>159.43</b>              | <b>234.31</b> | <b>384.29</b> | <b>643.46</b>   |
| <b>VALOR CALORICO DEL ALMUERZO</b>   |                   |             |              |              |                            |               |               | <b>1263.36</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b>   |                   |             |              |              |                            |               |               | <b>43.01</b>    |

|   | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |              | TOTAL<br>(Kcal) |
|---|-------------------|--------------|--------------|--------------|----------------------------|---------------|--------------|-----------------|
|   |                   |              |              |              | PROT                       | GRAS          | CARB         |                 |
| <b>MEJORA</b>                           |                   |              |              |              |                            |               |              |                 |
| POLLO A LA OLLA CON PAPA (MEJORAMIENTO) |                   |              |              |              |                            |               |              |                 |
| POLLO                                   | 100               | 18.20        | 10.20        | 0            | 72.80                      | 91.80         | 0            | 164.60          |
| PAPA BLANCA                             | 100               | 2.1          | 0.1          | 22.3         | 8.4                        | 0.9           | 89.2         | 98.5            |
| AJI COLORADO                            | 10                | 0.06         | 0.03         | 0.24         | 0.24                       | 0.27          | 0.96         | 1.47            |
| ACEITE                                  | 10                | 0            | 10           | 0            | 0                          | 90            | 0            | 90              |
| <b>SUB TOTAL</b>                        |                   | <b>20.36</b> | <b>20.33</b> | <b>22.54</b> | <b>81.44</b>               | <b>182.97</b> | <b>90.16</b> | <b>354.57</b>   |
| <b>VALOR CALORICO DEL LA MEJORA</b>     |                   |              |              |              |                            |               |              | <b>354.57</b>   |

|  | PESO BRUTO<br>(g) | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|--|-------------------|--------------|--------------|--------------|----------------------------|---------------|---------------|-----------------|
|  |                   |              |              |              | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>                                  |                   |              |              |              |                            |               |               |                 |
| ARROZ + CAIGUA RELLENA + ENSALADA + INFUSION |                   |              |              |              |                            |               |               |                 |
| CARNE DE RES                                 | 100               | 12.8         | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6            |
| ARROZ  | 90                | 7.38         | 0.45         | 70.02        | 29.52                      | 4.05          | 280.08        | 313.65          |
| CAIGUA                                       | 100               | 0.48         | 0.2          | 3.2          | 1.92                       | 1.7           | 12.7          | 16.32           |
| ZANAHORIA                                    | 20                | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36          | 8.74            |
| CEBOLLA                                      | 15                | 1.06         | 0.09         | 2.82         | 4.24                       | 0.81          | 11.28         | 16.33           |
| AJOS   | 3                 | 0.16         | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6             |
| HUEVO  | 27                | 2.91         | 2.5          | 0.0          | 11.66                      | 22.9          | 0.0           | 34.56           |
| TOMATE                                       | 20                | 0.16         | 0.04         | 0.86         | 0.64                       | 0.36          | 3.44          | 4.44            |
| TORONJIL                                     | 3                 | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.60           |
| ACEITE                                       | 25                | 0            | 25           | 0            | 0                          | 225           | 0             | 225             |
| AZUCAR                                       | 15                | 0            | 0            | 14.78        | 0                          | 0             | 59.12         | 59.12           |
| PEPINILLO                                    | 25                | 0.12         | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON  | 3                 | 0.01         | 0.0          | 0.1          | 0.03                       | 0.0           | 0.6           | 0.63            |
| <b>SUB TOTAL</b>                             |                   | <b>25.44</b> | <b>30.14</b> | <b>97.32</b> | <b>135.77</b>              | <b>271.56</b> | <b>389.38</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b>             |                   |              |              |              |                            |               |               | <b>796.85</b>   |
| <b>% DISTRIBUCION DE LA CENA</b>             |                   |              |              |              |                            |               |               | <b>27.13</b>    |

|                                      | PROT   | GRAS   | CARB   |                |
|--------------------------------------|--------|--------|--------|----------------|
| VCT (g)                              | 107.85 | 85.65  | 405.65 |                |
| VCT (kcal)                           | 431.4  | 770.85 | 1622.6 |                |
| VCT (%)                              | 14.69  | 26.24  | 55.24  |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |        | <b>2937.43</b> |

CONSORCIO LA LECHERITA  
  
**Ever F. Berrospi Davila**  
 RUC 20600093203  
 REPRESENTANTE LEGAL COMUN DEL CONSORCIO

  
 Lic. Yessica Cami Salgado Julia  
 NUTRICIONISTA  
 C.N.P. 1111

DOSIFICACION. COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL  
DE HUANUCO  
MENU N° 26

|                                    | PESO BRUTO                                | PROT  | GRAS  | CARB   | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL (Kcal) |
|------------------------------------|---|-------|-------|--------|----------------------------|--------|--------|--------------|
|                                    | (g)                                       | (g)   | (g)   | (g)    | PROT                       | GRAS   | CARB   |              |
| <b>DESAYUNO</b>                    | <b>ARROZ + CAU CAU + INFUSION + 1 PAN</b> |       |       |        |                            |        |        |              |
| ARROZ                              | 90  | 7.38  | 0.45  | 70.02  | 29.52                      | 4.05   | 280.08 | 313.65       |
| MONDONGO                           | 100                                       | 11.83 | 2.45  | 0      | 47.32                      | 22.05  | 0      | 69.37        |
| ZANAHORIA                          | 20  | 0.12  | 0.1   | 1.84   | 0.48                       | 0.9    | 7.36   | 8.74         |
| ARVEJA                             | 20  | 1.42  | 0.12  | 0.10   | 5.68                       | 1.08   | 15.04  | 21.8         |
| PAPA BLANCA                        | 100                                       | 2.1   | 0.1   | 22.3   | 8.4                        | 0.9    | 89.2   | 98.5         |
| AJI AMARILLO                       | 15  | 0.29  | 0.3   | 1.4    | 1.14                       | 2.3    | 5.5    | 8.94         |
| AJOS                               | 3   | 0.16  | 0.02  | 0.91   | 0.64                       | 0.18   | 3.64   | 4.6          |
| CEBOLLA                            | 15  | 1.06  | 0.09  | 2.82   | 4.24                       | 0.81   | 11.28  | 16.33        |
| ACEITE                             | 15  | 0.00  | 15    | 0.0    | 0.00                       | 125    | 0.0    | 125          |
| PAN                                | 30  | 2.5   | 0.1   | 19.1   | 10.1                       | 0.5    | 76.6   | 87.18        |
| TE                                 | 3   | 0.24  | 0.12  | 2.14   | 0.96                       | 1.08   | 8.56   | 10.6         |
| AZUCAR                             | 30  | 0     | 0     | 29.5   | 0                          | 0      | 117.96 | 117.96       |
| <b>SUB TOTAL</b>                   |   | 27.1  | 18.85 | 150.13 | 108.48                     | 158.85 | 615.22 |              |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |       |       |        |                            |        |        | 882.67       |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |       |       |        |                            |        |        | 27.90        |

|                                    | PESO BRUTO   | PROT  | GRAS  | CARB   | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL (Kcal) |
|------------------------------------|--|-------|-------|--------|----------------------------|--------|--------|--------------|
|                                    | (g)  | (g)   | (g)   | (g)    | PROT                       | GRAS   | CARB   |              |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + ASADO DE POLLO + MENESTRA + REFRESCO DE FRUTA + FRUTA + ENSALADA</b> |       |       |        |                            |        |        |              |
| FIDEOS                             | 30   | 2.82  | 0.06  | 23.31  | 11.28                      | 0.54   | 93.24  | 105.06       |
| ZAPALLO                            | 20   | 0.18  | 0.04  | 0.58   | 0.72                       | 0.36   | 2.32   | 3.4          |
| ZANAHORIA                          | 20   | 0.12  | 0.10  | 1.84   | 0.48                       | 0.90   | 7.36   | 8.74         |
| APIO                               | 20   | 0.14  | 0.04  | 0.96   | 0.56                       | 0.36   | 3.84   | 4.76         |
| OREGANO                            | 3  | 0.02  | 0.01  | 0.33   | 0.08                       | 0.09   | 1.32   | 1.49         |
| HUEVO                              | 27   | 4.40  | 4.3   | 0.5    | 17.60                      | 38.9   | 1.9    | 58.4         |
| PORO                               | 20   | 0.54  | 0.16  | 1.52   | 2.16                       | 1.44   | 6.08   | 9.68         |
| POLLO                              | 160  | 29.12 | 16.32 | 0      | 116.48                     | 146.88 | 0      | 263.36       |
| ARROZ                              | 150  | 12.3  | 0.75  | 116.7  | 49.2                       | 6.75   | 466.8  | 522.75       |
| ARVEJITA PARTIDA                   | 100  | 2.1   | 0.1   | 22.3   | 8.4                        | 0.9    | 89.2   | 98.5         |
| ACEITE                             | 15   | 0     | 15    | 0      | 0                          | 135    | 0      | 135          |
| AJOS                               | 3  | 0.16  | 0.02  | 0.91   | 0.64                       | 0.18   | 3.64   | 4.6          |
| CEBOLLA                            | 15   | 1.06  | 0.09  | 2.82   | 4.24                       | 0.81   | 11.28  | 16.33        |
| TOMATE                             | 25   | 0.16  | 0.04  | 0.86   | 0.64                       | 0.36   | 3.44   | 4.44         |
| AJI ESPECIAL                       | 3  | 0.06  | 0.03  | 0.24   | 0.24                       | 0.27   | 0.96   | 1.47         |
| LIMON                              | 3  | 0.01  | 0.0   | 0.1    | 0.03                       | 0.0    | 0.6    | 0.63         |
| AZUCAR                             | 15   | 0     | 0     | 14.78  | 0                          | 0      | 59.12  | 59.12        |
| MARACUYA                           | 20   | 0.18  | 0.02  | 3.22   | 0.72                       | 0.18   | 12.88  | 13.78        |
| PLATANO                            | 150  | 2.25  | 0.45  | 31.5   | 9                          | 4.05   | 126    | 139.05       |
| <b>SUB TOTAL</b>                   |  | 55.62 | 37.53 | 222.47 | 222.47                     | 337.97 | 889.98 |              |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |       |       |        |                            |        |        | 1450.56      |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |       |       |        |                            |        |        | 45.86        |

|                                  | PESO BRUTO                                       | PROT  | GRAS  | CARB   | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL (Kcal) |
|----------------------------------|--|-------|-------|--------|----------------------------|--------|--------|--------------|
|                                  | (g)  | (g)   | (g)   | (g)    | PROT                       | GRAS   | CARB   |              |
| <b>CENA</b>                      | <b>POLLO FRITO + ARROZ + ENSALADA + INFUSION</b> |       |       |        |                            |        |        |              |
| POLLO                            | 100  | 21.40 | 3.10  | 0      | 85.6                       | 27.9   | 0      | 113.5        |
| ARROZ                            | 90   | 7.38  | 0.45  | 70.02  | 29.52                      | 4.05   | 280.08 | 313.65       |
| PAPA                             | 100  | 2.1   | 0.1   | 22.3   | 8.4                        | 0.9    | 89.2   | 98.5         |
| ACEITE                           | 25   | 0     | 25    | 0      | 0                          | 225    | 0      | 225          |
| AJOS                             | 3  | 0.16  | 0.02  | 0.91   | 0.64                       | 0.18   | 3.64   | 4.6          |
| TOMATE                           | 20   | 0.16  | 0.04  | 0.86   | 0.64                       | 0.36   | 3.44   | 4.44         |
| LIMON                            | 3  | 0.01  | 0.0   | 0.1    | 0.03                       | 0.0    | 0.6    | 0.63         |
| TE                               | 3  | 0.24  | 0.12  | 2.14   | 0.96                       | 1.08   | 8.56   | 10.6         |
| AZUCAR                           | 15   | 0     | 0     | 14.78  | 0                          | 0      | 59.12  | 59.12        |
| <b>SUB TOTAL</b>                 |  | 31.45 | 28.83 | 111.11 | 125.79                     | 259.47 | 444.64 |              |
| <b>VALOR CALORICO DE LA CENA</b> |  |       |       |        |                            |        |        | 830.04       |
| <b>% DISTRIBUCION DE LA CENA</b> |  |       |       |        |                            |        |        | 26.24        |

|                                      |        |        |         |         |
|--------------------------------------|--------|--------|---------|---------|
| VCT (g)                              | 114.17 | 85.21  | 483.71  |         |
| VCT (kcal)                           | 456.68 | 766.89 | 1934.84 |         |
| VCT (%)                              | 14.44  | 24.24  | 61.17   |         |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | 3163.27 |

**CONSORCIO LA LECHERITA**

**Ever F Berrospi Davila**

RUC 208000930001  
REPRESENTANTE LECHERITA

Lic Yessica Carrin Saavedra Julia  
NUTRICIONISTA  
C.N.P. 616

REFERENCIA: Memorando Multiple N°087-2009- INPE / 01 dicta los lineamientos para Elaboración de Bases para el Servicio de Alimentación para internos(as), niños y personal INPE del Establecimiento Penitenciario

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 27

|                                    | PESO BRUTO  | PROT         | GRAS        | CARB         | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL (Kcal)   |
|------------------------------------|---|--------------|-------------|--------------|----------------------------|--------------|---------------|----------------|
|                                    | (g)   | (g)          | (g)         | (g)          | PROT                       | GRAS         | CARB          |                |
| <b>DESAYUNO</b>                    | <b>ARROZ + POLLO A LA OLLA + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |                |
| ARROZ                              | 90  | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65         |
| POLLO                              | 100   | 18.2         | 10.2        | 0            | 72.8                       | 91.8         | 0             | 164.6          |
| PAPA                               | 100   | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50          |
| ZANAHORIA                          | 20  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74           |
| ARVEJA                             | 20  | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8           |
| AJI COLORADO                       | 10  | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26           |
| AJOS                               | 3   | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6            |
| CEBOLLA                            | 15  | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33          |
| ACEITE                             | 20  | 0            | 20          | 0            | 0                          | 180          | 0             | 180            |
| PAN                                | 30  | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18          |
| TE                                 | 3   | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6           |
| AZUCAR RUBIA                       | 30  | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96         |
| <b>SUB TOTAL</b>                   |   | <b>33.19</b> | <b>31.4</b> | <b>148.9</b> | <b>132.86</b>              | <b>282.2</b> | <b>615.88</b> |                |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>1032.22</b> |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>29.50</b>   |

|                                    | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)   |
|------------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|----------------|
|                                    | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + SECO DE POLLO + REFRESCO DE FRUTA + ENSALADA</b> |              |              |               |                            |               |               |                |
| FIDEOS                             | 30   | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06         |
| ZAPALLO                            | 20   | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4            |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| APIO                               | 20   | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76           |
| OREGANO                            | 3  | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49           |
| HUEVO                              | 27   | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4           |
| PORO                               | 20   | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68           |
| ARROZ                              | 150  | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75         |
| POLLO CON HUESO                    | 160  | 34.24        | 4.96         | 0             | 136.96                     | 44.64         | 0             | 181.6          |
| ESPINACA                           | 20   | 0.56         | 0.18         | 0.98          | 2.24                       | 1.62          | 3.92          | 7.78           |
| CULANTRO                           | 20   | 0.66         | 0.26         | 1.4           | 2.64                       | 2.34          | 5.6           | 10.58          |
| ZANAHORIA                          | 20   | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74           |
| ARVEJA                             | 20   | 1.42         | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04         | 21.8           |
| PAPA                               | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5           |
| CEBOLLA                            | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33          |
| AJOS                               | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6            |
| ACEITE                             | 25   | 0            | 25           | 0             | 0                          | 225           | 0             | 225            |
| PEPINILLO                          | 25   | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26           |
| LIMON                              | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63           |
| MANZANA                            | 20   | 0.05         | 0            | 2.2           | 0.18                       | 0             | 8.8           | 8.98           |
| AZUCAR                             | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96         |
| MANGO                              | 150  | 0.53         | 0.3          | 21.2          | 2.14                       | 2.4           | 84.9          | 89.44          |
| <b>SUB TOTAL</b>                   |  | <b>61.55</b> | <b>36.61</b> | <b>229.74</b> | <b>246.19</b>              | <b>329.39</b> | <b>933.76</b> |                |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>1509.48</b> |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |              |              |               |                            |               |               | <b>43.13</b>   |

|                                  | PESO BRUTO   | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL (Kcal)  |
|----------------------------------|--|--------------|--------------|---------------|----------------------------|---------------|---------------|---------------|
|                                  | (g)  | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |               |
| <b>CENA</b>                      | <b>ARROZ + POLLO AL HORNO + PAPA + ENSALADA + INFUSION</b> |              |              |               |                            |               |               |               |
| POLLO                            | 100  | 18.2         | 10.2         | 0             | 72.8                       | 91.8          | 0             | 164.6         |
| ARROZ                            | 90   | 7.38         | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65        |
| PAPA                             | 100  | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5          |
| ACEITE                           | 25   | 0            | 25           | 0             | 0                          | 225           | 0             | 225           |
| AJOS                             | 3  | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6           |
| CEBOLLA                          | 15   | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33         |
| TOMATE                           | 20   | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44          |
| LIMON                            | 3  | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63          |
| AJI ESPECIAL                     | 3  | 0.06         | 0.03         | 0.24          | 0.24                       | 0.27          | 0.96          | 1.47          |
| TE                               | 3  | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6          |
| AZUCAR                           | 30   | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96        |
| <b>SUB TOTAL</b>                 |  | <b>29.37</b> | <b>36.05</b> | <b>128.89</b> | <b>117.47</b>              | <b>324.45</b> | <b>515.72</b> |               |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |               |                            |               |               | <b>957.78</b> |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |               |                            |               |               | <b>27.37</b>  |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 124.11 | 104.06 | 507.53  |                |
| VCT (kcal)                           | 496.44 | 936.54 | 2030.12 |                |
| VCT (%)                              | 14.19  | 26.76  | 58.01   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3499.48</b> |

**CONSORCIO LA LECHERITA**  
*[Firma]*  
**Evel F Berrosppi Davila**  
RUC 20600093208  
REPRESENTANTE LEGAL COMUN DEL CONSORCIO

*[Firma]*  
Lic. Yessica Carin Saavedra Julia  
NUTRICIONISTA  
CNP 4118

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 28

|                                    | PESO BRUTO<br>(g)                                | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL<br>(Kcal) |
|------------------------------------|--|--------------|-------------|--------------|----------------------------|--------------|---------------|-----------------|
|                                    |  |              |             |              | PROT                       | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>                    | <b>ARROZ + PICANTE DE RES + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |                 |
| ARROZ                              | 90   | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65          |
| RES                                | 100  | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60           |
| PAPA                               | 100  | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50           |
| ZANAHORIA                          | 20   | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74            |
| ARVEJA                             | 20   | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8            |
| AJI COLORADO                       | 10   | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26            |
| AJOS                               | 3  | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6             |
| CEBOLLA                            | 15   | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33           |
| ACEITE                             | 20   | 0            | 20          | 0            | 0                          | 180          | 0             | 180             |
| PAN                                | 30   | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18           |
| TE                                 | 3  | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6            |
| AZUCAR RUBIA                       | 30   | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b>                   |  | <b>36.29</b> | <b>22.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>204.8</b> | <b>615.88</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>967.22</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |              |             |              |                            |              |               | <b>29.77</b>    |

|                                    | PESO BRUTO<br>(g)   | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                    |   |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + ADOBO DE CHANCHO + PAPA + ENSALADA + REFRESCO DE FRUTA+ FRUTA</b> |              |              |               |                            |               |               |                 |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4            |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75          |
| CHANCHO                            | 160   | 14.98        | 15.7         | 0.1           | 59.90                      | 141.3         | 0.4           | 201.6           |
| PAPA                               | 150   | 2.10         | 0.5          | 38.6          | 8.40                       | 4.1           | 154.2         | 166.7           |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| ACEITE                             | 25  | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| TOMATE                             | 20  | 0.16         | 0.04         | 0.86          | 0.64                       | 0.36          | 3.44          | 4.44            |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63            |
| MANZANA                            | 20  | 0.05         | 0            | 2.2           | 0.18                       | 0             | 8.8           | 8.98            |
| MANDARINA                          | 150   | 0.9          | 0.45         | 12.9          | 3.6                        | 4.05          | 51.6          | 59.25           |
| <b>SUB TOTAL</b>                   |   | <b>40.06</b> | <b>47.28</b> | <b>204.88</b> | <b>160.19</b>              | <b>425.32</b> | <b>819.42</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1405.07</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>43.25</b>    |

|                                  | PESO BRUTO<br>(g)                       | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|----------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                  |   |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA+ INFUSION</b> |              |              |               |                            |               |               |                 |
| FIDEOS                           | 30                                      | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO                          | 20                                      | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                        | 20                                      | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                             | 20                                      | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| PAPA                             | 100                                     | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| OREGANO                          | 3                                       | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| PLATANO                          | 150                                     | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05          |
| PORO                             | 20                                      | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| POLLO                            | 100                                     | 21.40        | 3.10         | 0             | 85.6                       | 27.9          | 0             | 113.5           |
| TE                               | 3                                       | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR                           | 40                                      | 0            | 0            | 39.15         | 0                          | 0             | 166.6         | 156.6           |
| ACEITE                           | 25                                      | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| <b>SUB TOTAL</b>                 |   | <b>29.81</b> | <b>29.18</b> | <b>123.63</b> | <b>119.24</b>              | <b>262.62</b> | <b>504.52</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |               |                            |               |               | <b>876.38</b>   |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |               |                            |               |               | <b>26.98</b>    |

|                                      | PROT   | GRAS   | CARB    |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 106.16 | 99.26  | 477.41  |                |
| VCT (kcal)                           | 424.64 | 893.34 | 1909.64 |                |
| VCT (%)                              | 13.07  | 27.50  | 58.78   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3248.67</b> |

CONSORCIO LA LECHERITA  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 29

|                                    | PESO BRUTO  | PROT  | GRAS | CARB  | KILOCALORIAS POR NUTRIENTE |       |        | TOTAL (Kcal) |
|------------------------------------|---|-------|------|-------|----------------------------|-------|--------|--------------|
|                                    | (g)   | (g)   | (g)  | (g)   | PROT                       | GRAS  | CARB   |              |
| <b>DESAYUNO</b>                    | <b>TALLARIN ROJO CON POLLO + INFUSION + 1 PAN</b> |       |      |       |                            |       |        |              |
| FIDEOS                             | 125   | 3.88  | 0    | 26.6  | 15.50                      | 0     | 106.5  | 122          |
| POLLO                              | 90  | 17.11 | 2.5  | 0.0   | 68.45                      | 22.2  | 0.0    | 90.65        |
| TOMATE                             | 20  | 0.16  | 0.04 | 0.86  | 0.64                       | 0.36  | 3.44   | 4.44         |
| AJOS                               | 3   | 0.16  | 0.02 | 0.91  | 0.64                       | 0.18  | 3.64   | 4.6          |
| ACEITE                             | 20  | 0     | 20   | 0     | 0                          | 180   | 0      | 180          |
| CEBOLLA                            | 15  | 1.06  | 0.09 | 2.82  | 4.24                       | 0.81  | 11.28  | 16.33        |
| ZANAHORIA                          | 20  | 0.12  | 0.10 | 1.84  | 0.48                       | 0.90  | 7.36   | 8.74         |
| AJI ESPECIAL                       | 3   | 0.06  | 0.03 | 0.24  | 0.24                       | 0.27  | 0.96   | 1.47         |
| PAN                                | 30  | 2.5   | 0.1  | 19.1  | 10.1                       | 0.5   | 76.6   | 87.18        |
| ANIS                               | 3   | 0.24  | 0.12 | 2.14  | 0.96                       | 1.08  | 8.56   | 10.6         |
| AZUCAR                             | 30  | 0     | 0    | 29.5  | 0                          | 0     | 117.96 | 117.96       |
| <b>SUB TOTAL</b>                   |   | 25.29 | 23   | 84.01 | 101.25                     | 206.3 | 336.3  |              |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |       |      |       |                            |       |        | 643.97       |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |       |      |       |                            |       |        | 22.78        |

|                                    | PESO BRUTO   | PROT  | GRAS  | CARB   | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL (Kcal) |
|------------------------------------|--|-------|-------|--------|----------------------------|--------|--------|--------------|
|                                    | (g)  | (g)   | (g)   | (g)    | PROT                       | GRAS   | CARB   |              |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + PESCADO FRITO + LENTEJAS + ENSALADA + REFRESCO + FRUTA</b> |       |       |        |                            |        |        |              |
| FIDEOS                             | 30   | 2.82  | 0.06  | 23.31  | 11.28                      | 0.54   | 93.24  | 105.06       |
| ZAPALLO                            | 20   | 0.18  | 0.04  | 0.58   | 0.72                       | 0.36   | 2.32   | 3.4          |
| ZANAHORIA                          | 20   | 0.12  | 0.10  | 1.84   | 0.48                       | 0.90   | 7.36   | 8.74         |
| APIO                               | 20   | 0.14  | 0.04  | 0.96   | 0.56                       | 0.36   | 3.84   | 4.76         |
| OREGANO                            | 3  | 0.02  | 0.01  | 0.33   | 0.08                       | 0.09   | 1.32   | 1.49         |
| HUEVO                              | 27   | 4.40  | 4.3   | 0.5    | 17.60                      | 38.9   | 1.9    | 58.4         |
| PORO                               | 20   | 0.54  | 0.16  | 1.52   | 2.16                       | 1.44   | 6.08   | 9.68         |
| ARROZ                              | 150  | 12.3  | 0.75  | 116.7  | 49.2                       | 6.75   | 466.8  | 522.75       |
| PESCADO                            | 200  | 25.92 | 7.8   | 0.6    | 172.8                      | 70.2   | 2.4    | 245.4        |
| LENTEJAS                           | 80   | 2.1   | 0.1   | 22.3   | 8.4                        | 0.9    | 89.2   | 98.5         |
| PIÑA                               | 20   | 0.08  | 0.04  | 1.96   | 0.32                       | 0.36   | 7.84   | 8.52         |
| CEBOLLA                            | 15   | 1.06  | 0.09  | 2.82   | 4.24                       | 0.81   | 11.28  | 16.33        |
| AJOS                               | 3  | 0.16  | 0.02  | 0.91   | 0.64                       | 0.18   | 3.64   | 4.6          |
| ACEITE                             | 20   | 0     | 20    | 0      | 0                          | 180    | 0      | 180          |
| PEPINILLO                          | 25   | 0.12  | 0.02  | 0.65   | 0.48                       | 0.18   | 2.6    | 3.26         |
| LIMON                              | 3  | 0.01  | 0.0   | 0.1    | 0.03                       | 0.0    | 0.6    | 0.63         |
| NARANJA                            | 150  | 0.47  | 0.2   | 7.9    | 1.87                       | 1.4    | 31.5   | 34.77        |
| <b>SUB TOTAL</b>                   |  | 50.44 | 33.73 | 182.98 | 270.86                     | 303.37 | 731.92 |              |
| <b>VALOR CALORICO DEL ALMUERZO</b> |  |       |       |        |                            |        |        | 1306.29      |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |  |       |       |        |                            |        |        | 46.21        |

|                                  | PESO BRUTO                              | PROT  | GRAS  | CARB   | KILOCALORIAS POR NUTRIENTE |        |        | TOTAL (Kcal) |
|----------------------------------|---|-------|-------|--------|----------------------------|--------|--------|--------------|
|                                  | (g)                                     | (g)   | (g)   | (g)    | PROT                       | GRAS   | CARB   |              |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA+ INFUSION</b> |       |       |        |                            |        |        |              |
| FIDEOS                           | 30                                      | 2.82  | 0.06  | 23.31  | 11.28                      | 0.54   | 93.24  | 105.06       |
| ZAPALLO                          | 20                                      | 0.18  | 0.04  | 0.58   | 0.72                       | 0.36   | 2.32   | 3.4          |
| ZANAHORIA                        | 20                                      | 0.12  | 0.10  | 1.84   | 0.48                       | 0.90   | 7.36   | 8.74         |
| APIO                             | 20                                      | 0.14  | 0.04  | 0.96   | 0.56                       | 0.36   | 3.84   | 4.76         |
| PAPA                             | 100                                     | 2.1   | 0.1   | 22.3   | 8.4                        | 0.9    | 89.2   | 98.5         |
| OREGANO                          | 3                                       | 0.02  | 0.01  | 0.33   | 0.08                       | 0.09   | 1.32   | 1.49         |
| PLATANO                          | 150                                     | 2.25  | 0.45  | 31.5   | 9                          | 4.05   | 126    | 139.05       |
| PORO                             | 20                                      | 0.54  | 0.16  | 1.52   | 2.16                       | 1.44   | 6.08   | 9.68         |
| POLLO                            | 100                                     | 17.11 | 3.10  | 0      | 85.6                       | 27.9   | 0      | 113.5        |
| TE                               | 3                                       | 0.24  | 0.12  | 2.14   | 0.96                       | 1.08   | 8.56   | 10.6         |
| AZUCAR                           | 40                                      | 0     | 0     | 39.15  | 0                          | 0      | 166.6  | 156.6        |
| ACEITE                           | 25                                      | 0     | 25    | 0      | 0                          | 225    | 0      | 225          |
| <b>SUB TOTAL</b>                 |   | 25.52 | 29.18 | 123.63 | 119.24                     | 262.62 | 504.52 |              |
| <b>VALOR CALORICO DE LA CENA</b> |   |       |       |        |                            |        |        | 876.38       |
| <b>% DISTRIBUCION DE LA CENA</b> |   |       |       |        |                            |        |        | 31           |

|                                      |         |        |         |         |
|--------------------------------------|---------|--------|---------|---------|
| VCT (g)                              | PROT    | GRAS   | CARB    |         |
|                                      | /101.25 | 85.91  | 390.62  |         |
| VCT (kcal)                           | 405     | 773.19 | 1562.48 |         |
| VCT (%)                              | 14.33   | 27.35  | 55.28   |         |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |         |        |         | 2826.64 |

**CONSORCIO LA LECHERITA**  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL  
DE PASCO  
MENU N° 30

|                                    | PESO BRUTO   | PROT        | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------------------------|--|-------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                    | (g)  | (g)         | (g)          | (g)           | PROT                       | GRAS          | CARB          |                 |
| <b>DESAYUNO</b>                    | <b>CAU - CAU CRIOLLO + ARROZ + INFUSION +1 PAN</b> |             |              |               |                            |               |               |                 |
| ARROZ                              | 90   | 7.38        | 0.45         | 70.02         | 29.52                      | 4.05          | 280.08        | 313.65          |
| MONDONGO                           | 100  | 11.83       | 2.45         | 0             | 47.32                      | 22.05         | 0             | 69.37           |
| ZANAHORIA                          | 20   | 0.12        | 0.1          | 1.84          | 0.48                       | 0.9           | 7.36          | 8.74            |
| ARVEJA                             | 20   | 1.42        | 0.12         | 0.10          | 5.68                       | 1.08          | 15.04         | 21.8            |
| PAPA BLANCA                        | 100  | 2.1         | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| AJI AMARILLO                       | 15   | 0.29        | 0.3          | 1.4           | 1.14                       | 2.3           | 5.5           | 8.94            |
| AJOS                               | 3  | 0.16        | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| CEBOLLA                            | 15   | 1.06        | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| ACEITE                             | 15   | 0.00        | 15           | 0.0           | 0.00                       | 125           | 0.0           | 125             |
| PAN                                | 30   | 2.5         | 0.1          | 19.1          | 10.1                       | 0.5           | 76.6          | 87.18           |
| TE                                 | 3  | 0.24        | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR                             | 30   | 0           | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96          |
| <b>TOTAL</b>                       |  | <b>27.1</b> | <b>18.85</b> | <b>150.13</b> | <b>108.48</b>              | <b>158.85</b> | <b>615.22</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b> |  |             |              |               |                            |               |               | <b>882.67</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |  |             |              |               |                            |               |               | <b>28.53</b>    |

|                                    | PESO BRUTO  | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                    | (g)   | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>                    | <b>SOPA + ARROZ + PESCADO FRITO + PAPA + ENSALADA + REFRESCO DE FRUTA + FRUTA</b> |              |              |               |                            |               |               |                 |
| FIDEOS                             | 30  | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO                            | 20  | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                          | 20  | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                               | 20  | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| OREGANO                            | 3   | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| HUEVO                              | 27  | 4.40         | 4.3          | 0.5           | 17.60                      | 38.9          | 1.9           | 58.4            |
| PORO                               | 20  | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| ARROZ                              | 150   | 12.3         | 0.75         | 116.7         | 49.2                       | 6.75          | 466.8         | 522.75          |
| PESCADO                            | 200   | 25.92        | 7.8          | 0.6           | 172.8                      | 70.2          | 2.4           | 245.4           |
| PAPA                               | 100   | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| PIÑA                               | 20  | 0.08         | 0.04         | 1.96          | 0.32                       | 0.36          | 7.84          | 8.52            |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| ACEITE                             | 25  | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63            |
| NARANJA                            | 150   | 0.47         | 0.2          | 7.9           | 1.87                       | 1.4           | 31.5          | 34.77           |
| <b>SUB TOTAL</b>                   |   | <b>49.38</b> | <b>38.64</b> | <b>180.16</b> | <b>266.62</b>              | <b>347.56</b> | <b>720.64</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1334.96</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>43.15</b>    |

|                                  | PESO BRUTO                              | PROT         | GRAS         | CARB          | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|----------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                  | (g)                                     | (g)          | (g)          | (g)           | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>                      | <b>CALDO DE POLLO + FRUTA+ INFUSION</b> |              |              |               |                            |               |               |                 |
| FIDEOS                           | 30                                      | 2.82         | 0.06         | 23.31         | 11.28                      | 0.54          | 93.24         | 105.06          |
| ZAPALLO                          | 20                                      | 0.18         | 0.04         | 0.58          | 0.72                       | 0.36          | 2.32          | 3.4             |
| ZANAHORIA                        | 20                                      | 0.12         | 0.10         | 1.84          | 0.48                       | 0.90          | 7.36          | 8.74            |
| APIO                             | 20                                      | 0.14         | 0.04         | 0.96          | 0.56                       | 0.36          | 3.84          | 4.76            |
| PAPA                             | 100                                     | 2.1          | 0.1          | 22.3          | 8.4                        | 0.9           | 89.2          | 98.5            |
| OREGANO                          | 3                                       | 0.02         | 0.01         | 0.33          | 0.08                       | 0.09          | 1.32          | 1.49            |
| PLATANO                          | 150                                     | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05          |
| PORO                             | 20                                      | 0.54         | 0.16         | 1.52          | 2.16                       | 1.44          | 6.08          | 9.68            |
| POLLO                            | 100                                     | 21.40        | 3.10         | 0             | 85.6                       | 27.9          | 0             | 113.5           |
| TE                               | 3                                       | 0.24         | 0.12         | 2.14          | 0.96                       | 1.08          | 8.56          | 10.6            |
| AZUCAR                           | 40                                      | 0            | 0            | 39.15         | 0                          | 0             | 166.6         | 156.6           |
| ACEITE                           | 25                                      | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| <b>SUB TOTAL</b>                 |   | <b>29.81</b> | <b>29.18</b> | <b>123.63</b> | <b>119.24</b>              | <b>262.62</b> | <b>504.52</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b> |   |              |              |               |                            |               |               | <b>876.38</b>   |
| <b>% DISTRIBUCION DE LA CENA</b> |   |              |              |               |                            |               |               | <b>28.33</b>    |

|                                      |        |        |         |                |
|--------------------------------------|--------|--------|---------|----------------|
| VCT (g)                              | 106.29 | 86.67  | 453.92  |                |
| VCT (kcal)                           | 425.16 | 780.03 | 1815.68 |                |
| VCT (%)                              | 13.74  | 25.21  | 58.68   |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |         | <b>3094.01</b> |

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**Lic. Yessica Carrizosa Saavedra Julca**  
NUTRICIONISTA  
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL INPE DEL ESTABLECIMIENTO PENAL DE PASCO  
MENU N° 31

|                                    | PESO BRUTO<br>(g)                                 | PROT<br>(g)  | GRAS<br>(g) | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |              |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|-------------|--------------|----------------------------|--------------|---------------|-----------------|
|                                    |   |              |             |              | PROT                       | GRAS         | CARB          |                 |
| <b>DESAYUNO</b>                    | <b>ESTOFADO DE RES + ARROZ + INFUSION + 1 PAN</b> |              |             |              |                            |              |               |                 |
| ARROZ                              | 90  | 7.38         | 0.45        | 70.02        | 29.52                      | 4.05         | 280.08        | 313.65          |
| RES                                | 100   | 21.30        | 1.60        | 0            | 85.20                      | 14.40        | 0             | 99.60           |
| PAPA                               | 100   | 2.10         | 0.10        | 22.30        | 8.40                       | 0.90         | 89.20         | 98.50           |
| ZANAHORIA                          | 20  | 0.12         | 0.10        | 1.84         | 0.48                       | 0.90         | 7.36          | 8.74            |
| ARVEJA                             | 20  | 1.42         | 0.12        | 0.10         | 5.68                       | 1.08         | 15.04         | 21.8            |
| AJI COLORADO                       | 10  | 0.01         | 0.10        | 0.17         | 0.04                       | 0.90         | 6.16          | 8.26            |
| AJOS                               | 3   | 0.16         | 0.02        | 0.91         | 0.64                       | 0.18         | 3.64          | 4.6             |
| CEBOLLA                            | 15  | 1.06         | 0.09        | 2.82         | 4.24                       | 0.81         | 11.28         | 16.33           |
| ACEITE                             | 10  | 0            | 10          | 0            | 0                          | 90           | 0             | 90              |
| PAN                                | 30  | 2.5          | 0.1         | 19.1         | 10.1                       | 0.5          | 76.6          | 87.18           |
| TE                                 | 3   | 0.24         | 0.12        | 2.14         | 0.96                       | 1.08         | 8.56          | 10.6            |
| AZUCAR RUBIA                       | 30  | 0            | 0           | 29.5         | 0                          | 0            | 117.96        | 117.96          |
| <b>SUB TOTAL</b>                   |   | <b>36.29</b> | <b>12.8</b> | <b>148.9</b> | <b>145.26</b>              | <b>114.8</b> | <b>615.88</b> |                 |
| <b>VALOR CALORICO DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>877.22</b>   |
| <b>% DISTRIBUCION DEL DESAYUNO</b> |   |              |             |              |                            |              |               | <b>29.86</b>    |

|                                    | PESO BRUTO<br>(g)   | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)   | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|------------------------------------|---|--------------|--------------|---------------|----------------------------|---------------|---------------|-----------------|
|                                    |   |              |              |               | PROT                       | GRAS          | CARB          |                 |
| <b>ALMUERZO</b>                    | <b>TALLARIN VERDE + POLLO FRITO + PAPA A LA HUANCAINA + REFRESCO DE FRUTA+ FRUTA + ENSALADA</b> |              |              |               |                            |               |               |                 |
| FIDEOS                             | 125   | 3.88         | 0            | 26.6          | 15.50                      | 0             | 106.5         | 122             |
| POLLO                              | 160   | 21.8         | 4.96         | 0             | 136.96                     | 44.64         | 0             | 181.6           |
| AJOS                               | 3   | 0.16         | 0.02         | 0.91          | 0.64                       | 0.18          | 3.64          | 4.6             |
| ACEITE                             | 25  | 0            | 25           | 0             | 0                          | 225           | 0             | 225             |
| CEBOLLA                            | 15  | 1.06         | 0.09         | 2.82          | 4.24                       | 0.81          | 11.28         | 16.33           |
| ESPINACA                           | 20  | 0.56         | 0.18         | 0.98          | 2.24                       | 1.62          | 3.92          | 7.78            |
| CULANTRO                           | 20  | 0.66         | 0.26         | 1.4           | 2.64                       | 2.34          | 5.6           | 10.58           |
| PAPA BLANCA                        | 150   | 3.15         | 0.15         | 33.45         | 12.6                       | 1.35          | 133.8         | 147.75          |
| LECHE EVAPORADA                    | 70  | 4.41         | 5.4          | 7.6           | 17.64                      | 48.5          | 30.5          | 96.64           |
| GALLETA                            | 30  | 2.5          | 0            | 18.9          | 10.1                       | 0             | 75.5          | 85.6            |
| AJI AMARILLO                       | 10  | 0.01         | 0.10         | 0.17          | 0.04                       | 0.90          | 6.16          | 8.26            |
| QUESO                              | 30  | 5.25         | 6.03         | 0.99          | 21                         | 54.27         | 3.96          | 79.23           |
| AZUCAR                             | 30  | 0            | 0            | 29.5          | 0                          | 0             | 117.96        | 117.96          |
| MARACUYA                           | 20  | 0.18         | 0.02         | 3.22          | 0.72                       | 0.18          | 12.88         | 13.78           |
| TOMATE                             | 15  | 0.12         | 0.03         | 0.64          | 0.48                       | 0.27          | 2.56          | 3.31            |
| PEPINILLO                          | 25  | 0.12         | 0.02         | 0.65          | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON                              | 3   | 0.01         | 0.0          | 0.1           | 0.03                       | 0.0           | 0.6           | 0.63            |
| PLATANO                            | 150   | 2.25         | 0.45         | 31.5          | 9                          | 4.05          | 126           | 139.05          |
| <b>SUB TOTAL</b>                   |   | <b>46.12</b> | <b>42.71</b> | <b>159.43</b> | <b>234.31</b>              | <b>384.29</b> | <b>643.46</b> |                 |
| <b>VALOR CALORICO DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>1263.36</b>  |
| <b>% DISTRIBUCION DEL ALMUERZO</b> |   |              |              |               |                            |               |               | <b>43.01</b>    |

|                                  | PESO BRUTO<br>(g)                                  | PROT<br>(g)  | GRAS<br>(g)  | CARB<br>(g)  | KILOCALORIAS POR NUTRIENTE |               |               | TOTAL<br>(Kcal) |
|----------------------------------|--|--------------|--------------|--------------|----------------------------|---------------|---------------|-----------------|
|                                  |  |              |              |              | PROT                       | GRAS          | CARB          |                 |
| <b>CENA</b>                      | <b>ARROZ + CAIGUA RELLENA + ENSALADA+ INFUSION</b> |              |              |              |                            |               |               |                 |
| CARNE DE RES                     | 100  | 12.8         | 1.6          | 0            | 85.2                       | 14.4          | 0             | 99.6            |
| ARROZ                            | 90   | 7.38         | 0.45         | 70.02        | 29.52                      | 4.05          | 280.08        | 313.65          |
| CAIGUA                           | 100  | 0.48         | 0.2          | 3.2          | 1.92                       | 1.7           | 12.7          | 16.32           |
| ZANAHORIA                        | 20   | 0.12         | 0.10         | 1.84         | 0.48                       | 0.90          | 7.36          | 8.74            |
| CEBOLLA                          | 15   | 1.06         | 0.09         | 2.82         | 4.24                       | 0.81          | 11.28         | 16.33           |
| AJOS                             | 3  | 0.16         | 0.02         | 0.91         | 0.64                       | 0.18          | 3.64          | 4.6             |
| HUEVO                            | 27   | 2.91         | 2.5          | 0.0          | 11.66                      | 22.9          | 0.0           | 34.56           |
| TOMATE                           | 20   | 0.16         | 0.04         | 0.86         | 0.64                       | 0.36          | 3.44          | 4.44            |
| TORONJIL                         | 3  | 0.24         | 0.12         | 2.14         | 0.96                       | 1.08          | 8.56          | 10.60           |
| ACEITE                           | 25   | 0            | 25           | 0            | 0                          | 225           | 0             | 225             |
| AZUCAR                           | 15   | 0            | 0            | 14.78        | 0                          | 0             | 59.12         | 59.12           |
| PEPINILLO                        | 25   | 0.12         | 0.02         | 0.65         | 0.48                       | 0.18          | 2.6           | 3.26            |
| LIMON                            | 3  | 0.01         | 0.0          | 0.1          | 0.03                       | 0.0           | 0.6           | 0.63            |
| <b>SUB TOTAL</b>                 |  | <b>25.44</b> | <b>30.14</b> | <b>97.32</b> | <b>135.77</b>              | <b>271.56</b> | <b>389.38</b> |                 |
| <b>VALOR CALORICO DE LA CENA</b> |  |              |              |              |                            |               |               | <b>796.85</b>   |
| <b>% DISTRIBUCION DE LA CENA</b> |  |              |              |              |                            |               |               | <b>27.13</b>    |

|                                      | PROT   | GRAS   | CARB   |                |
|--------------------------------------|--------|--------|--------|----------------|
| VCT (g)                              | 107.85 | 85.65  | 405.65 |                |
| VCT (kcal)                           | 431.4  | 770.85 | 1622.6 |                |
| VCT (%)                              | 14.69  | 26.24  | 55.24  |                |
| <b>VALOR CALORICO TOTAL DEL MENU</b> |        |        |        | <b>2937.43</b> |

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