

E.P. MOQUEGUA

PROGRAMACION DE MENUS

JUNIO 2018

E.P. MOQUEGUA

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JUNIO 2018

MENUS PROPUESTOS PARA POBLACION PENAL MOQUEGUA			
FECHA	DESAYUNO	ALMUERZO	CENA
Viernes, 01 de Junio de 2018	HARINA DE HABAS+ 02 PANES + JAMONADA	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	PAPA ARREBOSADA, ARROZ + INFUSION
Sábado, 02 de Junio de 2018	CEBADA CON LECHE + 02 PANES + CAMOTE FRITO	LOCRO DE PECHO , ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN + MANJAR
Domingo, 03 de Junio de 2018	COCOA + 02 PANES + QUESO	MATASQUITA DE POLLO, ARROZ, REFRESCO Y FRUTA	MAZAMORRA MORADA + 01 PAN
Lunes, 04 de Junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	AGUADITO CON MENUENCIA, REFRESCO Y FRUTA	CAU CAU DE POLLO, ARROZ + INFUSION
Martes, 05 de Junio de 2018	SIETE CEREALES + 02 PANES + QUESO DE CHANCHO	GURSO DE ARVEITA PARTIDA CON CHANCHO, ENSALADA, ARROZ, REFRESCO Y FRUTA	CALDILLO DE HUEVOS
Miércoles, 06 de Junio de 2018	AVENA CON LECHE+ 02 PANES + MARGARINA	POLLO A LA OLLA ,ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
Jueves, 07 de Junio de 2018	TE+ 02 PANES + ATÚN	PICANTE A LA TACNEÑA, ARROZ, REFRESCO + FRUTA	POLLO ENCEBOLLADO, ARROZ + INFUSION
Viernes, 08 de Junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MANJAR	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	SOPA DE ARROZ CON MENUENCIA
Sábado, 09 de Junio de 2018	CEBADA CON LECHE + 2 PANES + ACEITUNA	ESTOFADO DE RES, ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN + MARGARINA
Domingo, 10 de Junio de 2018	TE+ 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ , REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Lunes, 11 de Junio de 2018	HARINA DE HABAS+ 02 PANES + QUESO	TORREJA DE VERDURAS, ARROZ, ENSALADA , REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Martes, 12 de Junio de 2018	MACA CON COCOA + 02 PANES + MORTADELA	FREJOL CON CHANCHO, ARROZ , ENSALADA, REFRESCO Y FRUTA	CAMOTE ARREBOSADO, ARROZ + INFUSION
Miércoles, 13 de Junio de 2018	AVENA CON LECHE+ 02 PANES + JAMONADA	TALLARINES ROJOS CON POLLO, REFRESCO Y FRUTA	INFUSION + 01 PAN + MANJAR
Jueves, 14 de Junio de 2018	COCOA + 02 PANES + HUEVO SANCOCHADO	CHAMPAÑITA , ARROZ, REFRESCO , FRUTA	ARROZ A LA JARDINERA CON SALCHICHA+ INFUSION
Viernes, 15 de Junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	PATITA CON MANI ,ARROZ, REFRESCO Y FRUTA	SOPA DE FIDEOS CON POLLO
Sábado, 16 de Junio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	ALMENDRADO DE CARNE, ARROZ, PAPA, REFRESCO +FRUTA	INFUSION + 01 PAN + MERMELADA
Domingo, 17 de Junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	MAZAMORRA MORADA + 01 PAN
Lunes, 18 de Junio de 2018	HARINA DE HABAS+ 02 PANES + QUESO	CALDO BLANCO, REFRESCO Y FRUTA	TALLARIN ROJOS CON CARNE MOLIDA + INFUSION
Martes, 19 de Junio de 2018	MACA CON COCOA + 02 PANES + MORTADELA	GURSO DE ARVEITA PARTIDA CON CHANCHO, ARROZ , ENSALADA +REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
Miércoles, 20 de Junio de 2018	AVENA CON LECHE + 02 PANES + MERMELADA	POLLO AL SILLAO, ARROZ , REFRESCO Y FRUTA	INFUSION + 01 PAN + MANJAR
Jueves, 21 de Junio de 2018	COCOA+ 02 PANES + ATÚN	LOCRO CON PANZA , ARROZ, REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Viernes, 22 de Junio de 2018	SOYA CON PIÑA + 02 PANES + JAMONADA	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	CAMOTE ARREBOSADO + ARROZ + INFUSION
Sábado, 23 de Junio de 2018	CEBADA CON LECHE + 02 PANES + ACEITUNA	ARROZ CHAUFA CON POLLO+ REFRESCO + FRUTA	INFUSION + 01 PAN + MERMELADA
Domingo, 24 de Junio de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ, REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Lunes, 25 de Junio de 2018	HARINA DE HABAS+ 02 PANES + QUESO	HIRO DE ZAPALLO, ARROZ, REFRESCO Y FRUTA	SOPA DE SEMOLA CON MENUENCIA
Martes, 26 de Junio de 2018	MACA CON COCOA + 02 PANES + QUESO DE CHANCHO	FREJOLADA CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	ASADO DE POLLO , ARROZ + INFUSION
Miércoles, 27 de Junio de 2018	AVENA CON LECHE + 02 PANES + MANJAR	SECO DE RES ,ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN + MARGARINA
Jueves, 28 de Junio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	ALMENDRADO DE POLLO , ARROZ, REFRESCO + FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Viernes, 29 de Junio de 2018	SOYA CON PIÑA + 02 PANES + MORTADELA	PICANTE A LA TACNEÑA , ARROZ, REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Sábado, 30 de Junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	INFUSION + 01 PAN + MANJAR



[Signature]
 Lic. Jovany W. Ylica Berrios
 N° de Colección: 3383
 N° de Colección: 3383

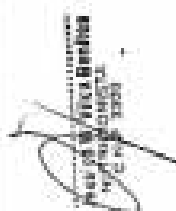


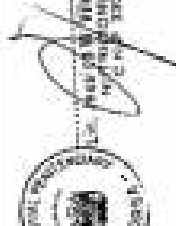
[Signature]
 Lic. Glenny R. Cruz Gonzales
 NUTRICIONISTA
 CNP. 5183

[Signature]
 Yony Blacker Salas Ramirez
 DNI: 252988323
 REPRESENTANTE

viernes, 1 de Junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Haba	35.00	100.00	8.51	0.67	20.66	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.89
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES	538.70
								%DIST. DI	18.59
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	200.00	78.00	33.70	6.08	0.47	135	54.76	1.87	191.41
Arroz Pilado o g	150.00	100.00	12.30	0.75	116.70	49	6.75	466.60	522.75
Tomate	40.00	80.00	0.29	0.07	1.55	1	0.65	6.19	7.89
Pepinillo o Pepi	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Maizena	25.00	100.00	0.15	0.05	21.88	0.60	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.08	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM	1424.61
								% DIST. A	49.17
CENA:	Papa arrebozada ,arroz,infusion								
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de trigo	25.00	100.00	2.63	0.50	18.70	10.50	4.5	74.80	89.80
Arroz Pilado o g	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
								VC GEN	934.17
								%DIST. CI	32.24
			93.56	89.86	428.63				
			374.24	808.72	1714.62				
			12.92	27.91	59.17				
					100.00			VCT MENU	2897.48


 Yony María Salas Ramírez
 DNI: 29295523
 SUPLENTE


 Lc. Geny A. Cruz González
 NUTRICIONISTA
 CNP: 5153




 Yony María Salas Ramírez
 DNI: 29295523
 SUPLENTE


 Lc. Geny A. Cruz González
 NUTRICIONISTA
 CNP: 5153

sábado, 2 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 62 panes + camote frito									
Cebada harina	25.00	100.00	4.70	0.68	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.58
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	721.08
								%DIST. D	28.74
Almuerzo: Locro con res, pecho, arroz, fruta y refresco									
Arroz Pilado o g	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res pe	150.00	70.00	22.37	1.88	0.00	89.46	15.12	0.00	104.58
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sel	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.66	2.24
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19	271.88
Cebolla de cabe	30.00	67.00	0.26	0.04	2.27	1	0.36	9.09	10.57
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Plátano de sedi	160.0	86.00	2.06	0.41	28.80	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC ALM.	1374.26
								% DIST. A	54.78
Cena: Infusion + 61 pan + manjar									
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								V.C. CEN	413.41
								% DIST. CEN	16.48
			70.43	52.94	437.65				
			281.70	476.44	1750.60				
			11	19	70				
					100.00			VCT. MENU	2508.78




Yony...
DNI: 202705120
REPRESENTANTE


Lic. Gloriamary Cruz...
NUTRICIONISTA
CNP 5183

domingo, 3 de Junio de 2018

ALIMENTO	gríper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cocoa + 02 panes + queso									
Cocoa	4.00	100.00	0.78	0.88	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Queso parla	40.00	100.00	11.20	12.00	1.32	45	108.00	5.28	158.08
Pan de labranz	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	509.93
								% DIST. D	19.90
Almuerzo: Matasquita de pollo , arroz, fruta y refresco									
Cama de Pollo	120.00	85.00	21.01	3.67	0.00	84	33.05	0.00	117.10
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Tomate	50.00	98.00	0.39	0.10	2.11	2	0.88	8.43	10.88
Ajos	10.00	92.00	0.52	0.07	2.80	2	0.68	11.19	13.91
Aji colorado ses	5.00	98.00	0.34	0.38	2.88	1	3.44	11.51	16.32
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cab	50.00	87.00	0.61	0.09	4.92	2	0.78	19.66	22.88
Arvejas frescas	35.00	72.00	1.79	0.15	4.74	7	1.36	18.95	27.47
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Plátano de sed	160.0	86.00	2.06	0.41	28.90	8	3.72	115.56	127.56
								VC ALM.	1558.04
								%DIST. AL	60.80
CENA: Mazamorra morada + 01 pan									
Pan de labranz	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Maíz morado	30.00	57.00	1.25	0.58	13.03	4.99	5.23	62.12	62.35
Piña	25.00	54.00	0.06	0.03	1.57	0.26	0.28	6.27	6.82
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mandioca	45.00	100.00	2.88	0.18	34.70	11.52	1.82	138.78	151.92
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.06	0.01	0.00	0.23	0.25
								VC GEN.	494.47
								% DIST. CI	19.30
			70.46	49.87	457.96				
			281.84	448.79	1831.81				
			11.0	18	71				
					100.00			VCT. MEN	2562.44



Y. Cruz
Y. Cruz
C.R. 5003
REPRESENTANTE

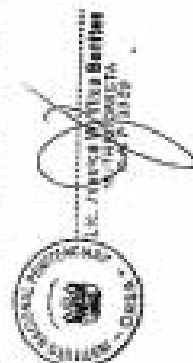
J. Cruz
Dr. Jairo A. Cruz González
NUTRICIONISTA
C.R. 5153

lunes, 4 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labraz	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	195.98
								VC DES.	491.63
								%DIST. D	18.72
ALMUERZO:	Aguadito con menudencia, refresco y fruta								
Aroz Pilado o g	80.00	100.00	6.56	0.40	62.24	26	3.60	248.96	278.80
Menudencia de	100.0	100.00	19.80	4.70	0.00	79	42.30	0.00	121.50
Apio	10.00	80.00	0.06	0.02	0.38	0	0.14	1.54	1.90
Poro	10.00	82.00	0.22	0.07	0.62	0.89	0.5904	2.49	3.97
Acete vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	90.00	0.25	0.04	1.37	1	0.32	5.47	6.80
Papa blanca	300.0	92.00	5.80	0.28	61.56	23	2.48	246.19	271.86
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cab	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Orégano seco	2.00	90.00	0.03	0.01	0.20	0	0.08	0.81	1.01
Zanahoria	45.00	92.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Cilantro	30.00	92.00	0.91	0.36	1.93	3.64	3.2292	7.73	14.60
Espinaca negra	35.00	97.00	0.95	0.31	1.86	3.80	2.75	6.65	13.21
Aji verde (2)	8.00	67.00	0.14	0.06	0.64	1	0.53	2.55	3.64
Nabo	3.00	85.00	0.02	0.01	0.09	0	0.06	0.37	0.47
Arveja fresca	40.00	78.00	6.68	0.59	19.31	27	5.34	77.25	109.29
Plátano de sed	160.0	88.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1215.39
								%DIST. A	46.27
CENA:	Cau cau de pollo , arroz e infusion								
Came de Pollo	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	79.06
Aroz Pilado o g	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas frescas	35.00	88.00	1.82	0.14	4.28	6	1.23	17.11	24.80
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Papa blanca	200.0	82.00	3.44	0.16	36.57	13.78	1.476	146.29	161.54
Aji colorado ses	2.00	100.00	0.14	0.16	1.17	0.56	1.404	4.70	6.66
Cebolla de cab	25.00	85.00	0.30	0.04	2.40	1.19	0.3825	9.61	11.18
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	1.00	57.00	0.02	0.01	0.04	0.06	0.09859	0.16	0.30
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
								VC CEN	919.76
								%DIST. C	35.01
			80.09	38.03	491.04				
			320.37	342.27	1964.15				
			12.20	13.03	74.77				
					100.00			VCT. MENU	2626.78


Nutricionista
DNI: 20266113
RESPONSABLE


Lic. Gladys E. Cruz Gonzalez
NUTRICIONISTA
CNP: 5125



martes, 5 de Junio de 2018

ALIMENTO	gr/per	comensale	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + queso de chanco								
Avena, hojuelas	5.00	100.00	0.67	0.20	3.60	3	1.80	14.40	18.86
Harina de soya	5.00	100.00	0.44	0.33	3.58	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina	5.00	100.00	0.48	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Queso de chanco	30.00	100.00	8.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	499.46
								%DIST. C	19.97
ALMUERZO:	Guiso de arvejita partida con chanco + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.82	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	80.00	5.76	6.04	0.00	23	54.36	0.00	77.40
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	50.00	85.00	0.60	0.09	4.60	2	0.77	19.21	22.36
Aji colorado se	2.00	68.00	0.10	0.11	0.80	0	0.66	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	160.00	98.00	1.88	0.31	17.1	6	2.82	68.36	78.71
								VC ALM	1523.60
								%DIST. AL	60.91
CENA	Caldillo de huevos								
Huevo de gallin	20.00	98.00	2.65	1.85	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.98	246.54
Zapallo macre	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.08	4.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Poro	2.00	66.00	0.04	0.01	0.10	0.14	0.06504	0.40	0.64
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0.00	36.00	0.00	36.00
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Zanahoria	36.00	82.00	0.17	0.14	2.64	1	1.29	10.58	12.54
Sal	4.00	100.00	0.06	0.02	0.33	0.19	0.18	1.31	1.68
								VC CEN	478.44
								%DIST. CE	19.13
			76.46	47.46	442.12				
			305.83	427.18	1768.49				
			12	17	71				
					100.00			VCT. MEN	2501.50


 Lic. Gladys Llanos de Torres
 DNI: 282183123
 REPRESENTANTE


 Lic. Gladys Llanos de Torres
 NUTRICIONISTA
 CRP 5153



miércoles, 6 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + margarina								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.18
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	677.95
								%DIST. DI	26.99
Almuerzo:	Pollo a la olla, arroz, ensalada, + refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Aceite vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado se	8.00	98.0	0.55	0.61	4.60	2	6.60	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	8.78
Pepinillo o Pep	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	86.00	1.53	0.26	13.90	6.12	2.295	55.69	64.01
								VC ALM	1451.83
								%DIST. DI	57.79
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC CEN.	382.41
								%DIST. DI	15.22
			88.05	59.23	426.68				
			272.21	533.06	1706.73				
			10.84	21.22	67.94				
					100.00			VCT MENU	2512.00

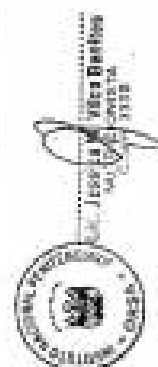


[Firma]
 Yvonne María Rojas Ramírez
 DNI: 202965323
 REPRESENTANTE

[Firma]
 Lic. Gladys R. Cruz González
 NUTRICIONISTA
 CRP. 5153

jueves, 7 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + atún								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Cebolla de cab	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	30.00	82.00	0.20	0.05	1.06	1	0.44	4.23	5.46
Grated de Sard	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Pan de labranz	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
								VC DES.	394.36
								%DIST. D	15.68
ALMUERZO:	Picante a la tacña, arroz , refresco y fruta								
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49.20	8.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mondongo de r	120.0	65.00	13.18	2.73	0.78	53	24.67	3.12	80.42
Aceto vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Papa blanca	300.0	82.00	5.17	0.25	54.86	20.66	2.214	219.43	242.31
Ajl colorado se	2.00	62.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Cebolla de cab	30.00	67.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Cilantro	2.80	57.00	0.05	0.02	0.11	0.21	0.18873	0.45	0.94
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Naranja	160.00	80.00	1.54	0.26	13.95	6.14	2.304	66.81	64.26
								VC ALM.	1345.16
								%DIST. A	53.47
CENA:	Pollo encebollado, arroz + infusion								
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.38
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	260.06	313.65
Aceto vegetal	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	4.00	100.00	0.05	0.02	0.33	0.19	0.18	1.31	1.68
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Cebolla de cab	60.00	65.00	0.60	0.09	4.80	2.38	0.77	19.21	22.36
Tomate	25.00	82.00	0.16	0.04	0.88	1	0.37	3.53	4.55
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Ajl colorado se	2.00	68.00	0.10	0.11	0.80	0	0.96	3.19	4.53
								VCT GEN	776.10
								%DIST.CE	30.85
			69.19	65.50	412.34				
			276.74	589.50	1649.38				
			11	23	66		VCT MENU		2515.62
					100.00				



Jenny A. Cruz González
 Lc. Jenny A. Cruz González
 DNI: 292069323
 REPRESENTANTE

Jenny A. Cruz González
 Lc. Jenny A. Cruz González
 NUTRICIONISTA
 CNP: 5193

viernes, 8 de Junio de 2018

ALIMENTO	g/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla+ 02 panes + manjar								
Semola de Trig	40.00	100.00	7.80	4.28	21.52	31	38.52	88.08	155.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.80	158.75
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	648.89
								%DIST. DI	25.91
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	200.00	78.00	33.70	8.08	0.47	135	54.75	1.87	191.41
Arroz Pilado o g	150.00	100.00	12.30	0.75	118.70	49	6.75	486.80	522.75
Tomate	45.00	90.00	0.32	0.08	1.74	1	0.73	6.87	8.89
Pepinillo o Pepi	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado se	3.00	68.00	0.14	0.16	1.20	1	1.43	4.78	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.83	0.50	18.70	11	4.50	74.80	89.80
Maizena	25.00	100.00	0.15	0.05	21.68	0.80	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES	1413.48
								%DIST. DI	56.35
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.87
Arroz Pilado o g	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	100.0	82.00	1.72	0.06	18.29	7	0.74	73.14	80.77
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES	444.81
								%DIST. DI	17.73
			87.93	73.32	374.14				
			351.74	659.87	1496.58				
			14.0	26.3	69.7				
					100.00			VCT	2508.19

Yari
Yari González Hernández
DNI: 20268123
REPRESENTANTE

Dr. Glenys R. Cruz González
NUTRICIONISTA
CNP. 5151



sábado, 9 de junio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceituna	30.00	92.00	0.22	8.86	2.01	0.89	79.74	8.06	88.68
Pan de lebranz	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	617.55
								%DIST. DI	24.69
ALMUERZO:	Estofado de res , arroz , refresco y fruta								
Carné de res pa	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	35.00	64.00	1.69	0.13	4.21	6	1.21	16.84	24.42
Tomate	60.00	99.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	10.00	100.00	0.12	0.06	0.82	0	0.45	3.28	4.21
Orégano seco	2.00	96.00	0.03	0.01	0.22	0	0.09	0.87	1.08
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.06
Aji verde (2)	10.00	92.00	0.23	0.07	1.14	1	0.66	4.56	6.15
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado sec	3.00	92.00	0.19	0.22	1.62	1	1.94	6.48	9.19
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270	0.00	270.00
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano de sed	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1441.75
								% DIS ALM.	67.65
CENA	Infusion + 01 pan + margarina								
Hierbas	12.00	66.00	0.24	0.08	0.65	0.97	0.70	2.18	3.85
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de lebranz	35.00	100.00	3.36	0.11	25.13	13	0.65	100.52	114.91
								VC CEN	441.48
								%DIST. CI	17.65
			68.75	70.39	398.06				
			275.01	633.62	1592.25				
			11.00	25.33	63.67				
					100.00				
								VCT. MENU	2500.78


Yanyu Sotelo
CNP: 252865321
REPRESENTANTE


Lic. Glenny Cruz
NUTRICIONISTA
CNP: 5103



domingo, 10 de Julio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
DESAYUNO:	Té + 02 + panes + camote frito					POR MENU			
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labranza	60.00	100.0	6.76	0.18	43.08	23.04	1.62	172.32	196.66
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
								VC DES	807.59
								%DIST. DI	20.20
Almuerzo:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	130.00	100.00	26.78	4.88	0.00	107	42.12	0.00	149.24
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	45.00	92.00	0.33	0.08	1.78	1	0.75	7.12	9.19
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aji colorado sec	4.00	98.00	0.27	0.31	2.30	1	2.75	9.20	13.05
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cabi	50.00	87.00	0.61	0.09	4.92	2	0.78	19.66	22.88
Arvejas frescas	40.00	75.00	2.13	0.18	5.64	9	1.62	22.56	32.70
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano de sedi	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1529.58
								%DIS ALM	60.86
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	45.00	100.00	0.27	0.09	39.02	1.08	0.81	156.06	157.96
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.06
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evaporat	45.00	100.00	3.15	3.65	4.91	13	32.81	19.62	65.03
								VC CEN	476.12
								%DIST CEN	18.94
			63.66	51.29	449.27				
			254.64	461.58	1797.07				
			10.13	18.37	71.50				
					100.00			VCT MENU	2513.29


Yordy Javier Solís Rumbos
DNI: 940955323
REPRESENTANTE


Lic. Glenny R. Cruz Gonzales
NUTRICIONISTA
CNP: 5151



lunes, 11 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + queso								
Harina de Haba	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	36.00	100.0	0.00	0.00	36.39	0	0.00	141.55	141.55
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pen de labranz	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
								VC DES.	581.16
								%DIST. DI	23.08
ALMUERZO:	Torreja de verduras, arroz, ensalada, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Leche evaporat	15.0	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Acete vegetal	28.0	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Calabaza	200.00	76.00	0.91	0.15	8.51	4	1.37	34.05	39.06
Zanahoria	40.0	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Lechuga redon	30.00	50.00	0.20	0.03	0.32	1	0.27	1.26	2.31
Tomate	35.00	60.00	0.25	0.08	1.35	1	0.57	5.42	6.99
Harina de trigo	30.00	100.00	3.15	0.80	22.44	13	5.40	89.76	107.76
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM	1273.23
								%DIST AL	50.55
CENA:	Arroz amarillo con pollo + infusión								
Came de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.58	0.00	80.36
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acete vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.10	80.00	0.14	0.02	0.76	1	0.18	3.02	3.75
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Cebolla de cab	20.00	85.00	0.24	0.03	1.92	1	0.31	7.68	8.94
Anchoas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	25.00	85.00	0.13	0.11	1.96	1	0.96	7.82	9.29
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
								VC DES.	664.16
								%DIST. DI	26.37
			73.33	65.57	408.78				
			293.33	590.11	1635.11				
			11.6	23.4	64.9				
					100.00			VCT MENU	2618.55



Ana María Cruz González
Nutricionista
CNP 5193

Lic. Ana María Cruz González
NUTRICIONISTA
CNP 5193

martes, 12 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL%
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + mortadela								
Maca	25.00	100.00	2.28	0.28	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Mortadela	30.00	100.00	2.94	5.91	2.82	12	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	482.22
								%DIST AL	18.24
ALMUERZO:	Frejol con chanco, arroz, ensalada, refresco y fruta								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	89.96	109.92	16.20	279.84	405.96
Arroz Pilado o g	150.0	100.00	12.30	0.75	116.70	49.20	6.75	468.80	522.75
sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Tomate	30.00	98.00	0.24	0.06	1.26	0.94	0.53	5.08	6.53
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.46
Lechuga redond	80.00	90.00	0.94	0.14	1.51	3.74	1.30	6.05	11.09
Glutamato mon	0.30	88.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.38	6.08	7.56
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Cebolla de cabe	50.00	85.00	2.80	0.09	4.80	11.20	0.77	19.21	31.18
Aji colorado ses	3.00	90.00	0.18	0.21	1.58	0.76	1.90	6.34	8.99
Naranja	150.00	92.00	1.86	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM	1448.17
								%DIST AL	54.78
CENA	Camote arrebozado, arroz, infusion								
Camote morado	100.00	84.00	1.18	0.25	21.58	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o g	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporada	25.00	100.00	1.75	2.09	2.73	7	18.23	10.90	36.13
Huevo de gallin	20.00	98.00	2.95	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
									713.39
									26.98
			84.99	58.62	444.07				
			339.94	527.57	1778.28				
			13	20	67				
					100.00			VCT MEN	2643.78


 Lic. Gladys Cruz Gonzalez
 NUTRICIONISTA
 CNP. 5153



 Yany Gloria Salas Martinez
 DNI: 202065701
 REPRESENTANTE


 Lic. Gladys Cruz Gonzalez
 NUTRICIONISTA
 CNP. 5153

miércoles, 13 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + jamonada								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	18	10.80	98.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.16
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.85	1.20	99.69
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	649.22
								%DIST. D	26.92
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos	160.00	100.00	15.04	0.32	125.12	60	2.88	500.48	563.52
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Zanahoria	80.00	79.00	0.38	0.32	5.84	2	2.84	23.26	27.62
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabi	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Laurel	0.50	54.00	0.01	0.02	0.06	0	0.17	0.24	0.47
Tomate	50.00	90.00	0.36	0.09	1.84	1	0.81	7.74	9.99
Aji colorado sea	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Plátano de sed.	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1480.55
								%DIST. D	58.12
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	66.00	0.16	0.05	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Manjar blanco	25.00	100.00	6.79	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.62	114.91
								VC DES.	374.56
								%DIST. D	14.96
			79.69	65.61	398.78				
			318.76	590.45	1595.12				
			12.73	23.88	63.69			VCT MEN	2504.33
					100.00				



Yan
Yan Gloria Nolasco Rodríguez
Dra. en Nutrición
REPRODUCIBLE

Glenny
Dr. Glenny Cruz González
NUTRICIONISTA
CNP. 6153

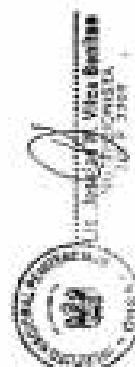
ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 + panes + huevo sancochado								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	8.18	7.65	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.00	0.00	0.00	37.66	0	0.00	150.63	150.63
Huevo de gallin	60.00	98.00	7.94	4.94	1.06	32	44.46	4.23	80.44
Pan de lebranz	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	445.52
								%DIST. DI	17.71
Almuerzo:	Chanfainita, arroz, refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o g	150.0	100.00	12.30	0.75	116.70	49	6.75	486.80	522.75
Papa blanca	300.0	85.00	5.36	0.28	56.87	21	2.30	227.46	251.18
Cebolla de cab	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	25.00	99.00	0.20	0.06	1.06	1	0.45	4.26	5.49
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado se	4.00	98.00	0.27	0.31	2.30	1	2.75	9.20	13.06
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	5.00	100.00	0.57	0.48	0.06	2	4.32	0.20	6.78
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.66	64.09	73.79
								VC ALM	1228.84
								% DIST. A	48.88
CENA	Arroz a la jardinera con salschicha + infusión								
Salschicha "hot	40.00	100.00	4.40	13.72	0.40	18	123.48	1.60	142.88
Arroz Pilado o g	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	6.00	100.00	0.07	0.03	0.49	0	0.27	1.97	2.53
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Fideos	25.00	100.00	2.35	0.05	19.55	9	0.45	78.20	88.05
Arvejas frescas	25.00	65.00	1.15	0.10	3.06	5	0.88	12.22	17.71
Zanahoria	25.00	82.00	0.12	0.10	1.89	0	0.92	7.54	8.96
Pimienta	10.00	100.00	0.15	0.05	0.77	1	0.45	3.08	4.13
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.95	117.96
								VC DES.	840.47
								%DIST. DI	33.41
			72.57	45.88	420.44				
			290.28	412.73	1681.76				
			11.5	16.4	66.8				
					100.00		VCT MENU		2815.88


 Tony Garcia Sales Manager
 DNI: 222961122
 REPRESENTATIVE


Lic. Glenn E. Cruz Gonzalez
NUTRICIONISTA
CNP 0001

viernes, 15 de junio de 2018

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	580.55
								%DIST. DI	22.91
Almuerzo:	Patita con mani, arroz + refresco y fruta								
Arroz Pilado o	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.1152	1.95	2.42
Patitas de cerdo	120.0	58.00	13.44	14.78	0.00	53.75	133.056	0.00	196.82
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.38	2.62	3.37
Mani crudo, co	10.00	71.00	1.71	3.42	1.26	6.84	30.7998	5.03	42.67
Papa blanca	250.0	82.00	4.31	0.21	45.72	17.22	1.845	182.66	201.63
Aji colorado se	2.00	98.00	0.14	0.15	1.15	0.55	1.37582	4.60	6.53
Cebolla de cab	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cochayuyo	8.00	100.00	0.00	0.00	0.84	0.00	0	3.36	3.36
Cilantro	1.00	57.00	0.02	0.01	0.04	0.08	0.08869	0.16	0.30
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Plátano de sed	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.18
								VC ALM	1397.16
								% Dist	55.13
CENA:	Sopa de fideos con pollo								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	73	27.86	0.00	98.73
Fideos	80.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Apio	15.00	4.00	0.00	0.00	0.03	0	0.01	0.12	0.14
Poro	15.00	66.00	0.27	0.09	0.75	1.07	0.7128	3.01	4.79
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	6.00	100.00	0.07	0.03	0.49	0	0.27	1.97	2.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC CEN	556.74
								%DIST. CI	21.97
			68.09	81.65	381.79				
			272.38	734.89	1627.18				
			10.75	29.00	60.26				
					100.00			VCT	2534.45

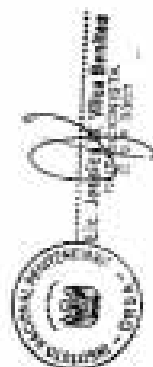


[Signature]
Yony García Salas, Representante
 DNI: 20295023
 REPRESENTANTE

[Signature]
Lic. Glennys Cruz Goumies
 NUTRICIONISTA
 CNP. 5153

sábado, 16 de junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.64	79.86	1.20	99.69
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	682.26
								%DIST. DI	27.16
Almuerzo:	Almendrado de carne, arroz, papa, refresco y fruta								
Carne de res pe	150.00	92.00	29.39	2.21	0.00	117.58	19.87	0.00	137.45
Arroz Pilado o s	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado sea	5	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pan seco molido	35.00	100.00	3.85	0.98	28.88	15.40	8.82	115.50	139.72
Papa blanca	280.0	82.00	4.82	0.23	51.20	19	2.07	204.80	226.16
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, co	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC ALM	1489.68
								% DIST AL	59.31
CENA	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	339.69
								%DIST. DI	13.52
			81.32	43.43	448.93				
			325.27	390.84	1795.73				
			12.8	15.6	71.5				
					100.00			V.C.T. MENU	2611.83

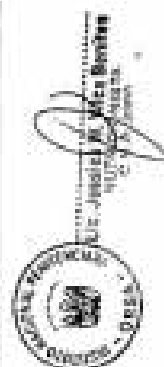


Yenny
Yenny David Salas Román
DNI: 282665122
REPRESENTANTE

J.
Lic. Glenny Cruz González
NUTRICIONISTA
CNP: 5151

domingo, 17 de Junio de 2018

ALIMENTO	gr/por	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de lebranz	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES	507.93
								%DIST. D	20.20
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	250.00	78.00	42.12	7.81	0.59	168	68.45	2.34	239.27
Arroz Pilado o s	180.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	45.00	98.00	0.35	0.09	1.90	1	0.79	7.59	9.79
Pepinillo o Pepi	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado ses	3.00	98.00	0.21	0.23	1.73	1	2.06	6.90	9.79
Ajos	3.00	82.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	66.70	67.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	180.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1511.82
								%DIST. AL	60.13
CENA:	Mazamorra morada + 01 pan								
Pan de lebranz	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Maiz morado	30.00	57.00	1.25	0.58	13.03	4.99	5.23	62.12	62.35
Piña	25.00	64.00	0.06	0.03	1.57	0.26	0.29	6.27	6.82
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mandioca	45.00	100.00	2.88	0.18	34.70	11.52	1.82	138.78	151.92
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.08	0.01	0.00	0.23	0.25
								VC CEN	494.47
								%DIST. CE	19.67
			74.88	56.11	427.36				
			299.53	504.95	1709.45				
			11.91	26.09	68.00				
					100.00			VCT MENI	2513.92



Jenny R. Cruz Gonzales
Lic. Jenny R. Cruz Gonzales
DNI: 88800000
REPRESENTANTE

Jenny R. Cruz Gonzales
Lic. Jenny R. Cruz Gonzales
NUTRICIONISTA
CNP: 4193

lunes, 18 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso								
Harina de Haba	35.00	100.00	8.51	0.67	20.88	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0	0.00	141.55	141.55
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	581.18
								%DIST. DI	22.74
Almuerzo:	Caldo blanco + refresco y fruta								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o r	80.00	100.00	6.56	0.40	62.24	28.24	3.60	248.96	276.80
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Poro	18.00	66.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Garbanzo crudo	30.00	90.00	5.18	1.65	16.23	20.74	14.823	64.91	100.47
Papa blanca	250.00	82.00	4.31	0.21	45.72	17.22	1.845	182.86	201.93
Yuca blanca	120.00	70.00	0.67	0.17	33.01	2.69	1.512	132.05	136.25
Chufa blanco	60.00	90.00	0.27	0.00	2.65	1.08	0	10.58	11.66
Pimienta entera	0.08	100	0.01	0.01	0.05	0.03	0.0576	0.20	0.29
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Cebolla de cabe	20.00	85.00	0.24	0.03	1.82	0.95	0.306	7.68	8.94
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Verduras surtid	5.00	80.00	0.19	0.03	0.28	0.77	0.252	1.04	2.06
Plátano de sed	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC ALM	1276.27
								%DIST. AL	50.02
CENA:	Tallarines rojos con carne molida + infusion								
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.80	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	35.00	57.00	0.28	0.04	2.25	1	0.36	9.02	10.49
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.03	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado se	8.00	68.0	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								VC CEN	696.07
								%DIST. C	27.24
			79.52	52.24	441.83				
			318.07	470.12	1767.31				
			12.45	18.40	69.16				
					100.00			VCT MENU	2555.50


 Lic. Gladys R. Cruz González
 NUTRICIONISTA
 C.R.P. 5166



 Yanyu
 QNH 2020/06/12
 REPUBLICA DE CUBA


 Lic. Gladys R. Cruz González
 NUTRICIONISTA
 C.R.P. 5166



U.S. DEPARTMENT OF THE INTERIOR
BUREAU OF LAND MANAGEMENT
WASHINGTON, D.C. 20250

Lic. Gloria R. Cruz Gonzales
NUTRICIONISTA
CNP 5153

miércoles, 20 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + mermelada								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	58.16
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	608.69
								%DIST. DI	24.39
Almuerzo:	Pollo al sillao, arroz, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Sillao	9.00	100.00	1.02	0.86	0.09	4	7.78	0.36	12.20
Aceite vegetal	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	40.00	85.00	0.48	0.07	3.84	2	0.61	15.37	17.88
Cebolla china (	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Pimiento	35.00	90.00	0.47	0.16	2.43	2	1.42	9.70	13.01
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1502.33
								%DIST. DI	59.97
CENA:	Infusion + 01 pan + manjar								
Hierbas	5.00	66.00	0.16	0.05	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.98	117.98
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC CEN.	394.22
								%DIST.CE	15.74
			76.46	52.56	431.61				
			308.82	473.00	1726.42				
			12.21	18.88	68.91				
					100.00			VCT MENU	2506.25


 Lc. Gladys W. Silva Bustos
 NUTRICIONISTA
 C.O.P. 1300



 Yany G. Arroyo
 Soc. 23265343
 REPRESENTANTE

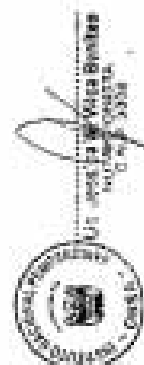

 Lc. Gladys W. Silva Bustos
 NUTRICIONISTA
 C.O.P. 1300

jueves, 21 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + atún								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.19	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Pan de lebranz	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Cebolla de cab	60.00	67.00	0.66	0.06	4.54	2.25	0.72	18.17	21.15
Sal	5.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Grated de Sard	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	62.38
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
								VC DES.	454.42
								%DIST. D	17.63
ALMUERZO:	Locro con panza, arroz , +refresco y fruta								
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4808	7.78	9.66
Mondongo de r	120.0	66.00	13.18	2.73	0.78	53	24.87	3.12	80.42
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Papa blanca	300.0	96.00	5.99	0.29	63.56	23.94	2.585	254.22	280.73
Ajl colorado se	2.00	92.00	0.13	0.14	1.08	0.52	1.29168	4.32	6.13
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	2.86	0.918	23.05	26.83
Pimienta enter	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomato	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Naranja	150.00	92.00	1.66	0.28	15.04	8.62	2.484	60.17	69.28
								VC ALM.	1303.02
								%DIS ALM	50.27
CENA:	Guiso de fideos con pollo,arroz , infusión								
Came de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.05
Cebolla de cab	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC CEN.	834.45
								%DIS CEN	32.19
			78.69	43.71	470.94				
			314.75	393.38	1883.76				
			12.1	15.2	72.7				
					100.00				
								VCT	2591.89

Yara
Yara Gloria Salas Escobar
DNI: 20246881
REPRESENTANTE

Lic. Glenny R. Cruz González
NUTRICIONISTA
CNP. 0183

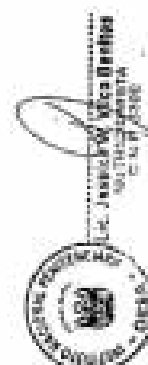


viernes, 22 de Junio de 2018

ALIMENTO	g/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
DESAYUNO:	Soya con pifa + 02 panes + jamonada								POR MENU
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifa	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	512.50
								%DIST. DI	18.88
ALMUERZO:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	180.00	66.00	25.66	4.63	0.36	103	41.70	1.43	145.77
Arroz Pilado o g	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pepi	60.00	72.00	0.22	0.04	1.12	1	0.39	4.49	5.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Acetite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado sec	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Cebolla de cabe	50.00	85.0	0.60	0.09	4.80	2	0.77	19.21	22.36
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC ALM.	1344.89
								%DIST. AL	49.50
CENA:	Camote arrebosado + arroz + infusión								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.84
Arroz Pilado o g	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.66
Huevo de gallin	15.00	96.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								VC CEN.	859.72
								%DIST. CI	31.64
			77.89	77.15	428.09				
			310.38	694.38	1712.35				
			11.4	25.6	63.0				
					100.00			VCT MENU	2717.11


Yany (Yany) Siles Siles
CUI: 20296522
REPRESENTANTE


Lita Gloria R. Cruz Gonzalez
NUTRICIONISTA
CNP. 0173



sábado, 23 de junio de 2018

ALIMENTO	gr/per	comesti- ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceituna	30.00	92.00	0.22	8.88	2.01	0.88	79.74	8.08	88.68
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	671.28
								%DIST. DI	28.82
ALMUERZO	Arroz chaufa con pollo , refresco y fruta								
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "hot"	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.98
Cebolla china (	30.00	71.00	0.48	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sad	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC ALM.	1468.32
								% DIST. A	58.68
CENA:	Infusión + 01 pan + mermelada								
Hierbas	7.00	54.00	0.12	0.04	0.26	0.47	0.34	1.06	1.87
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.96	100.52	114.91
								VC CEN.	362.79
								%DIST. C	14.50
			72.57	63.76	409.57				
			290.30	573.80	1638.27				
			11.60	22.93	65.47		V.C.T. MENU		2502.37
					100.00				



[Signature]
 Jany G. Salas F. Armijo
 DNI: 28099023
 REPRESENTANTE

[Signature]
 Lic. Glenny R. Cruz Gaudin
 NUTRICIONISTA
 CNP. 5153

domingo, 24 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.29
Pan de labranza	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
								VC DES.	435.13
								%DIST. DES	17.40
Almuerzo:	Matasquita de pollo , arroz , refresco y fruta								
Carné de Pollo	120.00	85.00	21.01	3.67	0.00	84	33.05	0.00	117.10
Papa blanca	300.0	93.00	5.88	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado o c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Tomate	50.00	98.00	0.39	0.10	2.11	2	0.88	8.43	10.88
Ajos	10.00	82.00	0.52	0.07	2.80	2	0.66	11.19	13.91
Aji colorado sec	5.00	98.00	0.34	0.38	2.88	1	3.44	11.51	16.32
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cab	50.00	87.00	0.61	0.09	4.92	2	0.78	19.66	22.88
Arvejas frescas	35.00	72.00	1.79	0.15	4.74	7	1.38	18.95	27.47
Zanahoria	35.00	82.00	0.17	0.14	2.84	1	1.29	10.56	12.54
Plátano de sed	150.0	85.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	38.00	100.00	0.00	0.00	37.35	0	0.00	149.42	149.42
								VC ALM.	1569.84
								%DIS ALM	62.77
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	45.00	100.00	0.27	0.09	39.02	1.08	0.01	166.06	157.95
azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13.44	0.945	100.52	114.91
Leche evaporada	45.00	100.00	3.15	3.65	4.91	13	32.81	19.62	68.03
								VC CEN.	495.78
								%DIST. CEN	19.83
			65.66	45.06	458.14				
			262.65	405.55	1832.56				
			10.5	16.2	73.3				
					100.00			VCT MENU	2500.76




 Yanyí Gloria Vilas Bermúdez
 DNI: 202585323
 REPRESENTANTE


 Lic. Glenn R. Cruz González
 NUTRICIONISTA
 CNP: 9153

lunes, 25 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + queso									
Harina de Haba	35.00	100.00	8.51	0.67	20.66	34	5.89	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
Queso paria	35.00	100.00	9.80	10.50	1.16	39	94.50	4.82	138.32
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebranz	60.00	100.00	5.75	0.16	43.06	23	1.62	172.32	196.66
								VC DES.	816.65
								%DIST. DI	23.32
Almuerzo: Hino de zapallo , arroz ,ensalada, + refresco y fruta									
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Queso paria	40.00	100.00	11.20	12.00	1.32	45	108.00	5.28	158.08
Zapallo macre	300.00	72.00	1.51	0.43	13.82	6	3.89	55.30	65.23
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Arroz Pilado o g	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Maiz Fresco. C	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	25.35	30.00
Tomate	40.00	98.00	0.31	0.08	1.69	1	0.71	6.74	8.70
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Acido vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Habas frescas	40.00	70.00	3.16	0.22	7.25	13	2.02	29.01	43.68
Huacatay	8	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano de sed	160.0	86.00	2.08	0.41	26.90	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC ALMU	1654.63
								%DIST. AL	62.57
CENA: Sopa de semola con menudancia de pollo									
Menudancia de	60.00	85.00	10.10	2.40	0.00	40	21.87	0.00	61.97
Sémola de Trig	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Orégano seco	1.00	70.00	0.01	0.00	0.09	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC GEN.	373.12
								%DIST. C	14.11
			81.70	74.27	412.29				
			326.80	668.43	1649.16				
			12.36	25.28	62.36				
					100.00			VCT	2644.39

Yara
Yara Gloria Santos Ramirez
DNI: 252065320
REPRESENTANTE

d.
Lic. Glenny R. Cruz Gomeles
NUTRICIONISTA
CNP. 8153



martes, 26 de Junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + queso de chanco								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	497.84
								%DIST. DI	19.36
ALMUERZO:	Frejolada con chanco, arroz, ensalada, refresco y fruta								
Carne de Cerdo	50.0	95.00	5.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	106.92	16.20	279.84	405.98
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	8.00	100.00	0.10	0.04	0.66	0.38	0.38	2.62	3.37
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Tomate	30.00	98.00	0.24	0.08	1.28	0.94	0.53	5.06	6.53
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lchuga redonda	50.00	90.00	0.59	0.09	0.95	2.34	0.81	3.78	6.93
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0.13	0.00	1.04	1.17
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Cebolla de cabe	40.00	85.00	2.80	0.07	3.84	11.30	0.61	15.37	27.18
Aji colorado sec	3.00	98.00	0.21	0.23	1.73	0.82	2.06	6.90	9.79
Naranja	150.00	92.00	1.65	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM.	1441.19
								%DIST. AL	56.04
CENA:	Asado de pollo, arroz e infusion								
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	6.00	100.00	0.07	0.03	0.49	0	0.27	1.97	2.53
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cebolla de cabe	20.00	85.00	0.24	0.03	1.92	0.95	0.308	7.68	8.94
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado sec	2.00	98.00	0.14	0.15	1.15	1	1.38	4.60	6.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC CEN.	832.74
								%DIST. CE	24.60
			88.66	53.89	433.02				
			354.64	485.04	1732.08				
			13.8	19	67				
					100.00			VCT MEN	2571.77



Yao
Yael Cruz González
BIO: 202063375
REPRESENTANTE

Lic. Jaelson R. Cruz González
NUTRICIONISTA
CNP: 3150

miércoles, 27 de Junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Avena con leche + 02 panes + manjar								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	676.53
								%DIST. DI	26.97
Almuerzo:	Seco de res , arroz , refresco y fruta								
Carné de res p	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.94
Ajos	4.00	60.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	220.0	85.00	3.93	0.19	41.70	16	1.68	166.80	184.20
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta enter	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	12.00	98.00	0.29	0.09	1.48	1	0.85	5.83	7.96
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Cilantro	35.00	57.00	0.66	0.26	1.40	2.63	2.33	5.59	10.55
Aji colorado sal	3.00	98.00	0.21	0.23	1.73	1	2.06	6.90	9.79
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0.00	162	0.00	162.00
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	13.58	16.13
Espinaca negra	25.00	85.00	0.60	0.19	1.04	2.38	1.72	4.17	8.27
Cebolla de cab	40.00	85.00	2.80	0.07	3.84	11	0.61	15.37	27.18
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1390.91
								%DIST. DI	55.45
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC CEN	440.83
								%DIST. DI	17.57
			78.90	60.79	411.38				
			315.61	547.12	1645.53				
			12.58	21.81	65.60				
					100.00			VGT MENU	2508.27

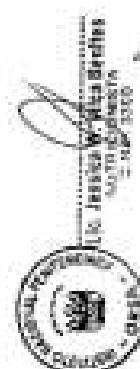
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4
Kathy Marie Susan Alvarado
CMI: 202946323
REPRODUCTION

Lic. Glenn A. Cruz Gonzalez
NUTRICIONISTA
CNE 5100

miércoles, 27 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 82 panes + manjar								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.57	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	676.53
								%DIST. D	26.97
Almuerzo:	Seco de res , arroz , refresco y fruta								
Carne de res pa	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o g	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	220.0	85.00	3.93	0.19	41.70	16	1.68	166.80	184.20
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.89	0.78
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	12.00	98.00	0.28	0.08	1.48	1	0.86	5.83	7.86
Vinagre	9.00	100.00	0.00	0.08	0.45	0	0.81	1.80	2.81
Cilantro	35.00	57.00	0.66	0.26	1.40	2.63	2.33	5.59	10.55
Aji colorado ses	3.00	98.00	0.21	0.23	1.73	1	2.06	6.90	8.79
Arvejas frescas	40.00	68.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0.00	162	0.00	162.00
Zanahoria	45.00	82.00	0.22	0.18	3.38	1	1.68	13.58	16.13
Espinaca negra	25.00	85.00	0.60	0.19	1.04	2.38	1.72	4.17	8.27
Cebolla de cab	40.00	85.00	2.80	0.07	3.84	11	0.61	15.37	27.48
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
								VC DES.	1390.91
								%DIST. D	55.45
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	54.00	0.20	0.08	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC CEN	440.83
								%DIST. C	17.67
			78.90	60.79	411.38				
			315.61	547.12	1645.53				
			12.58	21.81	65.60				
					100.00			VCT MENU	2508.27



Y
Yenny G. Ruiz Barrios
 QM: 201806123
 REPRESENTANTE

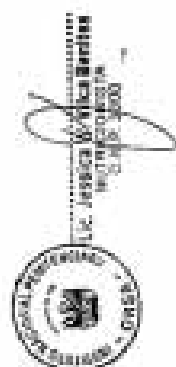
J
Lic. Gladys L. Cruz González
 NUTRICIONISTA
 C.M.F. 5153

jueves, 28 de junio de 2018

ALIMENTO	g/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 62 panes + camote sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.48	0.00	0	117.96	117.96
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	198.98
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
								VC DES.	417.77
								%DIST. DI	15.28
ALMUERZO:	Almendrado de pollo , arroz, fruta y refresco								
Carne de Pollo	150.00	92.00	28.43	4.97	0.00	114	44.71	0.00	158.42
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	48	6.75	466.80	622.75
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Ají colorado ser	5	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pan seco molido	35.00	100.00	3.85	0.98	28.88	15.40	8.62	115.50	139.72
Papa blanca	280.0	82.00	4.82	0.23	51.20	19	2.07	204.80	226.16
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, cor	10.00	95.00	2.29	4.68	1.68	9	41.21	6.73	57.10
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1513.49
								%DIST. DI	55.40
CENA:	Guiso de fideos con pollo, arroz , infusión								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.06
Cebolla de cabe	20.00	85.00	0.24	0.03	1.92	1	0.31	7.68	8.94
Tomate	30.00	98.00	0.24	0.08	1.26	1	0.53	5.06	6.53
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98
								VC CEN.	800.82
								%DIST. CEI	29.31
			92.12	44.42	490.86				
			368.50	399.79	1963.79				
			13.5	15	72				
					100.00			VCT MEN	2732.08


Tany María Salas Hernández
CMI: 292963123
REPRESENTANTE


Lc. Glenn R. Cruz González
NUTRICIONISTA
CMI: 5193



viernes, 29 de junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Soya con piña + 02 panes + mortadela								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.84	5.81	2.82	11.76	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	608.70
								%DIST. DI	19.92
ALMUERZO:	Picante a la tacñaña, arroz , refresco y fruta								
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mondongo de s	120.0	100.00	20.28	4.20	1.20	81	37.80	4.80	123.72
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.38	2.62	3.37
Papa blanca	300.0	82.00	5.17	0.25	54.86	20.66	2.214	219.43	242.31
Aji colorado sec	2.00	98.00	0.14	0.15	1.15	0.66	1.37592	4.60	6.53
Cebolla de cabe	30.00	85.00	0.36	0.05	2.88	1.43	0.459	11.63	13.41
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	92.00	0.15	0.04	0.79	1	0.33	3.16	4.08
Cilantro	2.80	57.00	0.05	0.02	0.11	0.21	0.18673	0.45	0.84
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Naranja	160.00	80.00	1.54	0.26	13.95	6.14	2.304	55.81	64.26
								VC ALMU	1329.79
								%DIST.AL	52.08
CENA:	Arroz chaufa con huevo y hotdog + infusión								
Huevo de gallin	35.00	98.00	4.63	2.88	0.62	19	25.93	2.47	46.92
Salchicha "hot	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	4.00	100.00	0.05	0.02	0.33	0.19	0.18	1.31	1.68
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0.22	0	1.74	1.96
Cebolla china (	35.00	71.00	0.57	0.10	1.89	2	0.89	7.46	10.64
Pimiento	25.00	63.00	0.31	0.10	1.60	1	0.93	6.39	8.57
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
								VC CEN.	714.66
								%DIST. CI	27.99
			68.82	63.62	426.54				
			275.30	571.69	1706.17				
			10.78	22.39	66.83				
					100.00			VCT	2553.15



 Lic. Jessica M. Vela Benites

 Nutricionista

 C.O.P. 0005



 Kelly

 DNI: 26234444

 REPRESENTANTE



 Lic. Glenny Cruz Gonzalez

 NUTRICIONISTA

 C.O.P. 0153

sábado, 30 de junio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + margarina								
Semola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Pan de labranza	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	639.22
								%DIST. D	23.85
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	200.00	78.00	33.70	6.08	0.47	135	54.76	1.87	191.41
Arroz Pilado o r	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	45.00	90.00	0.32	0.08	1.74	1	0.73	6.97	8.99
Pepinillo o Pepi	60.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	8.00	100.00	0.10	0.04	0.88	0	0.36	2.62	3.37
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado sea	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	96.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM	1663.66
								% DIST. A	62.07
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	377.33
								%DIST. C	14.08
			75.17	101.88	365.66				
			300.69	516.90	1462.63				
			11.22	34.21	54.57				
					100.00			VCT MEN	2680.22


 Lic. Jessica W. Silva Berríos
 NUTRICIONISTA
 C.N.P. 10001


 C.N.P. 10001


 Yoris Yoris
 D.N.E. 200005103
 REPRESENTANTE


 Lic. Glenys Cruz González
 NUTRICIONISTA
 C.N.P. 5103

MENU DE PERSONAL INPE - JUNIO 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01 -02 JUNIO	Tornejas de verduras + arroz + ensalada + te + 01 pan	Sopa juliana+ Bistec encebollado+arroz+ refresco + fruta	Cau cau de pollo, arroz + infusion
03-04-05 JUNIO	Caldo de papa + te + 01 pan	Timpu de res + almendrado de pollo + refresco + fruta	Arroz chaufa con pollo + infusion
06-07-08 JUNIO	Hiro de Zapallo + huevo frito+ arroz+ avena+ 01 pan	Chairo+ pollo al sillao+ arroz + refresco + fruta	Salado de vainitas con res + arroz + infusion
09-10-11 JUNIO	Estofado de pollo + arroz + 01 pan + te	Sopa de quinua con res+ carapulcra con chancha+ arroz + refresco + fruta	Pastel de tallarin relleno + infusion
12-13-14 JUNIO	Aji de pollo+ 01 pan + café	Sopa de moron con res + Pachamanca de pollo + arroz + refresco +fruta	Sopa de pollo + infusion
15-16-17 JUNIO	Mondonguito a la italiana + 01 pan +café	Chodo con queso+ Pollada + arroz + ensalada+ refresco + fruta	Papa rellena + arroz +ensalada + infusion
18-19- 20 JUNIO	Pebré + te + 01 pan	Aguadito de pollo + Guiso de lenteja con bistec + ensalada criolla+ arroz + refresco + fruta	Yuca amebizada+ arroz + infusion
21-22-23 JUNIO	Ajiaco de cilucos + arroz + infusion + 01 pan	Sopa a la minuta de res+ pollo al homo + arroz + ensalada+ refresco + fruta	Lomo saltado + arroz+ infusion
24-25-26 JUNIO	Milaneza de pollo +arroz + ensalada + 01 pan + infusion	Sopa de semola con pollo + seco de carne + arroz + refresco + fruta	Matasquita de res+arroz+infusión.
27-28-29 JUNIO	Arroz a la jardinera + huevo frito + 7 cereales + 01 pan	Chupe de huevos + Pescado frito+arroz+ensalada+ refresco + fruta	Asado de pollo + arroz + infusion
30-Jun	Guiso de fideos + arroz + 01 pan + te	Sopa de chochoca+ Arroz con pollo+ensalada+ refresco + fruta	Pollo frito + arroz + ensalada + infusion


Lc. Gladys Cruz Gonzales
 NUTRICIONISTA
 CIP: 2133


Yumi Cruz
 REPRESENTANTE
 D. 20195123




Lc. Jairo M. Vica Benites
 NUTRICIONISTA
 CIP: 3300

01-02 JUNIO 2018

ALIMENTO	gr/mo (g)	convertido %	PROT Ar (g)	GRASA (g)	CIBO (g)	%			TOTAL (g)
						DISTRIBUCION POR COMPONENTE			
						PROT	GRASA	CIBO	
DESAYUNO: Tortitas de verduras + arroz + ensalada + jugo + 91 pan									
Zanahoria	100.00	47.00	0.28	0.20	2.00	1	0.40	0.00	12.00
Zanahoria	60.00	78.00	0.24	0.20	0.80	0.36	1.78	0.00	17.26
Maíz de trigo	20.00	100.00	2.10	0.40	14.00	0.40	0.80	0.00	30.04
Leche evaporada	20.00	100.00	1.40	1.80	2.18	0.60	14.58	0.72	28.90
Huevo de gallina	20.00	98.00	2.68	1.85	0.35	10.38	14.82	1.41	26.61
Carilón	180.0	98.00	2.2	0.6	4.4	9	0.40	17.60	30.80
Cebolla de cabeza	60.00	67.00	0.58	0.09	4.54	2.26	0.72	18.17	21.15
Arroz Pardo o os	100.0	100.00	6.20	0.80	77.00	30.80	4.80	171.20	246.80
Ajo	2.00	98.00	0.08	0.01	0.48	0.36	0.12	1.08	2.40
Asado vegetal	25.00	100.00	0.00	24.00	0.00	0.00	246.00	0.00	246.00
Perce	4.00	50.00	0.10	0.01	0.10	0.30	0.10	0.80	1.20
Tomate	10.00	94.00	0.04	0.01	0.20	0.17	0.10	0.60	1.00
Hierbas	2.00	67.00	0.04	0.01	0.08	0.10	0.10	0.38	0.68
Sal	12.00	100.00	0.14	0.00	0.00	0.58	0.54	0.54	5.82
Asado rubia	75.00	100.00	0.00	0.00	24.58	0.00	0.00	90.00	94.58
V.C. DESAYUNO									890.80
% DISTR. DESAYUNO									51.94



Lic. Jhonny W. Wica Benites
 Representante
 C. N.º 1000

ALMUERZO: Sopas palmas + Huevo cocido + arroz + ensalada + fruta									
Huevo de gallina	5.00	98.00	0.68	0.41	0.08	2.5	0.70	0.28	4.48
Papa	5.00	98.00	0.11	0.09	0.30	0.40	0.28	1.20	1.90
Ajo	3.00	78.00	0.09	0.00	0.11	0.06	0.04	0.40	5.54
Leche evaporada	20.00	100.00	1.40	1.80	2.18	0.60	14.58	0.72	28.90
Carne de res	10.00	78.00	1.98	3.10	0.20	7.84	18.9	0.60	27.60
Queso mozzarella	45.00	47.00	0.15	0.04	1.35	0.50	0.38	5.41	4.99
Maíz Pardo, Ch	40.00	57.00	0.75	0.18	6.34	3.81	1.84	25.35	38.00
Hierbas frescas	25.00	35.00	0.30	0.00	0.50	0.50	0.50	2.50	4.47
Zanahoria	10.00	78.00	0.09	0.04	0.70	0.18	0.36	2.91	3.40
Papa blanca	100.00	80.00	1.70	0.80	16.20	6.80	0.74	75.14	88.77
Carne de res	180.0	100.00	21.30	1.80	0.00	69.20	14.40	0.00	98.60
Arroz Pardo o os	180.00	100.00	12.30	0.70	116.70	49.20	6.75	486.80	622.75
Asado vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Cebolla de cabeza	60.00	67.00	0.75	0.11	0.08	3.00	0.80	24.20	28.18
Tomate	40.00	98.00	0.30	0.08	1.70	1.27	0.71	6.81	8.70
Sal	12.00	100.00	0.14	0.00	0.00	0.58	0.54	0.54	5.80
Ajo	4.00	98.00	0.09	0.00	1.20	0.84	0.39	4.00	5.89
Queso	4.00	98.00	0.04	0.00	0.30	0.17	0.16	1.16	1.90
Manacay	30.00	100.00	0.27	0.03	4.74	1.88	0.27	18.88	20.21
Asado rubia	30.00	100.0	0.00	0.00	29.48	0.00	0.00	117.88	117.88
Manzana	150.0	80.00	0.72	0.24	12.12	2.80	2.16	48.48	58.52
V.C. ALMUERZO									1140.27
% ALMUERZO									68.80

CENA: Gato de pollo, arroz + infusion									
Arroz Pardo o os	90.00	100.00	7.30	0.40	70.00	28.52	4.00	280.00	313.80
Ajo	5.00	90.00	0.20	0.00	1.20	0.90	0.28	4.08	6.80
Asado vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	150.0	100.00	3.10	0.10	80.40	12.80	1.38	183.80	147.78
Carne de pollo c	80.0	70.00	11.94	2.92	0.00	48.34	18.144	0.00	64.28
Cebolla de cabeza	60.00	67.00	0.80	0.08	4.54	2.26	0.72	18.17	21.18
Sal	12.00	100.0	0.14	0.00	0.00	0.58	0.54	0.54	5.80
Perce	3.00	100.00	0.14	0.00	0.20	0.50	0.18	0.78	1.50
Arroz fresco	25.00	54.00	0.90	0.08	2.54	0.90	0.70	10.10	14.72
Zanahoria	30.00	78.00	0.16	0.10	2.18	0.57	1.07	8.72	10.48
Aj amarillo, seco	5.00	98.00	0.20	0.21	2.20	0.88	1.00	8.81	11.70
Hierbas	2.00	54.00	0.05	0.01	0.08	0.10	0.10	0.50	0.50
Asado rubia	20.00	100.00	0.00	0.00	19.68	0.00	0.00	78.84	78.84
V.C. CENA									762.46
% DISTR. CENA									27.34
TOTAL									1993.34
% DISTR. TOTAL									100.00

Lic. Gloria R. Cruz Gonzales
 NUTRICIONISTA
 CNP. 5153

Yony María Salas Ramírez
 DNI: 20230523
 REPRESENTANTE
 C. N.º 1000

03-04-20 JUNIO 2018

ALIMENTO	gr/por 100	convertible %	PROT An (g)	GRASA g	CHO g	%			TOTAL ALI
						ALIMENTO PARA POLLOS			
						PROT	GRASAS	CHO	
DESAYUNO: Comida de pollo + Té + 80 por									
Té sin azúcar	3.00	100.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Pa de blanca	30.0	100.00	2.89	0.00	27.54	11.50	0.01	00.40	86.48
Azúcar rubia	30.00	100.00	0.00	0.00	34.41	0.00	0	107.80	107.80
Pa de rei	100	60.00	20.15	4.10	0.90	30.00	42.04	3.40	120.00
Poro	3.00	80.00	0.00	0.00	0.00	0.00	0.17	0.70	1.10
Apio	4.10	75.00	0.00	0.01	0.10	0.00	0.00	0.00	0.70
Nabo	3.00	85.00	0.00	0.01	0.00	0.00	0.00	0.00	0.47
Apio	1.00	100.00	0.00	0.01	0.00	0.00	0.00	0.00	1.01
Mez pastel, per	30.00	50.00	1.00	0.00	20.21	7.00	0.00	100.00	100.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	100.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
Papa blanca	100.00	80.00	2.77	0.10	20.44	11.00	1.00	117.14	100.00
Cebolla de agua	30.00	57.00	0.00	0.00	2.00	1.00	0.00	10.00	10.00
Chufa blanca	40.00	80.00	0.10	0.00	0.01	0.00	0	0.00	7.00
Verdura cruda	0.00	94.00	0.10	0.00	0.10	0.00	0.00	0.00	1.00
Al colorado seco	2.00	100.00	0.14	0.10	0.10	0.00	1.00	0.00	0.00
V.C. DESAYUNO									101.00
% DISTR. DESAYUNO									26.10



[Signature]
Lic. Juan P. Wico Benítez
M. A. G. 1000
M. A. G. 1000

ALMUERZO: Trigo de rei + almendras de pollo + refresco + fruta									
Comida de Pollo	100.00	70.00	23.07	4.00	0.00	00.00	30.00	0.00	100.00
Arroz blanco a la	100.00	100.00	12.00	0.10	100.00	40.00	0.10	400.00	500.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Apio	4.00	80.00	0.10	0.00	0.01	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
Papa	10.00	30.00	0.20	0.04	0.04	1.00	0.00	1.00	2.00
Cebolla de agua	00.00	07.00	0.00	0.00	0.04	0.00	0.00	10.00	10.00
Cebolla con agua	0.00	100.00	0.00	0.00	0.00	1.00	1.00	20.00	20.00
Uva	4.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Miel de abeja con	0.00	71.00	0.00	1.00	0.00	0.00	10.00	0.00	0.00
Alimento	1.00	07.00	0.00	0.00	0.04	0.00	0.00	0.00	0.00
Al colorado seco	1.00	00.00	0.04	0.04	0.01	0.10	0.00	0.00	1.00
Comida de rei	00.00	00.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00
Chufa blanca	30.00	80.00	0.14	0.00	1.00	0.00	0	0.00	0.00
Pa de rei	00.00	70.00	0.14	0.00	0.01	1.00	0.00	0.00	0.00
Arroz blanco a la	30.00	100.00	0.00	0.10	20.00	0.00	1.00	00.00	100.00
Apio	10.00	70.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00
Papa	10.00	80.00	0.10	0.00	0.00	0.01	0.00	0.00	0.00
Pa de rei	10.00	00.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Zanahoria	30.00	00.00	0.10	0.10	1.00	0	0.00	0.00	0.00
Orégano seco	1.00	04.00	0.00	0.01	0.10	0.00	0.00	0.00	0.00
Arroz rubia	30.00	100.00	0.00	0.00	34.00	0.00	0.00	100.00	100.00
Pa de rei	100.00	00.00	0.00	0.00	0.00	0	0.00	0.00	0.00
V.C. ALMUERZO									1000.00
% ALMUERZO									60.10

CENA: Arroz blanco con pollo + refresco									
Comida de Pollo	100.00	80.00	10.00	2.40	0.00	00.00	00.00	0.00	00.00
Arroz blanco a la	100.00	100.00	0.00	0.00	00.00	00.00	0.00	000.00	400.00
Arroz de agua	30.00	80.00	0.00	0.10	0.00	10.00	10.00	0.00	00.00
Acido vegetal	20.00	100.00	0.00	20.00	0.00	0.00	100	0.00	100.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
Cebolla de agua	10.00	71.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00
Papa	20.00	00.00	0.01	0.10	1.00	1.00	0.00	0.00	0.00
Uva	4.00	100.00	0.00	0.00	0.04	1.00	0.00	0.00	0.00
Pa de rei	0.00	101.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubia	30.00	100.00	0.00	0.00	34.00	0.00	0	100.00	100.00
Pa de rei	10.00	04.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
V.C. CENA									800.00
% DISTR. CENA									20.00
V.C.T. TOTAL									1000.00
% DISTR. TOTAL									100.00

[Signature]
Lic. Juan P. Wico Benítez
M. A. G. 1000
M. A. G. 1000

[Signature]
Lic. Juan P. Wico Benítez
M. A. G. 1000
M. A. G. 1000

06-07-08 JUNIO 2018

ALIMENTO	gajos kg	convertido %	PNOT An kg	GRASA kg	ORO kg	% DE INGRESO POR INGRESO			TOTAL
						PNOT	GRASA	ORO	
DESAYUNO: Hno de caprillo + Huevo frito, arroz + Avena + 60 pan									
Avena, hojuelas	35.00	100.00	1.20	1.20	21.6	15.66	10.66	66.40	155.16
Manzana de agua	25.00	80.00	0.07	0.00	3.50	0	0.22	14.27	54.82
Pan de banana	30.00	100.00	2.89	0.08	21.34	11.53	0.81	66.16	66.48
Ajúcar rubia	25.00	100.00	0.30	0.00	34.4	0.60	0.00	187.40	187.40
Leche evaporada	15.00	100.00	1.95	1.22	5.64	4.20	10.94	6.94	21.68
Queso para	20.00	100.00	0.80	0.00	0.68	22.40	54.00	3.68	79.68
Huevo de gallina	65.00	88.00	7.94	4.94	1.08	21.73	44.40	4.23	60.48
Zapallo naranjo	300.00	47.00	0.86	0.19	0.02	3.83	1.68	24.90	28.59
Aj colorado seco	2.00	88.00	0.10	0.11	0.80	0.39	0.95	1.14	4.23
Arroz Plado a la	80.00	100.00	7.36	0.45	70.02	29.52	4.00	280.00	313.65
Papa blanca	100.00	82.00	1.70	0.08	18.76	6.89	0.74	73.14	80.77
Sal	12.00	100.00	0.14	0.08	0.08	0.50	0.54	3.94	5.00
Maz Frasco, Ch	45.00	57.00	0.70	0.18	6.34	3.51	1.54	25.35	30.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	80.00	0.00	90.00
Huacatay	3.00	54.00	0.00	0.00	0.13	0.30	0.12	0.52	0.95
Huevo Frescos	55.00	50.00	1.36	0.18	3.13	0.34	0.84	12.95	19.11
Ajón	3.00	39.00	0.17	0.00	0.90	0.87	0.21	3.91	4.48
V.C. DESAYUNO									1121.89
% DISTR. DESAYUNO									32.33

ALMUERZO: Chales pollo al ajillo, arroz + refresco + fruta									
Tripas, menudo	25.00	120.00	4.74	1.17	0.28	18.86	10.08	0.80	29.84
Cerveza de res pol	80.00	70.00	7.49	0.80	0.08	25.82	0.04	0.00	34.86
Papa	4.00	46.00	0.11	0.57	0.00	0.43	0.28912	1.20	1.82
Ajón	3.00	75.00	0.07	0.00	0.11	0.30	0.0408	0.40	0.84
Frigo	40.00	100.00	3.44	0.60	29.48	13.70	5.4	117.90	157.08
Zapallo naranjo	45.00	47.00	0.16	0.34	1.38	0.50	0.3807	0.41	6.39
Sal	11.00	100.00	0.13	0.86	0.60	0.53	0.489	0.81	4.83
Maz Frasco, Ch	45.00	57.00	0.70	0.18	6.34	3.51	1.54118	25.35	30.29
Huevo Frescos	25.00	35.00	0.60	0.07	2.27	3.86	0.83	0.07	13.85
Zanahoria	10.00	78.00	0.05	0.64	0.73	0.14	0.3056	2.91	3.45
Aj colorado seco	1.00	52.00	0.04	0.04	0.31	0.16	0.38064	1.22	1.78
Cerveza de Pollo C	180.00	70.00	23.07	4.80	0.00	60.38	36.39	0.00	128.88
Sifón	5.00	100.00	0.57	0.48	0.00	0	0.33	0.30	6.16
Refresco	70.00	85.00	0.25	0.80	1.38	1	0.35	0.11	6.80
Cebolla china Ch	20.00	71.00	0.30	0.00	1.07	1	0.51	4.26	6.80
Cajun	80.00	100.00	0.20	0.19	83.02	13	1.44	254.08	268.22
Papa Blanca	100.00	82.00	1.70	0.08	18.76	6.89	0.74	73.14	80.77
Ajón	3.00	80.00	0.13	0.02	0.73	0.54	0.17	2.92	3.83
Sal	10.00	100.00	0.10	0.80	0.82	0.48	0.45	3.26	4.21
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Orégano seco	1.00	94.00	0.03	0.01	0.18	0.00	0.08345	0.64	0.79
Aj colorado seco	1.00	50.00	0.04	0.04	0.48	0.22	0.64798	1.00	2.80
Arroz Plado a la	150.00	100.00	12.30	0.70	118.70	48.30	6.75	480.00	632.75
Ajúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	187.40	187.40
Manzana	100.00	85.00	0.30	0.13	10.60	1.53	1.15	74.48	87.18
V.C. ALMUERZO									1281.71
% DISTR. ALMUERZO									38.80

CENA: Batido de vainilla con res, arroz, infusion									
Cerveza de res pol	80.00	85.00	14.40	1.89	0.08	57.84	0.789	0.00	62.79
Arroz Plado a la	80.00	100.00	7.36	0.45	70.02	28.52	4.00	280.00	313.65
Acido vegetal	25.00	120.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Ajón	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.88	4.84
Vainilla (Ch)	35	82.00	0.71	0.10	2.61	3	0.87	30.43	34.39
Zanahoria	25.00	78.00	0.10	0.10	1.82	0.474	0.89	7.27	8.83
Papa blanca	200.00	82.00	3.44	0.16	30.07	18.76	1.48	140.20	182.54
Sal	10.00	100.00	0.10	0.80	1.48	0.80	0.81	0.90	7.80
Tomate	40.00	90.00	0.26	0.07	1.68	1.14	0.85	6.19	7.89
Cebolla de cebolla	65.00	67.00	0.61	0.04	4.69	3.44	0.79	39.68	52.91
Aj colorado seco	0.00	88.00	0.10	0.10	2.38	1.14	2.88	0.68	13.68
Huacatay	5.00	54.00	0.08	0.03	0.18	0.30	0.34	0.78	1.30
Ajúcar rubia	30.00	100.00	0.00	0.00	29.48	0.00	0.00	117.96	117.96
V.C. CENA									882.18
% DISTR. CENA									27.87
RESUMEN									
EST (Gr)			131.79	78.84	641.13				
EST (Mg)			487.14	682.89	2894.81				
EST (%)			14.94	19.87	73.98				
VOT. MENU									3475.40



Uc. *[Signature]*
 Lic. *[Signature]*
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 Lic. *[Signature]*

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 Yony *[Signature]*
 DNI: 770965223
 RFE: *[Signature]*

[Signature]
 Lic. *[Signature]*
 PATRICIA
 CDP: *[Signature]*




 Lt. Joseph J. Voca, Boston
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 100-100000-100000

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ALMORZO: Sopas de guiso con carne o pollo con chicharrón, arroz + refresco + fruta								
Papato marino	40.00	47.00	0.13	0.04	1.20	0.89	4.41	5.68
Masu Fresco, Chi	40.00	57.00	0.75	0.14	0.34	3.01	25.30	70.00
Ajito	10.00	75.00	0.09	0.00	0.30	0.71	1.14	1.78
Poco	10.00	80.00	0.19	0.00	0.30	0.71	0.40	3.18
Col Intero	10.00	68.00	0.19	0.00	0.30	0.71	1.10	1.84
Carnes Grues	30.00	100.00	0.08	1.74	10.00	78.22	15.00	111.54
Tofes frescas	30.00	78.00	0.10	0.30	1.40	0.16	0.50	17.28
Najis	0.00	58.00	0.00	0.21	0.14	0.10	0.07	0.74
Zanahoria	20.00	70.00	0.00	0.08	1.48	0.30	0.71	8.80
Papa blanca	100.0	47.00	1.72	0.00	18.28	0.84	0.74	73.14
Carne de res	80.0	85.00	0.40	1.23	0.00	32.64	11.00	40.73
Ajit	3.00	89.00	0.17	0.00	0.80	0.07	0.21	4.48
Auxilio vegetal	30.00	180.00	0.00	20.00	-0.00	0.00	180.00	0.00
Sar	10.00	160.00	0.22	0.08	1.40	0.00	0.81	5.80
Carne de Cerdo	100	80.00	18.43	70.30	0.00	73.73	125.86	5.00
Papa seca	80.00	100.00	0.58	0.00	08.00	20.34	0.04	232.32
Arroz Pilado y p	180.00	100.00	10.34	0.70	118.70	49.20	0.70	400.00
Rizot cuado con	20.00	71.00	0.78	0.00	3.14	11.11	77.00	108.00
Ceviche de cabre	60.00	87.00	0.41	0.07	0.78	1.88	0.60	15.14
Tostada	30.00	80.00	0.24	0.00	1.20	0.60	0.60	0.11
Ajit	4.00	89.00	0.20	0.03	1.20	0.89	0.20	4.90
Bocadillo	0.00	90.00	0.00	0.00	0.30	0.20	0.20	1.48
Lentia	0.00	100.00	0.00	0.00	0.40	0.40	0.00	1.94
Moracuy	10.00	100.00	0.14	0.00	2.37	0.04	0.14	0.40
Aguacate ruble	20.00	100.0	0.00	0.00	28.00	0.00	0.00	18.30
Pistano de agua	100.0	80.00	0.07	0.41	28.00	0.00	3.73	110.80
					V.C. ALMORZO			1080.40
					% ALMORZO			85.30

CENA: Pesos de alimentos cotidianos e infusiones									
Proteína animal	150	40.0	5.15	0.50	41.75	32.85	0.54	167.04	195.35
Reserva de gordura	25.00	95.00	3.31	3.00	0.44	13.33	69.523	1.75	33.50
Leite evaporado	25.50	100.00	1.75	3.00	2.75	7.00	10.225	10.00	36.75
Carnes de res coz.	60.00	95.00	14.86	1.00	0.00	67.44	0.760	0.00	67.70
Costeletas de carne	40.00	97.00	0.30	0.00	3.33	1.90	0.4824	12.11	14.10
Arroz	5.00	60.00	0.20	0.00	1.20	0.90	0.398	4.90	6.00
Alcool vegetal	20.00	80.00	0.00	22.45	0.00	0.00	201.5	0.00	201.65
Al. colorado seco	0.00	60.00	0.24	0.27	3.00	0.00	2.0000	7.86	11.32
Sai	10.00	100.00	0.14	0.00	4.40	0.00	0.54	3.84	5.00
Açúcar refin.	10.00	100.00	0.00	0.00	34.41	0.00	0	107.62	137.62
							V.C. CENA		760.49
							% CUST.CENA		30.52
WCT (kg)		103.43	115.80	484.00					
WCT (total)		485.73	1838.81	1839.67	3428.41				
WCT (%)		13	30	67	190				
							WCT. MARG.		3428.41

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McHenry R. Cruz Gonzalez
MILWAUKEE
212-5113

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ALMORZO: Sopas de mariscos con ms + Postre/menú de pollo + arroz + refresco/frutas									
Cuanto de sea	60.00	70.00	8.00	1.20	0.00	37.78	91.98	0.00	43.22
Zapallo marino	40.00	47.00	7.00	0.04	0.20	0.00	0.74	4.81	0.00
Mariscos Frescos, Chi	40.00	57.00	8.25	0.18	0.34	0.00	1.04	25.29	30.00
Agrio	10.00	75.00	0.25	0.00	0.36	0.21	0.18	1.44	1
Peto	10.00	80.00	0.18	0.00	0.30	0.71	0.47	3.01	3.19
Col blanca	10.00	58.00	0.00	0.00	0.30	0.00	0.18	1.91	1.84
Mariscos variados	30.00	180.00	0.07	1.00	0.30	20.00	9.40	1.20	20.00
Hallitos frescos	25.00	35.00	0.00	0.07	2.27	0.00	0.00	0.07	33.64
Cuanto de pollo C	180.0	70.00	23.87	4.00	0.00	60.20	30.20	0.00	128.00
Cebolla trocitos	100.0	84.00	1.18	0.20	21.20	4.70	2.27	88.30	88.30
Mariscos Frescos, Chi	80.0	87.00	1.80	0.38	12.80	0.00	0.38	50.71	40.00
Hallitos frescos	80.0	35.00	1.18	0.08	3.72	4.70	0.70	10.80	10.80
Huacatay	1.00	54.00	0.00	0.00	0.04	0.11	0.04	0.17	0.30
Cilantro	16.00	57.00	0.18	0.07	0.40	0.20	0.07	1.80	3.00
Ajo	0.00	80.00	0.00	0.00	0.40	0.00	0.12	1.00	2.40
Acidito vegetal	20.00	180.00	0.00	20.00	0.00	0.00	220.00	0.00	120.00
Arroz Pilado a pa	150.0	180.00	12.00	0.78	176.70	40.20	0.78	400.00	522.70
Salado	0.00	180.00	0.20	0.18	0.00	0.00	1.70	0.00	2.70
Vegetal	0.00	180.00	0.00	0.00	0.20	0.00	0.40	1.00	1.40
Glutamate marino	0.10	180.00	0.00	0.00	0.10	0.07	0.00	0.07	0.00
Pimentón molida	0.20	180.00	0.01	0.01	0.10	0.00	0.11	0.00	0.04
Comino	0.20	180.00	0.01	0.00	0.10	0.00	0.00	0.00	0.00
Agriado vegetal	1.00	80.00	0.07	0.00	0.00	0.00	0.70	2.00	4.40
Sal	12.00	180.00	0.14	0.00	0.00	0.00	0.04	0.04	0.04
Cebolla picada	12.00	180.00	0.00	0.20	0.10	0.31	1.04	30.77	40.00
Limón	0.00	180.00	0.00	0.00	0.40	0.10	0.00	1.04	3.10
Asador salado	30.00	180.00	0.00	0.00	20.00	0.00	0.00	117.00	117.00
Almuerzo de pollo	180.0	80.00	2.20	0.40	81.20	0.00	4.00	124.00	137.50
V.O. ALMORZO									1490.20
S.O. ALMORZO									0.00

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Yonkers

Elle Givens & Co. Consultants
NAT RICHMOND
COAL 2001

25-06-27 JUNIO 2023 (MISORA)

ALIMENTO	g/g	convertido	PROT	GRASA	CHO	REQUISITOS MINIMOS			TOTAL
	kg	%	As (g)	kg	g	PROT	GRASA	CHO	
Cerdo de Pello E	100.0	70.00	14.43	2.53	0.30	57.68	23.80	0.00	80.38
Mate Fresco, Ch	100.0	87.00	1.84	0.46	15.85	7.52	4.10	53.30	75.01
Cerdo pello	90.00	100.00	14.93	15.00	1.80	58.00	138.00	8.80	177.00

382.97



Dr. Jairo A. Vica Benito
MISORA
C.N. 3000

ALIMENTO	g/g	convertido	PROT	GRASA	CHO	REQUISITOS MINIMOS			TOTAL
	kg	%	As (g)	kg	g	PROT	GRASA	CHO	
DESAYUNO: Mondongo + la italiana con arroz + Café y el pan									
Café con azúcar	4.00	100.00	0.21	0.00	0.00	0.00	0.04	0.00	0.21
Pan de habermas	50.0	100.00	3.80	0.09	21.54	11.53	0.01	85.16	89.49
Arroz rubio	70.00	100.00	0.00	0.00	24.50	0.00	0	98.50	89.50
Arroz Pello + p.	90.00	100.00	7.30	0.45	70.00	28.50	4.00	280.00	312.50
Agua	1.00	100.00	0.00	0.01	0.30	0.004	0.00	0.00	1.00
Mondongo de m	100.0	80.00	13.50	2.80	0.80	54.68	20.0	0.00	87.48
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	150.00
Sal	8.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	8.00
Orégano seco	1.00	85.00	0.01	0.00	0.10	0.00	0.04	0.00	0.48
Papa blanca	100.00	87.00	1.70	0.08	15.20	8.80	0.74	73.14	80.77
Costilla de cerdo	15.00	87.00	0.14	0.02	1.14	0.00	0.1800	4.54	5.29
Zanahoria	15.00	70.00	0.07	0.00	1.00	0.0044	0.00	4.30	5.19
Arvejas frescas g	20.00	84.00	0.77	0.00	2.00	3.07	0.5800	8.10	11.37
Aj colorado seco	1.00	100.00	0.07	0.00	0.00	0.00	0.00	0.00	0.00
V.C. DESAYUNO									806.19
% DISTR. DESAYUNO									27.79

ALMUERZO: Chorro con queso + Potaje, arroz, ensalada, refresco y fruta									
Cerdo pello	90.00	100.00	14.93	15.00	1.80	58.00	138.00	8.80	187.80
Mate Fresco, Ch	100.00	87.00	2.80	0.68	20.77	11.50	0.16	85.00	112.82
Cerdo de Pello E	100.0	70.00	14.43	4.00	0.00	50.20	36.20	0.00	106.68
Arroz Pello + p.	100	100.00	12.30	0.75	140.70	48.20	6.75	480.00	523.75
Agua	4.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	5.00
Arroz vegetal	20.00	80.00	0.00	15.00	0.00	0.00	140.00	0.00	144.00
Lechuga reducida	80.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Agua	4.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	5.00
Vino	7.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	7.00
Limón	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00
Verduras (2)	20	80.00	0.00	0.00	0.00	0.00	0.00	0.00	20.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	6.00
Aj colorado seco	4.00	90.00	0.10	0.00	1.00	0.00	1.0000	0.00	6.00
Tomate	20.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Comino	0.4	100	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Peperón molida	0.2	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mariachi	20.00	100.00	0.20	0.00	0.00	0.00	0.00	0.00	16.00
Arroz rubio	20.00	100.00	0.00	0.00	24.50	0.00	0.00	80.00	80.00
Limón	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Mariachi	100.0	85.00	1.70	0.08	15.20	8.80	0.74	73.14	80.77
V.C. ALMUERZO									1341.54
% DISTR. ALMUERZO									44.41

CENA: Papa refrita + arroz + ensalada + refresco									
Cerdo de Pello E	80.0	100.00	14.43	1.00	0.00	40	11.00	0.00	75.00
Arroz Pello + p.	80.0	100.00	7.30	0.45	70.00	28.50	4.00	280.00	313.80
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Agua	4.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Arroz de bon	0.00	80.00	0.00	1.00	0.00	0	10.00	0.00	14.00
Huevo de gallina	15.00	90.00	1.00	1.00	0.00	0.00	11.11	0.00	20.11
Lechuga reducida	10.00	100.00	0.00	0.00	1.00	0.00	0.00	0.00	14.00
Zanahoria	15.00	70.00	0.07	0.00	1.00	0.0044	0.00	4.30	5.19
Arvejas frescas	20.00	84.00	0.77	0.00	2.00	3.07	0.5800	8.10	11.37
Papa Blanca	100.00	87.00	2.80	0.12	27.40	10.00	1.11	100.70	121.60
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	5.00
Limón	20.00	90.00	0.20	0.00	1.00	0.00	0.00	0.00	5.00
Paraj	10.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	2.00
Costilla de cerdo	60.00	87.00	0.14	0.00	4.04	0.00	0.00	19.17	21.90
Aj colorado seco	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	11.00
Huevo	2.00	84.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubio	20.00	100.00	0.00	0.00	24.50	0	0.00	117.00	117.00
V.C. CENA									840.30
% DISTR. CENA									28
V.C. TOTAL									
V.C. (DISTR.)			144.88	30.16	200.00				
V.C. (DISTR.)			870.70	201.40	1000.00				
V.C. (DISTR.)			15.00	30.00	60.00				
V.C. T. MISURA									2001.00



Dr. Jairo A. Vica Benito
MISORA
C.N. 3000

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MISORA
C.N. 3000

Dr. Jairo A. Vica Benito
MISORA
C.N. 3000

Lic. Joseph W. Vice, Sheriff
Harrisburg, PA
P. O. 3300

[illegible]


 Nancy Gladys Sales Martinez
 DNI: 292865123
 NE PRECISECART

Lic. Glenn Cruz Gonzalez
NUTRICIONISTA
CNP 5152



ALIMENTO	gr/m ²	concentro %	PROT Ar. kg	GRASA kg	CHO kg	+ 100 g de proteína por kg de alimento			TOTAL
						PROT	GRASA	CHO	
DESAYUNO: Almaco de coliflor, arroz + lechuga + 81 g de									
lechuga	1.50	34.00	0.00	0.00	0.00	0.40	0.079	0.00	0.48
Arroz blanco	15.00	100.00	0.00	0.00	14.75	0.00	0	0.00	14.75
Alm. de coliflor	30.00	100.00	2.00	0.00	21.04	11.52	0.61	0.00	32.57
Queso parmesano	30.00	100.00	0.40	0.00	0.98	33.50	01.00	0.00	34.48
Leche evaporada	20.00	100.00	1.40	1.00	2.18	0.00	14.58	0.75	16.43
Mantequilla de palma	20.00	99.00	2.60	1.60	0.00	19.50	14.00	1.41	34.91
Papa blanca	100.00	92.00	1.70	0.00	18.20	0.00	0.70	73.14	91.94
Coliflor	100.00	91.00	1.00	0.00	13.01	0.00	0.00	52.00	66.01
Arroz Pardo o rojo	30.00	100.00	7.30	0.40	70.00	20.00	0.00	200.00	317.70
Aj. colorado seco	0.00	00.00	0.00	0.00	0.00	0.10	0.2000	0.00	0.30
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Ajo	0.00	00.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Acorn vegetal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coliflor de cabeza	10.00	87.00	0.10	0.00	1.14	0.00	0.00	0.00	1.24
						V.C. DESAYUNO			588.71
						4.0000 DESAYUNO			23.43

[illegible]

CENA: Lente salada + arroz + infusão									
Carne de res	90,0	100,00	15,38	0,00	0,00	81	20,89	0,00	88,33
Peixe branco	100,0	80,00	1,73	0,08	18,29	8,99	0,74	75,14	88,77
Tomate	10,00	08,00	0,08	0,02	0,43	0,30	0,19	1,78	2,20
Costela de vaca	40,00	57,00	0,38	0,05	2,03	1,96	0,48	12,17	14,10
Arroz Polido o/g	90,0	100,00	7,38	0,40	75,00	29,30	4,84	280,08	313,88
Sal	0,50	94,00	0,00	0,00	0,08	2,78	0,28	0,04	0,29
Açúcar vegetal	80,00	100,00	0,00	38,00	0,00	0,00	278,00	0,00	278,00
Alho	0,08	98,30	0,18	0,02	0,88	0,68	0,21	0,58	4,70
Cominho	0,08	100	0,01	0,00	0,90	0,00	0,00	0,68	0,67
Pimenta malica	0,02	100	0,02	0,00	0,13	0,00	0,14	0,01	0,12
Sal	15,00	190,00	0,18	0,08	1,20	0,12	0,88	4,60	0,30
Feijão	1,00	54,00	0,00	0,01	0,59	0,18	0,07	0,33	0,40
Alface rubra	10,00	100,00	0,00	0,00	14,70	0,00	0,00	18,88	58,58
						V.O. CENA			882,78
						% sobre CENA			34,38
VOT (kg)			118,34	90,81	232,38				
VOT (Real)			474,18	810,80	212,64				
VOT (ml)			13,87	23,81	81,82				
					V.O.T. MENS				1000




Lic. Glenn J. Cruz Gonzalez
NUTRICIONISTA
CMI-0133

24-25-26 JUNIO 2023

ALIMENTO	precio \$B	cantidad %	PRECIO An 190	GRASA \$B	CERO \$B	MATERIA PRIMA EQUIVALENTE			TOTAL \$B
						PROTE	GRASA	CERO	
DESAYUNO: Mermosa de pollo +arroz + ensalada + 01 pan + infusion									
Carné de Pollo C	100.00	75.00	19.45	2.75	0.00	62	24.30	0.00	86.10
Arroz Pilado o pa	50.0	100.00	7.33	0.48	75.00	29.52	4.05	200.00	323.65
Sal	10.00	100.00	0.12	0.08	0.00	0.48	0.40	0.00	4.23
Acetito vegetal	20.00	80.00	0.00	16.00	0.00	0.00	144.00	0.00	144.00
Yogurt	2.00	100.00	0.00	0.00	0.100	0.00	0.18	0.40	0.58
Pan tipo mullido	15.00	100.00	1.50	0.20	0.20	4.40	2.50	33.00	39.50
Plátano macho	1	100	0.08	0.08	0.04	0.34	0.73	2.54	3.69
Cilantro	2	100	0.05	0.00	1.50	0.00	0.04	0.35	4.21
Ajo	2.00	80.00	0.00	0.01	0.40	0.00	0.12	1.44	2.40
Aj colorado seco	4.00	80.00	0.10	0.21	1.00	0.78	1.81	0.20	3.89
Cebolla de cebolla	30	87.00	0.35	0.04	2.27	1.10	0.08	0.00	30.87
Huevo de gallina	15.00	80.00	1.00	1.25	0.20	1.00	11.11	0.00	20.11
Pomelada sal	50.0	80.0	0.00	0.04	3.00	2.70	0.00	15.30	18.30
Zanahoria	50.00	70.00	0.14	0.12	2.18	0.57	1.01	0.12	30.00
Azúcar rubia	10.00	100.00	0.00	0.00	0.00	0.00	0.00	20.32	20.32
Pan de lechena	50.00	100.00	0.00	0.00	21.04	11.50	0.01	80.10	92.49
V.C. DESAYUNO									897.27
N. COSTO DESAYUNO									27.46

ALMUERZO: Sopa de lenteja con pollo + arroz de carne + arroz + infusico + fruta									
Carné de Pollo C	50.0	85.00	0.76	1.53	0.00	35.52	15.77	0.00	48.79
Legajo mero	70.00	47.00	0.10	0.00	0.00	0.30	0.20	0.01	4.20
Ajo	0.00	75.00	0.00	0.01	0.00	0.10	0.08	0.00	1.07
Papa	0.00	85.00	0.11	0.00	0.00	0.40	0.20	1.00	1.80
Nabo	0.00	80.00	0.00	0.01	0.14	0.10	0.07	0.07	0.30
Infusio fresca	30.00	36.00	0.70	0.00	1.00	3.10	0.00	7.20	10.80
Zanahoria	30.00	70.00	0.00	0.00	1.45	0.00	0.71	0.01	6.80
Sémola de Trigo	20.00	80.00	4.60	2.54	10.78	10.50	20.67	01.11	60.51
Papa blanca	80.0	80.00	1.30	0.07	14.60	5.21	0.00	50.52	64.60
Carné de res	100.0	80.00	20.11	1.04	0.00	104.40	35.50	0.00	139.90
Arroz Pilado o pa	100.00	100.00	12.30	0.70	110.70	49.20	0.70	400.00	572.70
Acetito vegetal	30.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Espresso negro	30.00	80.00	0.40	0.10	0.00	1.00	1.00	0.00	0.01
Cilantro	30.00	57.00	0.00	0.00	1.30	2.20	2.00	0.70	0.00
Zanahoria	30.00	70.00	0.10	0.10	1.80	0.40	0.00	7.07	0.00
Aj verde (2)	4.10	87.00	0.00	0.00	0.04	0.07	0.00	1.00	1.00
Sal	0.00	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Ajo	1.00	80.00	0.04	0.01	0.00	0.10	0.00	0.00	0.00
Papa blanca	80.0	80.00	1.30	0.07	14.60	5.21	0.00	50.52	64.60
Cebolla con carne	0.00	100.00	0.40	0.10	0.00	0.00	0.07	1.00	1.00
Limon	4.00	100.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00
Arroz fresco (	10.00	84.00	0.00	0.00	1.50	2.00	0.40	0.00	0.00
Azúcar rubia	10.00	100.00	0.00	0.00	14.70	0.00	0.00	50.00	50.00
Plátano de seda	150.0	84.00	1.30	0.00	18.27	0.00	2.30	70.00	80.00
						V.C. ALMUERZO			1208.70
						% COSTO ALMUERZO			40.00

CENA: Mermosa de res + arroz + infusion									
Carné de res pa	30.00	100.00	0.30	0.40	0.00	20.00	4.37	0.00	29.00
Acetito vegetal	20.00	100.00	0.00	30.00	0.00	0.00	180.00	0.00	180.00
Cilantro seco	1.00	80.00	0.00	0.00	0.11	0.00	0.00	0.00	0.00
Papa blanca	100.00	80.00	2.60	0.10	20.40	10.71	1.10	113.70	130.00
Cebolla de cebolla	30.00	87.00	0.30	0.04	2.27	1.10	0.00	0.00	30.57
Zanahoria	30.00	70.00	0.10	0.14	2.54	0.00	1.00	10.10	12.00
Yogurt	20.00	80.00	0.00	0.00	1.00	0.70	0.40	4.00	5.00
Arroz fresco (	20.00	84.00	0.00	0.00	2.54	2.60	0.70	10.10	10.70
Aj colorado seco	2.00	80.00	0.10	0.11	0.00	0.00	0.00	0.00	0.00
Cilantro	3.00	57.00	0.00	0.01	0.00	0.10	0.10	0.00	0.00
Arroz Pilado o pa	60	100.00	7.30	0.40	75.00	29.52	4.05	200.00	313.65
Ajo	3.00	80.00	0.00	0.01	0.40	0.00	0.10	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Hortisa	4.00	87.00	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Azúcar rubia	20.00	100.00	0.00	0.00	24.00	0.00	0.00	0.00	0.00
						V.C. CENA			884.77
						% COSTO CENA			27.4
VCT (BOL)			100.00	70.00	400.11				
VCT (BOL)			400.00	400.00	1000.00				
VCT (BOL)			10	20	50				
						V.C.T. MENS			1040.00



 Lic. Jovanka M. Linares Benítez
 M. C. 10000000
 10/06/2023


 Lic. Jovanka M. Linares Benítez
 CMI, 1000000000
 REPRESENTANTE


 Lic. Gloria R. Cruz González
 MATHREOLOGISTA
 CMI, 10000000

30-Jun-18



Javier M. Vilca Sandoval
 ALTO HUANUCO
 C.P. 3300

ALIMENTO	g/kg kg	cantidad %	precio en soles	CENSA kg	CBO kg	COLUMBIANIZADO			TOTAL PAGO
						PRECIO	GRASAS	CBO	
DESAYUNO: Gase de fideos con resacas + la y pan									
Te en arroz	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Arroz cuba	15.00	100.00	0.00	0.00	14.75	0.00	0	0.00	14.75
Pan de habonera	30.0	100.00	2.88	0.00	21.54	11.52	0.01	0.00	33.07
Fideos	80.00	100.00	7.52	0.10	62.50	30.00	1.40	250.04	287.76
Arroz Pilado o pa	80.00	100.00	7.38	0.40	70.00	30.00	4.00	260.00	311.40
Ajo	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Papa blanca	100.0	100.00	1.10	0.10	22.00	0.40	0.00	0.00	23.50
Carne de res ped	80.00	70.00	1.44	0.00	0.00	30.00	0.00	0.00	30.00
Cebolla de cabes	10.00	87.00	0.14	0.00	1.74	0.00	0.00	0.00	1.74
Sal	0.00	100.0	0.10	0.04	0.00	0.00	0.00	0.00	0.10
Peru	3.20	100.00	0.10	0.00	0.01	0.01	0.00	0.00	0.02
Arroz fresco f	10.00	54.00	0.00	0.00	1.50	2.30	0.44	0.00	4.24
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.00	0.00	1.40
Al refrito arroz	3.00	80.00	0.14	0.10	1.00	0.00	1.40	0.00	2.54
V.C. DESAYUNO									1084.71
% DISTR. DESAYUNO									21.27

ALMORZO: Gase de chicharon arroz con pollo ensalada refresco fruta									
Carne de res ped	80.00	70.00	1.44	0.00	0.00	30.00	0.00	0.00	30.00
Arroz cuba	15.00	100.00	0.30	0.00	3.40	1.40	0	13.72	18.52
Arroz fresco	40.00	47.00	0.10	0.04	1.00	0.00	0.00	0.00	1.14
Ajo	4.10	70.00	0.00	0.01	0.10	0.00	0.00	0.00	0.11
Pan	3.00	80.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa blanca	100.00	80.00	1.10	0.00	18.20	0.00	0.00	0.00	19.30
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.00	0.00	1.40
Arroz fresco	30.00	30.00	0.00	0.00	2.00	0.00	0.00	0.00	2.00
Al verde (2)	5.00	87.00	0.00	0.00	0.40	0.00	0.00	0.00	0.40
Arroz Pilado o pa	80.00	100.00	10.40	1.00	150.00	60.00	0	630.40	840.80
Carne de pollo es	100.00	85.00	28.00	0.00	0.00	1.70	44.00	0.00	45.70
Arroz fresco	30.00	54.00	1.34	0.11	3.00	0.00	1.00	14.21	18.55
Arroz	30.00	87.00	0.00	0.10	0.00	1.00	1.00	0.00	2.00
Arroz (2)	30.00	81.00	0.00	0.00	2.00	0.00	0.00	0.00	2.00
Arroz fresco	20.00	87.00	0.04	0.17	0.00	2.17	1.00	0.00	3.17
Zanahoria	30.00	70.00	0.14	0.10	2.10	0.00	1.00	0.00	3.24
Al verde (2)	1.00	87.00	0.00	0.00	0.40	0.00	0.00	0.00	0.40
Papa	10.00	80.00	0.10	0.04	0.00	0.00	0.00	0.00	0.14
Ajo	4.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Arroz vegetal	20.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glutenoso arroz	0.00	100.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Arroz	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	80.00	1.00	0.10	21.40	0	2.70	0.00	24.10
Arroz cuba	20.00	100.00	0.00	0.00	10.00	0	0.00	0.00	10.00
Cebolla con chis	0.00	100.00	0.00	0.10	0.00	1.00	1.00	0.00	2.00
Arroz	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. ALMORZO									1440.00
% DISTR. ALMORZO									40.80

CENA: Pollo trigo, arroz, ensalada + refresco									
Carne de Pollo	100.0	80.00	17.21	0.00	0.00	70.00	27.04	0.00	97.04
Arroz Pilado o pa	80.00	100.00	7.38	0.40	70.00	20.00	4.00	280.00	311.40
Papa blanca	100.0	87.00	1.10	0.00	10.40	7.31	0.00	77.00	88.51
Ajo	2.00	80.00	0.00	0.01	0.40	0.00	0.00	0.00	0.41
Sal	7.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	20.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de cabes	20.00	87.00	0.20	0.00	1.80	0.00	0.00	0.00	1.80
Tomate	10.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Lechuga redonda	60.00	50.0	0.00	0.00	0.00	1.00	0.00	0.00	1.00
Peru	4.00	80.00	0.10	0.01	0.10	0.00	0.00	0.00	0.11
Al refrito arroz	1.00	80.00	0.00	0.00	0.40	0.00	0.00	0.00	0.40
Arroz	0.00	54.00	0.10	0.04	0.00	0.00	0.00	0.00	0.14
Arroz cuba	30.00	100.00	0.00	0.00	20.00	0.00	0.00	100.00	120.00
V.C. CENA									888.34
% DISTR. CENA									24.24
WCT (kg)									
			114.00	70.00	60.00				
			440.40	440.00	211.4				
			14	10	60				
			25.5 V.C.T. HUANUCO						3273.00

Pony
 PONY
 CNA 210243203
 REPRESENTANTE

Lic. Gladys R. Cruz Gonzales
 HUANUCO
 CNA 0101

DIETA:DIABETES MELLITUS - POBLACION PENAL - MES DE JUNIO 2018

viernes, 01 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA,ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
domingo, 03 de junio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + HUEVO SANCOCHADO
lunes, 04 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VAMITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 06 de junio de 2018	TÉ + 02 PANES + ATUN	HERO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
jueves, 07 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
viernes, 08 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACILGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 09 de junio de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CAGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
domingo, 10 de junio de 2018	CEBADA CON LECHE+ 02 PANES+ JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
lunes, 11 de junio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
martes, 12 de junio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 13 de junio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
jueves, 14 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
viernes, 15 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
sábado, 16 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
domingo, 17 de junio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
lunes, 18 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUANFANITA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARELO CON POLLO + INFUSION
martes, 19 de junio de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 20 de junio de 2018	TÉ + 02 PANES + ATUN	AL DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACNEIRA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
viernes, 22 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
domingo, 24 de junio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCABECHE DE POLLO A LA LUBERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
lunes, 25 de junio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAMITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 26 de junio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 27 de junio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
viernes, 29 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
sábado, 30 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO



[Signature]
Lic. Juan Carlos Viquez Becerra
 INPE
 P. 1923

[Signature]
Lic. Gloria Cruz Jimenez
 NUTRICIONISTA
 CNR, 5705

[Signature]
Singh Chandra
 DRG 2018-0001-0000
 PRINCIPAL

DIETA: DIABETES MELLITUS

023

viernes, 01 de junio de 2018

ALIMENTO	grper	comestib le	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mortadela									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

430.37

26.39

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	156.40	176.10
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.56
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	100.0	85.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	66.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de ca	5.00	85.00	0.06	0.01	0.48	0.24	0.0765	1.92	2.24
Pimienta ent	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kiñu	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	613.46
								% Dist	37.62

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado	90.0	100.00	7.38	0.48	70.02	30	4.05	280.08	313.65
Ancejas frece	50.00	54.00	1.82	0.18	5.08	8	1.48	20.30	28.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.82	83.73
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4808	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Herbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	686.66
								%DIST. D	35.99
			73.68	21.99	262.01				
			294.71	287.93	1048.04				
			18.1	17.7	64.3				
					100.00		V.C.T. MENU		1630.68



Lia Glezay
NUTRICIONISTA
CNP 3123

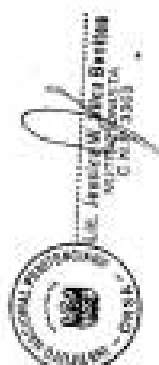
May Glezay
CNP 3123

DIETA: DIABETES MELLITUS

122

sábado, 02 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	20.00	64.00	0.05	0.03	1.25	0	0.23	5.02	5.45
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebran	60.00	100.00	5.75	0.16	43.08	23	1.62	172.32	196.96
									474.56
									21.87
Almuerzo:	Guiso de arvejita , arroz ,fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.76	0.00	82.24
Arvejita parida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado cocido	150.0	100.00	12.30	0.75	116.70	49.20	6.75	468.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	138.00	0.00	138.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lecuga roja	80.00	60.00	0.62	0.10	1.01	2	0.88	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de caudex	80.00	67.00	2.80	0.11	6.08	11.20	0.98	24.23	36.39
Aji colorado seco	3.00	52.00	0.11	0.12	0.52	0.44	1.10	3.88	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1299.65
								%DIST. D	59.90
CENA:	Caldillo de huevos								
Huevo de gallina	20.00	98.00	2.85	1.65	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.06	31.28	15	0.72	125.12	140.88
Zapallo macre	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	80.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	395.43
								%DIST CENA	18.23
			69.61	57.47	343.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00		VCT MENU		2169.64

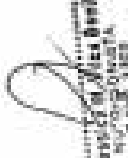


Lic. Glennys Cruz Guadalupe
M.N.C. 5153

Lic. Yany Gloriana Guadalupe
M.N.C. 5153

domingo, 03 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	8.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.53	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.43
								%DIST. D	25.72
Almuerzo: Pollo al horno , arroz ,ensalada. + fruta y refresco									
Carne de Pollo	160.00	95.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.46	52	7.20	497.52	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acido vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Peperoncillo	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.06
Aji colorado s	8.00	98.0	0.55	0.51	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga roja	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Sillas	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.76
Peperoncillo o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.64
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	36.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	56.58	64.01
								VC ALMU	1171.00
									62.68
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.46	4.23	80.44
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	216.83
								%DIST. D	11.61
			83.46	44.65	283.13				
			333.86	401.87	1132.54				
			17.87	21.51	60.62				
					100.00			VCT	1868.27


 Lic. Josefa María Benítez
 Nutricionista
 C.O.P.N. 3488

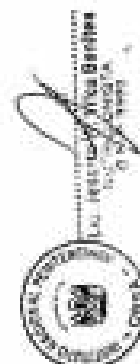


 Lic. Elena R. Cruz Gonzales
 Nutricionista
 C.O.P.N. 5153


 Lic. Elizabeth Ramirez
 Nutricionista
 C.O.P.N. 5153

lunes, 04 de junio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote moro	100.0	96.00	1.34	0.29	24.67	5	2.59	98.69	106.66
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.78	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.86
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.69	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetia vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	81.00	3.06	0.36	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	82.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.86	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	65.36	78.71
					V.C. ALMUERZO				1180.13
					% DISTR. ALMUERZO				54.70
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	98.00	3.31	2.08	0.44	13	18.52	1.76	33.62
Salchicha hot	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	45.00	83.00	0.66	0.19	2.86	2	1.68	11.50	15.43
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.65
								VC DES.	656.78
								%DIST. D	30.44
			62.94	60.85	339.55				
			251.78	547.66	1358.20				
			11.67	25.38	62.95				
					100.00			VCT	2157.64



[Signature]
Lic. Gladys Cruz Arredondo
NUTRICIONISTA
CRP 1591

[Signature]
Ledy Gladys Cruz Arredondo
DNI: 282786143
representante

martes, 05 de junio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + mortadela								
Cebada harina	38.00	100.00	6.68	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	35.00	100.00	3.43	8.80	3.29	13.72	82.055	13.16	88.94
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	414.46
								%DIST. D	25.31
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Pepinillo o Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.66
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.08	0.96	1	0.54	3.94	5.05
Lechuga redol	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.66	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	925.88
								%DIST. D	56.54
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									18.15
			79.77	20.76	282.94				
			319.16	106.82	1131.74				
			19.5	11.4	69.1				
					100.00				1637.66


 Lic. Gloria E. Cruz
 Nutricionista
 C.R. 114


 MINISTERIO DE SALUD
 DIRECCION GENERAL DE ATENCION PRIMARIA
 UNIDAD DE ATENCION PRIMARIA


 Lic. Gloria E. Cruz
 Nutricionista
 C.R. 114

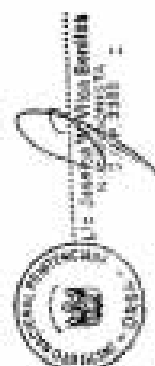

 Lic. Gloria E. Cruz
 Nutricionista
 C.R. 114

miércoles, 06 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.23	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.56
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de libran	65.00	100.0	8.24	0.20	46.67	24.98	1.755	186.68	213.40
Grated de Sar	30.00	100.00	5.72	2.70	0.90	27	24.30	1.20	52.38
									370.15
									16.73
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	96.80
Arroz Pilado o	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macra	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco	40.00	80.00	1.08	0.26	8.90	4	2.30	35.58	42.11
Huacalay	8.00	100.00	0.40	0.06	0.64	2	0.88	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.89
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.83
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
							VC DES.		1083.74
							% DIS ALM.		49.45
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	63	24.30	0.00	86.10
Fideos	60.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Cebolla de ca	60.0	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		747.95
							%DIST. D		33.82
			76.88	40.86	384.13				
			307.53	367.77	1536.53				
			13.0	16.6	69.5				
					100.00		V.C.T. MENU		2211.84

Dr. Gloria A. Cruz Barrios
NUTRICIONISTA
CNR 5154

Dr. Gloria A. Cruz Barrios
NUTRICIONISTA
CNR 5154



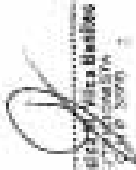
44


 L. J. ...
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Louis

viernes, 08 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.68
								VC DES.	416.28
								%DIST. D	18.36
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.68	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.98	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	56.87
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	43	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.85
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aj colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
								%DIST. D	24.77
			77.72	46.00	377.39				
			310.89	414.03	1509.54				
			13.91	18.53	67.56				
					100.00				
								VCT	2234.46


 Alicia Medina
 Dietista
 C.O.P. 1000

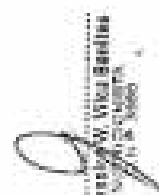

 SOCIEDAD NACIONAL DE DIETISTAS


 David Oscar González
 NUTRICIONISTA
 C.N.P. 5153


 Ruth Leticia Sánchez Ramírez
 D.N.P. 26941-023
 COPISTAS

sábado, 09 de junio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + huevo sancochado									
Harina de soya	25.00	100.00	2.15	1.53	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.83	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									375.28
								%DIST. D	24.14
ALMUERZO: Calgua refina, arroz , refresco y fruta									
Carné de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.60	0.13	28.43	11	1.15	113.73	125.58
Cebolla de cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Sema	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ajil colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Acéite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	79.00	0.18	0.16	2.91	1	1.42	11.63	13.81
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Vainitas (2)	40.00	91.00	0.87	0.11	2.85	3.49	0.8828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1177.13
					% DISTR. ALMUERZO				56.85
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	8.82	1.81	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.84	0.12	46.82	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acéite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	25.02
			71.59	52.31	326.33				
			286.36	470.78	1313.33				
			13.83	22.74	63.43				
					100.00			VCT	2070.46


 Dr. José W. Viera Saelens
 Médico Generalista
 C.R. 11-0000000000-0



 La información es confidencial
 Nutricionista
 C.R. 11-0000000000-0



domingo, 10 de junio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.57	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.85	1.20	99.89
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	23.11
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carnes de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	18.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceto vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.06
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	40.00	62.00	1.76	0.15	4.66	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de cal	80.00	67.00	0.75	0.11	6.08	3	0.96	24.23	28.19
Lchuga redon	100.00	50.00	0.65	0.10	1.05	3	0.60	4.20	7.70
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1421.85
								%DIST. D	67.69
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	9.80
			83.44	62.51	305.76				
			333.75	562.61	1223.03				
			15.7	26.5	57.7				
					100.00			VCT	2119.39


 Ana María Vela Bertrán
 Dietista
 C.O.P. 0000



 Dietista
 C.O.P. 0000


 Dietista
 C.O.P. 0000

13


 J. EDGAR HOOVER
 DIRECTOR

ONE INCLUDES
REPRESENTATIVE



martes, 12 de junio de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + queso de chanco									
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.88
								VC DES.	375.44
								%DIST. D	23.48
Almuerzo: Pescado al horno, ensalada, arroz, refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.30	0.09	1.94	1	0.81	7.74	9.89
Pepinillo o Pa	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lchuga redon	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.87	0.14	7.86	4	1.25	31.46	36.81
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Porrojl	5.15	50.00	0.12	0.02	0.17	0	0.16	0.57	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.83
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	96.49
Leche evapori	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									17.69
			83.25	18.68	275.79				
			333.02	162.69	1103.16				
			20.83	10.18	69.00				
					100.00			VCT MEN	1598.87

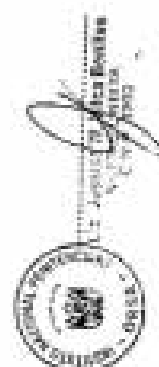


[Signature]
 Lic. [Name]
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 DNE: 280245023
 REPRESENTANTE

miércoles, 13 de junio de 2018

ALIMENTO	griper	comestib la	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancocado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									282.91
									12.31
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	8.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	180.00	98.00	1.79	0.29	16.0	7	2.65	64.09	73.79
									VC DES.
									1234.78
									%DIST. D
									53.75
CENA: Guiso de pollo con verduras ,arroz,infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.88
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	81.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.08	1.38	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA
									779.79
									% DIST.CENA
									33.94
	VCT (Gr.)		90.77	34.45	408.08				
	VCT (kcal.)		383.88	319.65	1624.35				
	VCT (%)		16	13	71				
					100.00				
									V.C.T. MENU
									2297.48



[Signature]
 Yany G. Soto Sotomayor
 DNI: 25095323
 REPRESENTANTE

jueves, 14 de junio de 2018

ALIMENTO	gr/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.80	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
									549.45
									28.41
ALMUERZO: Pollo dorado, arroz, ensalada, fruta y refresco									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Came de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acido vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	98.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	80.00	99.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redol	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC ALMU	1197.35
									61.92
CENA: Infusion + 91 pan + jamonada									
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.48
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	186.99
								%DIST. D	9.67
			80.57	44.08	303.70				
			322.28	396.71	1214.81				
			16.7	20.5	62.8				
					100.00			VCT	1933.80



Lic. Wendy Cruz Guzman
NUTRICIONISTA
CMT. 5152

Wendy Cruz Guzman
DNI: 280294023
REPRESENTANTE

DIETA: DIABETES MELLITUS

109

viernes, 15 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Semola de Tr	35.00	100.00	5.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

416.28

22.71

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	78.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79

VC DES. 952.16

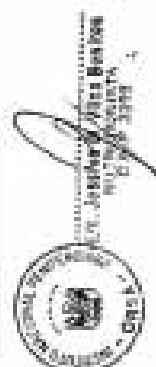
%DIST. D 52.72

CENA: Pollo sancochado, arroz, ensalada + infusion									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Zanahoria	40.00	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.36	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79

VC DES. 443.80

%DIS ALM 24.57

			77.86	28.44	309.79				
			311.45	255.98	1238.80				
			17.2	14.2	66.6				
					100.00				
								VCT	1806.23



[Handwritten signature]
 JESSICA BARRERA
 DIETISTA
 HOSPITAL GENERAL DE LA UNIVERSIDAD DE CHILE

[Handwritten signature]
 JESSICA BARRERA
 DIETISTA
 HOSPITAL GENERAL DE LA UNIVERSIDAD DE CHILE

sábado, 16 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrán	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									447.02
									19.91
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	9.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ají colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				57.25
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.69	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DIST. D	22.84
			58.61	69.17	347.02				
			234.45	622.55	1388.09				
			10.44	27.73	61.83				
					100.00			VCT	2245.09

Dr. Jairo A. Jara Barrios
C.O.P. 3336

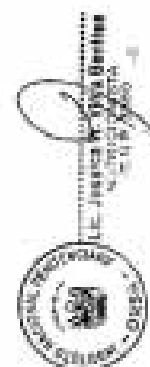


Dr. Jairo A. Jara Barrios
C.O.P. 3336

Dr. Jairo A. Jara Barrios
C.O.P. 3336

domingo, 17 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de choncho									
Cebada harina	30.00	100.00	8.84	0.89	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de choncho	30.00	100.00	8.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	24.32
ALMUERZO: Arroz chaufa con pollo, refresco y fruta									
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "hot"	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Arroz Pilado cocido	180.00	100.00	14.76	0.90	140.04	59	6.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	6.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1310.90
								% DIS ALM.	68.35
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	184.22
								%DIST. D	9.32
			84.61	64.79	263.53				
			338.43	583.13	1054.13				
			17.13	29.52	53.36				
					100.00			VCT	1975.68



Lic. Gildardo J. Torres Hernández
Nutricionista
CNR U/33

Lic. Gildardo J. Torres Hernández
CNR U/33
REPÚBLICA VENEZUELA

lunes, 18 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote moro	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.80
Pan de lebrán	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	306.48
								%DIST. D	14.54
ALMUERZO: Chantafrita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	88.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de col	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.08
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1171.90
					% DISTR. ALMUERZO				55.59
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carné de Pollo	100.00	85.00	17.81	3.08	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de col	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.08	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
patillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									629.60
									29.87
			75.86	48.28	342.51				
			303.43	434.53	1378.02				
			14.39	20.61	64.89				
					100.00			VCT MEN	2107.98


 Lic. Jessica M. Alia Ballester
 nutricionista
 C.N.P. 5103



 Lic. Gladys M. Cruz Guadalupe
 nutricionista
 C.N.P. 5103


 Lic. Gladys M. Cruz Guadalupe
 nutricionista
 C.N.P. 5103

martes, 19 de junio de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	381.05
								%DIST. D	23.75
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.38	0.09	1.84	1	0.81	7.74	9.99
Peperillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Lechuga redon	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	88.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cal	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Porrojl	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.62
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.95	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.84	11.52	0.81	88.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	282.86
								%DIST. D	17.63
			77.34	13.30	293.85				
			369.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1604.48
					100.00				

Dr. Víctor Wila Sandoval
Nutricionista
Código 3300

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Fecha

Dr. Víctor Wila Sandoval
Nutricionista
Código 3300

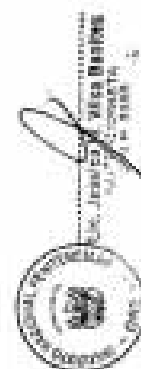
Dr. Víctor Wila Sandoval
Nutricionista
Código 3300

miércoles, 20 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									14.49

ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	10.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.89	0.16	9.21	4	1.48	36.85	42.28
Malz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacabey	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	88.00	3.07	0.22	7.04	12	1.98	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	80.00	1.76	0.29	18.0	7	2.65	64.00	73.79
							VC DES.		1105.87
							% DIS ALM.		54.75

CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Arvejas frescas	40.00	54.00	1.63	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	78.00	0.21	0.18	3.27	1	1.60	13.08	15.64
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.20	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		621.11
							%DIST. D		30.75
			75.32	27.60	387.50				
			301.27	248.44	1470.91				
			14.9	12.3	72.8				
					100.00		V.C.T. MENU		2019.72



[Signature]
 Dr. Gloria Cruz González
 MSc. CRONISTA
 CUP 9158

[Signature]
 Tony Glaser Salas Rumbert
 DNI: 20290021
 REPRESENTANTE

jueves, 21 de junio de 2018

ALIMENTO	gr/per	comestib	le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU	
DESAYUNO:	Avena con leche , pan , queso									
Avena, hojuela	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30	
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38	
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57	
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05	
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56	
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	156.98	
										518.84
										24.44
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta									
Carne de Cerdo	150.00	88.00	10.01	19.93	0.00	76	179.39	0.00	255.42	
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84	
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79	
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00	
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05	
Ajil colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73	
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75	
Papinillo o Pol	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72	
Tomate	50.00	79.00	0.32	0.06	1.70	1	0.71	6.79	8.77	
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57	
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24	
Ajil verde (2)	2.00	100.00	0.08	0.02	0.25	0	0.14	0.99	1.34	
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.66	64.08	73.79	
Cominos	0.2	100.00	0.01	0.00	0.18	0	0.00	0.64	0.67	
										1298.68
									% DIS ALM.	61.18
CENA:	Infusion + 81 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.68	5.04	
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10	
Pan de labran	35.00	100.00	3.36	0.11	26.13	13	0.95	100.52	114.91	
								VC DES.	305.84	
								%DIST. D	14.37	
			64.81	83.44	278.10					
			259.34	750.93	1112.40					
			12.2	35.4	52.4					
					100.00			VCT	2122.57	

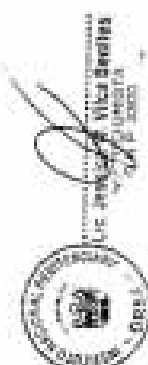


[Signature]
 Lic. Glorimar Díaz González
 NUTRICIONISTA
 CNP: 5153

[Signature]
 Rony Glorimar Salas Ramírez
 DNI: 25096623
 REPRESENTANTE

viernes, 22 de junio de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	410.28
								%DIST. D	23.68
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	80.00	92.00	14.57	3.48	0.00	58	31.13	0.00	89.42
Arroz Pilado d	70.00	100.00	5.74	0.35	54.48	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	100.0	88.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.28	1.56	3	2.60	6.23	11.77
Espinaca negr	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.35
								%DIST. D	43.96
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomato	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cat	80.00	57.00	0.84	0.09	5.15	3	0.82	20.61	23.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado si	5.00	68.0	0.24	0.27	2.00	1	2.38	7.98	11.32
									561.48
								%DIST. D	32.38
			65.78	50.76	253.54				
			263.11	458.84	1014.15				
			15.17	26.34	58.48	100			
					100.00			VCT	1734.11



Dr. Carlos R. Cruz Garmier
NUTRIONISTA
CNP. 5153

Dr. Carlos R. Cruz Garmier
NUTRIONISTA
CNP. 5153
REPRESENTANTE

DIETA: DIABETES MELLITUS

101

sábado, 23 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	84.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	85.00	0.00	0.00	0.18	0	0.02	0.66	0.69
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Margarina veg	25.00	100.00	0.15	20.60	0.00	1	184.50	0.00	185.10
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									487.58
									21.67
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	6.79
Calgua Soma	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				56.23
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.67
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.15	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. D	22.10
			58.39	82.47	362.58				
			237.56	562.25	1459.32				
			10.56	24.99	64.45				
					100.00			VCT	2250.13



Lic. Glorina Cruz Gonzales
NUTRICIONISTA
CNP 5193

Vany Cruz Salas
DNI: 210156121
RESPONSABLE

domingo, 24 de junio de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	5.21	80.88	109.66
Leche evapora	70.00	100.00	4.80	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	506.09
								%DIST. D	25.44
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Acortunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.51	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	82.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	8.08	3	0.96	24.23	28.19
Plátano de se	150.0	92.00	2.67	0.41	28.99	8	3.73	115.92	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
								% DIS ALM.	65.80
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.83	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	174.89
								%DIST. D	8.76
			77.89	54.49	298.80				
			311.56	490.43	1195.18				
			15.6	24.6	59.8				
					100.00			VCT	1997.17



[Signature]
Dra. María Inés González
DIN - COMISIA
001-0178

[Signature]
Dra. Patricia Rodríguez
DIN - 26220023
REPRESENTANTE

DIETA: DIABETES MELLITUS

99

lunes, 25 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Café+ 02 panes + camote sancochado									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.26
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de lebrón	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	289.81
								%DIST. D	14.50
ALMUERZO: Guiso de vainitas , arroz + refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceto vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4396	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Cebolla de ca	90.00	97.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
					V.C. ALMUERZO				1164.13
					% DISTR. ALMUERZO				56.31
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	30.00	88.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha hot	25.00	100.00	2.75	8.50	0.25	11	77.18	1.00	89.16
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	20.00	63.00	0.25	0.08	1.28	1	0.75	5.11	6.66
Sitao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	603.51
								%DIST. D	28.19
			62.69	51.53	338.34				
			250.75	463.73	1352.96				
			12.13	22.43	65.44				
					100.00			VCT	2067.44



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Dr. Cruz Gonzales
 (C) AUTOMATICA
 CNF: 5151

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Dr. Cruz Gonzales
 (C) AUTOMATICA
 CNF: 5151

martes, 26 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	375.44
								%DIST. D	22.98
Almuerzo:	Pescado al horno, ensalada, arroz, refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga reda	100.00	92.00	1.20	0.18	1.93	5	1.88	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	8.79
Cebolla de ca	80.00	87.00	0.87	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.03	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.86	0.31	17.1	8	2.82	68.36	78.71
								VC DES.	951.52
								%DIST. D	68.26
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00067	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapori	35.00	100.00	2.45	2.84	3.82	10	25.62	15.26	50.68
									306.50
									18.76
			54.28	18.59	282.26				
			337.14	167.27	1129.06				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.45

U.S. Jhonny M. Vilca Barrios
11/06/2018
11/06/2018
11/06/2018

SECRETARIA DE SALUD
GOBIERNO DE LA CIUDAD DE QUITO

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Jhonny M. Vilca Barrios
11/06/2018
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Jhonny M. Vilca Barrios
11/06/2018
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miércoles, 27 de junio de 2018



Prof. dr. Jasna Goričan
NARODNA GOSPODARSTVA
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jueves, 28 de junio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	85.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									530.47
									30.49
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	100.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Lechuga redol	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	8.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Pistano	160.00	89.00	0.44	0.22	10.82	2	1.99	43.26	47.03
								VC Alm	989.46
								% Dist	56.87
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.64	79.65	1.20	99.69
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	219.88
								%DIST, D	12.64
			80.40	34.32	277.33				
			321.60	308.91	1109.30				
			18.48	17.76	63.76				
					100.00			VCT	1739.81

Dr. J. W. Vica Berrios
Médico Generalista
C.R. 14.3000

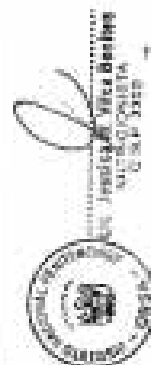


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Médico Generalista
C.R. 14.3000

viernes, 29 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	416.28
								%DIST. D	18.64
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.26	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1197.17
								%DIST. D	52.65
CENA: Arroz con huevo sancochado; ensalada + infusión									
Huevo de gall	55.00	98.00	7.26	4.53	0.97	29	40.75	3.68	73.74
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga redol	100.00	80.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de cal	60.00	67.00	0.75	0.11	6.06	3	0.98	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Sillao	12.00	100.00	1.36	1.15	0.12	3	10.37	0.48	16.27
								VC DES.	686.54
								%DIST. D	29.31
			76.65	51.00	377.10				
			306.61	458.99	1508.38				
			13.48	20.18	86.33				
					100.00			VCT	2273.98



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sábado, 30 de junio de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			D'IST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	30.00	84.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
									448.39
									20.81
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	98.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Sernat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aj colorado si	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.83	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.13	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			1285.35
						% DISTR. ALMUERZO			59.66
CENA:	Sopa de semola con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.36	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.06	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. D	19.52
			60.64	87.09	327.80				
			242.57	603.82	1307.99				
			11.3	28.0	60.7				
					100.00			VCT	2154.38



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 Lic. Gladys...
 DNI: 25295521
 REPRESENTANTE

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 Lic. Gladys...
 DNI: 25295521
 REPRESENTANTE

DIETA VII Y T8C - POBLACION PENAL - MES DE JUNIO 2018

FECHA	DESAYUNO	REFRIGIO	ALMUERZO	REFRIGIO	CENA
viernes, 01 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HUEVO DURO	CALDO DE GALLINA + REFRESCO Y FRUTA	VASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	HUEVO DURO	QUESO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	CALDILLO DE HUEVOS
domingo, 03 de junio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN + MERMELADA
lunes, 04 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 06 de junio de 2018	TÉ + 02 PANES + JAMONADA	HUEVO DURO	PIRO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	QUESO DE FIDEOS CON POLLO, ARROZ + INFUSION
jueves, 07 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
viernes, 08 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HUEVO DURO	LOCRO DE PAPA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROLDS CON CARNE MOLIDO + INFUSION
sábado, 09 de junio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	HUEVO DURO	QUESO DE FREJOL CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CARRETA
domingo, 10 de junio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	HUEVO DURO	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
lunes, 11 de junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
martes, 12 de junio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 13 de junio de 2018	TÉ + 02 PANES + HUEVO SANDOCHADO	HUEVO DURO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARROZADO, ARROZ + INFUSION
jueves, 14 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	POLLO DORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
viernes, 15 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HUEVO DURO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	HIGADO FRITO, ARROZ + INFUSION
sábado, 16 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	HUEVO DURO	QUESO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE ARROZ CON MENUDENCIA DE POLLO
domingo, 17 de junio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
lunes, 18 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	CHAMFANITA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ AMARILLO CON POLLO + INFUSION
martes, 19 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 20 de junio de 2018	TÉ + 02 PANES + JAMONADA	HUEVO DURO	AJI DE CALABAZA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	ADOBO A LA TACUEÑA DE CERRIL, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
viernes, 22 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HUEVO DURO	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROLDS CON CARNE MOLIDO + INFUSION
sábado, 23 de junio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	HUEVO DURO	FRUJO A LA CHILENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CARRETA
domingo, 24 de junio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	HUEVO DURO	ESCABECHE DE POLLO A LA LIMON, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
lunes, 25 de junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 26 de junio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 27 de junio de 2018	TÉ + 02 PANES + HUEVO SANDOCHADO	HUEVO DURO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARROZADO, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	CARNE DE RES ALMONORADA, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
viernes, 29 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	HUEVO DURO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CON HUEVO FRITO + INFUSION
sábado, 30 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	HUEVO DURO	QUESO DE ARVEJITA PARTIDA CON CHANCHO, ENSALADA, ARROZ, REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
jueves, 31 de mayo de 2018					


Mary Gloria Salas Ramirez
 DNI: 252915323
 REPRESENTANTE


J. J. Jarama
 DNI: 252915323
 REPRESENTANTE




Lina Patricia Viza Serantes
 DNI: 252915323
 REPRESENTANTE

viernes, 01 de junio de 2018

AUMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, 02 panes, mortadela									
Semola de Trigo	40.00	100.00	7.80	4.28	21.02	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de libranas	60.00	100.00	5.76	0.18	43.06	23	1.02	172.32	196.98
Mortadela	30.00	100.00	2.94	8.91	2.62	11.78	53.18	11.28	75.23

569.11

21.82

REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	95.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

Almuerzo: Caldo de gallina + refresco y fruta									
Carné de gallina	100.00	87.00	16.53	1.39	0.00	86.12	12.528	0.00	78.65
Ajos	12.00	95.00	0.54	0.08	2.02	2.15	0.8912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.60	352.20
Acolla vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	18.00	100.00	0.22	0.09	1.45	0.85	0.81	5.90	7.58
Cebolla china (2)	10.00	85.00	0.20	0.03	0.64	0.78	0.308	2.58	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.585	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	10.37	10.60
Porc	18.00	66.00	0.32	0.10	0.90	1.28	0.85538	3.61	5.75
Nabo	18.00	66.00	0.07	0.03	0.43	0.29	0.21384	1.71	2.21
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Cebolla de cabe	10.00	80.00	0.12	0.02	0.90	0.48	0.153	3.84	4.47
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Riñon	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	82.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28

VC Alm 1181.22

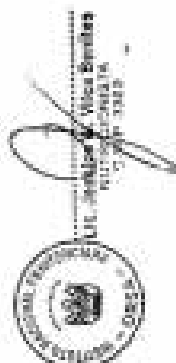
% Dist 46.28

REFRIGERIO: Vaso de leche									
Leche evaporac	80.00	100.00	5.60	5.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60

CENA Matusquite de pollo, arroz, infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado a p	90.0	100.00	7.38	0.45	70.02	30	4.08	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	54.00	1.16	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cabe	80.0	67.00	0.56	0.08	4.84	2	0.72	18.17	21.15
Ajos	8.00	90.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.48
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	668.62
								%DIST, D	25.65
			95.33	48.29	448.39				
			381.34	433.77	1783.68				
			14.6	18.8	68.8				
					100.00		V.C.T. MENU		2608.69

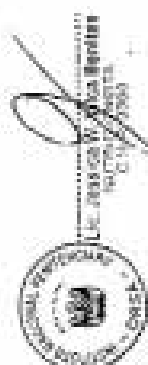
Edu. Germán Cruz González
NUTRICIONISTA
C.R.P. 5139

Rony Carlos Suñer
DNI: 282005325
RS/PL/SE/AMT/



sábado, 02 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	64.63
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aplicar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evaporac	20.00	100.00	1.40	1.62	2.16	6	14.56	8.72	28.90
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	146.00
Pan de lebranz	60.00	100.00	0.70	0.18	43.08	23	1.62	172.32	106.98
									605.45
									21.91
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita con chanchito, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Ladruja redond	80.00	80.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	0.79	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de este	60.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	9.68	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	62.32	60.24
								VC DES.	1437.27
								%DIST. D	51.67
REFRIGERIO: Vaso de leche									
Leche evaporac	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Caldillo de huevos								
Huevo de gallin	20.00	86.00	2.88	1.66	0.35	11	14.82	1.41	26.61
Leche evaporac	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.66
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.16	0.06	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acetate vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.16	1	1.07	8.72	10.36
Sal	4.40	100.00	0.06	0.02	0.35	0	0.20	1.44	1.85
								VC CENA	545.64
								%DIST CENA	19.62
			84.98	74.40	443.08				
			339.85	669.60	1772.24				
			12.32	34.67	63.71				
					100.00			VCT MENU	2781.70



DIETISTA
 NUTRICIONISTA
 C.N.P. 5153

FIRMADO POR:
 Dr. Carlos Salas Ramirez
 DNI: 202915023
 R.M. 002115-001

domingo, 03 de junio de 2018

ALIMENTO	grupos	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENÚ
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	108.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	837.71
								%DIST. D	23.83
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pileto o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acete vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Almuerzo	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Lechuga romana	80.00	82.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Pepinillo o Papa	60.00	82.00	0.28	0.05	1.28	1	0.44	5.12	6.64
Ajos	2.00	85.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	80.00	82.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	98.00	0.46	0.10	2.13	2	0.89	9.51	10.89
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.28	13.80	6.12	2.296	58.59	64.01
								VC ALML	1468.19
									64.80
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	23	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canola entera	1.00	54.00	0.01	0.00	0.48	0	0.04	1.82	1.81
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De l	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de lebranz	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	362.41
								%DIST. D	14.29
			88.84	59.68	445.78				
			355.38	537.15	1783.12				
			13.28	20.08	66.64				
					100.00			VCT	2675.65



[Signature]
Dr. Gloriamar A. Cruz Gonzalez
 NUTRICIONISTA
 CNP 1153

[Signature]
Tony Cruz
 DAN: 202200123
 REPRODUCIBILIDAD

lunes, 04 de junio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.90
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	65.00	100.00	6.24	0.20	46.67	25	1.76	185.68	213.40
								VC DES.	511.67
								%DIST. D	18.92
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	99.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado , arroz ,papa + refresco y fruta								
Higado de res	120.0	97.00	23.28	5.35	1.18	93.12	45.1896	4.66	146.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.95	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.86	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Pan seco molido	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	90.77	12	1.34	523.10	136.93
Cebolla de cabe	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.16
Naranja	100.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1257.33
					% DISTR. ALMUERZO				46.50
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	23	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Cebolla china (2	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.56
Pimienta	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Silao	6.00	100.00	0.90	0.77	0.06	4	6.91	0.32	10.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	748.36
								%DIST. D	27.57
			79.21	73.93	430.38				
			316.85	665.33	1721.53				
			11.72	24.61	63.67				
					100.00			VCT	2703.71

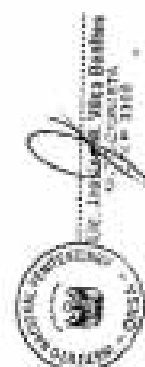


[Signature]
 Lic. Jairo R. Cruz González
 NUTRICIONISTA
 CNP 5153

[Signature]
 Mny. Gladys Luna Ramirez
 DNI: 252165323
 REPRESENTANTE

martes, 05 de junio de 2018

ALIMENTO	grifer	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	8.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebranos	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	671.87
								%DIST. D	20.58
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	90.00	7.28	4.53	0.97	29	48.76	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	68.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tamale	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinito o Papi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Mandoca	40.00	100.00	2.56	0.18	30.84	10	1.44	123.36	136.04
Aceite vegetal	38.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Aji colorado sec	5.00	68.00	0.24	0.27	2.00	1	2.38	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	40.00	100.00	4.20	0.60	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Vinagro	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.78
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1614.54
								%DIST. D	58.10
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	0.48	5.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de malzona con leche + 01 pan								
Malzona	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebranos	30.00	100.00	2.58	0.09	21.54	11.52	0.81	85.16	95.45
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									14.60
			98.15	72.72	432.89				
			392.61	654.50	1731.57				
			14.1	23.8	62.3				
					100.00				2778.68



Lic. Gloria R. Ruiz Guzmán
NUTRICIONISTA
CNR 5153

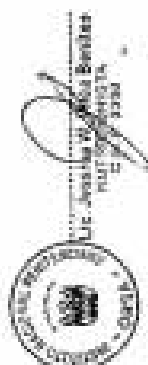
Lic. Gloria R. Ruiz Guzmán
CNR: 282985123
RESPONSABLE

miércoles, 06 de junio de 2018

ALIMENTO	grapes	convertido	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + jamaica									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Canela entera	1.00	100.0	0.02	0.01	0.04	0.00	0.001	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	38.32	0.00	0	157.28	157.28
Cebolla de cabe	65.00	92.00	1.09	0.18	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.08	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.46	1.00	1.46
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de habra	65.00	100.0	6.24	0.20	46.67	24.96	1.756	186.68	213.40
Jamónado	20.00	100.00	3.14	5.90	0.20	27	24.30	1.30	52.58
									527.43
									18.70
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	95.80
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.78
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo maoria	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco, Cl	40.00	80.00	1.06	0.28	8.90	4	2.30	35.58	42.11
Huacaya	8.00	100.00	0.40	0.06	0.64	2	0.56	2.56	4.74
Habas frescas	30.00	68.00	2.21	0.16	5.28	9	1.47	21.13	31.82
Ajo	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.75
Tomate	35.00	99.00	0.28	0.07	1.48	1	0.62	5.96	7.69
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	136.00	0.00	136.00
Cebolla de cabe	60.00	88.00	0.82	0.12	6.04	3	1.06	26.58	30.93
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1323.79
								% DIS ALM.	46.94
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	23	58.32	34.88	115.60
								VC DES.	115.60
CENA Guiso de fideos con pollo, arroz , infusion									
Carné de Pollo	100.00	75.00	15.45	2.70	0.00	52	24.30	0.00	86.10
Fideos	80.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o p	90.0	100.00	7.38	0.46	70.02	30	4.06	280.08	313.66
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas frescas	25.00	54.00	0.96	0.09	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de cabe	20.0	67.00	0.19	0.03	1.81	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.43
								VC DES.	779.57
								%DIST. D	27.64
			87.95	60.03	485.53				
			366.11	511.50	1942.61				
			13.0	18.1	68.9				
					100.00			V.C.T. MENU	2820.12

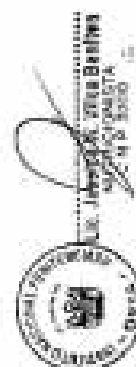
Dr. Edmundo R. Cruz González
NUTRICIONISTA
CNP. 5153

Dr. José María Solís Ramírez
CNP. 222065323
RESPONSABLE



Jueves, 07 de junio de 2018

ALIMENTO	grajer	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuelas	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	1.89	34	81.00	3.96	118.50
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									686.95
									25.51
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	39	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res pa	150.00	87.00	27.90	2.09	0.00	111.19	18.79	0.00	129.98
Anejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o p	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.01	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimentón entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anejas frescas	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	26.23
Zanahoria	80.00	82.00	0.39	0.33	6.04	2	2.95	24.14	28.67
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	87.00	2.80	0.11	8.08	11	0.98	24.23	36.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC Alm	1392.88
								% Dist	61.72
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vega	25.00	100.00	0.15	20.50	0.00	1	184.60	0.00	185.10
Pan de lebranz	30.00	100.00	2.80	0.09	21.54	12	0.81	85.16	99.49
								VC DES.	423.88
								%DIST. D	15.74
			83.51	72.28	417.11				
			374.06	650.53	1668.46				
			13.9	24.2	62.8				
					100.00			VCT	2693.65

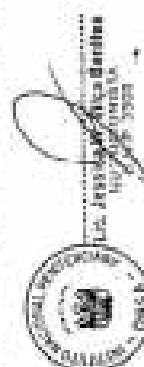


[Signature]
Ldo. Glenny R. Cruz González
 NUTRICIONISTA
 CDR. 6153

[Signature]
Luis G. Cruz
 ONI 292901021
 REPRESENTANTE

viernes, 08 de junio de 2018

ALIMENTO	grpor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	196.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labreros	60.00	100.00	5.76	0.16	43.08	23	1.62	172.32	196.98
								VC DES.	547.60
								%DIST. D	20.34
REFRIGERIO: Huevo sancachado									
Huevo de gallin	55.00	95.00	7.25	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Loro de panza, arroz , fruta y refresco									
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.64
Mondongo de r	120.0	65.00	13.16	2.73	0.78	53	24.57	3.12	80.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.38
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de cabe	65.00	87.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1324.65
								% DIS ALM.	46.17
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	48.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.67	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.03	0	76.64	76.64
								VC DES.	632.11
								%DIST. D	23.46
			83.65	66.25	440.80				
			334.58	896.21	1763.20				
			12.42	22.13	65.45				
					100.00				
								VCT	2693.99



José Giovanni Cruz González
NUTRICIONISTA
CNP. 9153

Yony Glicerio
DNI. 29026333
AC. PRESIDENTE

sábado, 09 de junio de 2018

ALIMENTO	gr/per (g)	constit le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 62 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.03	17.80	9	14.63	71.20	64.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.11
Pan de labranza	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	198.98
									491.63
								%DIST. D	24.14
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frijol con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.00	69.96	109.92	16.20	279.84	405.96
Cama de Cordero	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Sal	18.00	100.00	0.22	0.00	1.48	1	0.81	5.90	7.58
Cebolla de cabe	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aji colorado sec	2.00	88.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Papa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	80.00	99.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1524.62
								%DIS ALM.	55.97
REFRIGERIO:	Vaso de leche								
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	48.90	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	60.00	88.00	0.36	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	88.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	6.06
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.09	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.94
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.62
			68.18	59.99	457.60				
			362.72	539.90	1839.41				
			12.99	19.83	67.22				
					100.00			VGT	2723.02

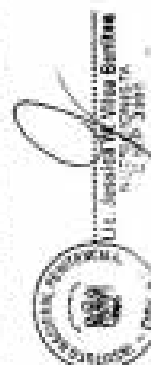


Lic. en Nut. y Diet. *[Firma]*
ALTRICIONISTA
 CNP. 5153

[Firma]
 Lic. en Nut. y Diet. *[Firma]*
 DNE. 202145/201
 REPRESENTANTE

domingo, 10 de junio de 2018

ALIMENTO	grs	convertido a	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	8.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.97	7.83	20	51.00	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.07
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.80	0.30	18.84	79.86	1.20	95.89
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	195.88
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	588.12
								%DIST. D	21.85
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Aroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aroz Pilado o g	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas frescas	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.30
Cebolla de cabe	70.00	87.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga redonda	60.00	50.00	0.38	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de seda	160.0	88.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1542.22
								%DIST. D	56.77
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.38	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de libranza	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
								VC DES.	388.99
								%DIST. D	14.61
			93.88	81.55	401.70				
			375.83	733.84	1606.79				
			13.8	27.0	59.1				
					100.00			VGT	2716.66

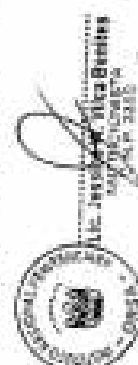


Lic. Gladys Cruz Gonzales
NUTRICIONISTA
CNP: 5153

Vicky Gracia Nolasco Guzmán
DNI: 292905325
REPRESENTANTE

lunes, 11 de junio de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café + 92 panes + camote frito								
Café sin azúcar	3.00	100.00	0.01	0.00	0.02	0	0.03	0.10	0.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	62.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de libranas	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
									552.93
									19.82
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Cau cau de pollo, arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	62.00	3.86	0.18	41.03	15	1.86	164.13	181.24
Arroz Pilado o p	180.00	100.00	12.30	0.76	116.70	49	6.76	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.08
Tomate	45.00	62.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	60.00	0.36	0.06	1.85	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	38.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	62.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Naranja	160.00	98.00	1.76	0.28	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									1337.24
									% DISTR. ALMUERZO
									47.93
REFRIGERIO:	Vaso de leche								
Leche evaporat	80.00	100.00	6.60	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	60.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha Hot c	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.66	0.18	4.54	6.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									716.48
									25.46
			76.94	67.51	468.67				
			307.74	607.55	1874.68				
			11	22	67				
					100.00			VCT MEN	2789.97



g
Lic. JESSICA ALBA BENDIS
COORDINADORA
CNR 5133

Pa

martes, 12 de junio de 2018

ALIMENTO	grupos	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 62 panes + queso de chanco								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.01
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	513.06
								%DIST. D	18.82
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	60.83	2.23	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
Tomate	40.00	90.00	0.29	0.07	1.58	1	0.66	6.19	7.09
Pepinito o Pepi	80.00	72.00	0.29	0.08	1.90	1	0.52	5.99	7.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	28.99	9	1.26	107.94	118.16
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	20.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.66	64.08	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	138.74	138.74
								VC DES.	1602.60
								%DIST. D	58.89
REFRIGERIO: Vaso de leche									
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de malzena con leche + 01 pan								
Molzena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de libranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporat	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.43
			100.41	64.50	435.85				
			401.62	580.48	1743.38				
			14.74	21.30	63.97				
					100.00			VGT MEN	2725.48



[Signature]
AUTORIZADO
SNR. 3102

[Signature]
AUTORIZADO
SNR. 25020025
RESPONSABLE

miércoles, 13 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.30
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.86	141.86
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.54	5.06
Pan de lebranzz	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Huevo de gallina	60.00	98.00	7.54	4.94	1.06	37	44.48	4.23	60.44
									424.48
									15.72
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.28	218.96	248.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.16	313.73	126.59
Arroz Pilado o p	150.00	100.00	12.30	0.76	116.70	49	8.75	466.80	528.76
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	6.20
Ajos	6.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.16
Ancejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.15	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1328.18
								%DIST. D	49.19
REFRIGERIO: Vaso de leche									
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.30	34.88	115.60
								VC DES.	115.60
CENA: Camote arrebozado,arroz,infusion									
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.23	8.30	2.7	44.68	53.88
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.06	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporat	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallin	20.00	98.00	2.65	1.65	0.35	11	14.80	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								V.C. CENA	758.39
								% DIST. CENA	28.09
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (Kcal)		366.52	968.65	1765.19				
	VCT (%)		14	21	65			V.C.T. MENU	2709.36
					100.00				

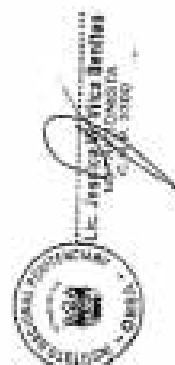


[Signature]
 Lic. Gladys Cruz González
 NUTRICIONISTA
 CIP: 8133

[Signature]
 Lic. María Solís Samir
 Diet- 202805329
 REPRESENTANTE

jueves, 14 de junio de 2018

ALIMENTO	grpor (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	35.00	100.00	4.86	1.40	25.20	19	12.80	100.80	132.03
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.90	118.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.82	137.82
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									667.07
									25.20
REFRIGERIO: Huevo sancachado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	180.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	62.00	0.16	0.02	0.04	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	6.04	0.24	53.52	20	2.16	214.08	236.40
Sel	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.06
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redond	80.00	92.00	0.96	0.16	1.55	4	1.32	6.18	11.33
Tomate	50.00	89.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Aji colorado sec	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU.	1468.26
									53.86
REFRIGERIO: Vaso de leche									
Leche evaporada	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	116.60
								VC DES.	116.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	89.00	0.31	0.10	0.69	1.23	0.68	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Mermelada De l	35.00	100.00	0.14	0.07	25.89	1	0.63	102.34	103.53
Pan de libranza	35.00	100.00	3.36	0.11	25.13	13	0.98	100.52	114.91
								VC DES.	381.34
								%DIST. D	13.99
			90.21	64.22	448.80				
			360.83	577.98	1787.20				
			13.2	21.2	65.6				
					100.00			VCT	2726.01



[Signature]
 Lic. Jorgelina Vera Benítez
 Dietista
 C.O.P. 2199

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 Lic. Jorgelina Vera Benítez
 Dietista
 C.O.P. 2199
 REPRESENTANTE

viernes, 15 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FORM MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Semola de Trigo	35.00	100.00	6.83	3.75	18.00	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.00	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.88
Mortadela	30.00	100.00	2.94	5.91	2.52	11.75	53.19	11.28	76.23

545.02

19.97

REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

ALMUERZO: Matasquitas de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	145.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	8.75	465.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.25
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	87.00	0.75	0.11	0.06	3	0.96	24.23	28.19
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	40.00	79.00	0.19	0.16	2.81	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74

VC DES. 1299.06

NDIST. D 47.25

REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	27	58.32	34.88	115.60
								VC DES.	115.60

CENA: Higado frito , arroz + infusion									
Higado de res	80.0	70.00	11.20	2.68	0.56	44.80	23.184	2.24	70.22
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.02	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.84	2.11
Pan seco mold	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Pimienta mold	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cortinos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	711.71
								% DIS ALM.	25.89
			86.71	74.16	433.70				
			346.83	867.48	1734.82				
			12.6	24.3	83.1				
					100.00				
								VCT	2749.12



[Signature]
 Dr. Cruz González
 INGENIERO
 CIP 5183

[Signature]
 Yara María Valles Ramírez
 DNI 29866323
 REPRESENTANTE

sábado, 16 de junio de 2018


 COMMONWEALTH OF MASSACHUSETTS
 DEPARTMENT OF REVENUE
 RECEIVED
 JAN 10 1901
 T. J. JONES & Co. Boston
 100 N. STATE ST. BOSTON

2801.26

[Handwritten signature]

Sri Sri P. Sankar Narayan

DIN: JWS90323

NIPRPS/2023/07

domingo, 17 de junio de 2018

ALIMENTO	grape	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	100.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	61.00	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.60
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.00
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	171.32	106.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.60
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Aroz cilaufo con pollo , refresco y fruta								
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha Triel	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Aroz Pilado o p	180.00	100.00	14.76	0.60	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	7.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	8.12
Pimienta	35.00	63.00	0.44	0.15	2.34	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de cabe	100.00	67.00	0.94	0.13	7.57	4	1.31	30.28	36.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	100.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Caminos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
								VC DES.	1448.52
								% DIS ALM.	53.89
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	60.00	0.20	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.60
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de lebranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.40
								VC DES.	431.60
								%DIST. D	16.67
			97.67	86.18	389.45				
			390.70	775.44	1521.80				
			14.54	38.65	56.62				
					100.00			VCT	2687.94

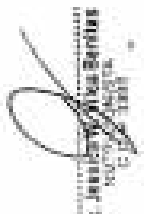


Dr. Giovanni Ortiz Rodríguez
NUTRICIONISTA
CUT 145

Dr. [Signature]
NUTRICIONISTA
CUT 145

lunes, 18 de junio de 2018

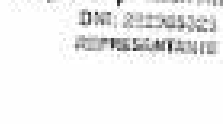
ALIMENTO	gr/per (g)	comestible lb %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.05	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.27	0.29	25.19	5	2.65	100.74	108.85
Pan de lebranz	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.95
								VC DES.	543.71
								%DISTR. D	19.77
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	89.00	3.57	0.17	37.81	14	1.53	151.64	167.46
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado sec	4.00	68.00	0.18	0.21	1.80	1	1.91	6.39	9.00
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Silao	8.00	100.00	0.80	0.77	0.08	4	6.91	0.32	10.66
Vinagre	6.00	100.00	0.00	0.08	0.30	0	0.54	1.30	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Herba buena	1.00	94.00	0.02	0.01	0.04	0	0.06	0.15	0.37
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.23	16.0	7	2.66	64.09	73.79
					V.C. ALMUERZO				1289.86
					% DISTR. ALMUERZO				46.69
REFRIGERIO:	Vaso de leche								
Leche evaporat	80.00	100.00	5.00	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Carne de Pollo	100.00	85.00	17.51	3.00	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.08	0.98	0.59	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.67
Arvejas treacas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.71	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									727.80
									26.46
			91.61	59.38	462.49				
			366.46	534.40	1849.94				
			13.32	19.43	67.25				
					100.00			VCT MEN	2769.80


 Dr. Juan Carlos Rivera Berrios
 M.D. (C) 1987



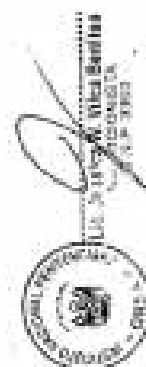
 Dr. Tony Gloria
 M.D. (C) 1987



 Dr. Tony Gloria
 M.D. (C) 1987


martes, 19 de junio de 2018

ALIMENTO	grapes	conestible	PROTE	GRASA	CHO	VALOR CALORICO (KCAL)			DIET CAL %
	(g)	%	Al (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	108.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	19.52	127.00
Pan de lebranz	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	26.66
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	150	64.66	2.22	326.75
Arroz Pilado o p	150.00	100.00	12.30	0.76	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Peperillo o Pepi	90.00	72.00	0.32	0.06	1.68	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.86	1	0.54	3.94	5.05
Aceite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aji colorado sec	4.00	66.00	0.19	0.21	1.60	1	1.91	6.39	8.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.93	3.63
Cebolla de cabe	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.59
Harina de trigo	30.00	100.00	3.18	0.60	22.44	13	5.40	89.76	107.76
Mandoca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	8.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1505.94
								%DIST. D	57.36
REFRIGERIO:	Vaso de leche								
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.95	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01313	0.65	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebranz	30.00	100.00	2.68	0.09	21.54	11.52	0.81	99.16	95.49
Leche evaporat	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	426.48
								%DIST. D	15.19
			96.18	76.36	423.91				
			384.74	687.26	1685.64				
			13.90	24.83	61.27			VCT MEN	2767.63
					100.00				

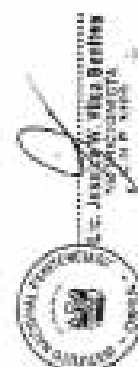


Dr. Edwin P. Pizarro Gonzales
M.D. 210210144
C.O.P. 3103

Yany Ochoa Solis Ramirez
M.D. 210210323
M.P. 210210141

miércoles, 20 de junio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	37.39	0.00	0	148.42	148.42
Pan de libranza	80.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	62.38
									399.39
									14.96
REFRIGERIO:	Huevo sandochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Aji de calabaza, arroz, fruta y refresco								
Leche evaporar	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	98.13
Queso para	20.00	100.00	5.60	8.00	0.86	22	54.00	2.64	79.04
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	300.0	82.00	5.80	0.28	61.55	23	2.48	245.19	271.66
Sal	12.0	100.00	0.14	0.08	0.58	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	8.21	4	1.48	36.85	42.28
Maíz Fresco. Cl	35.00	80.00	0.92	0.22	7.78	4	3.02	31.14	36.85
Huacatay	5.00	100.00	0.40	0.05	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	88.00	0.28	0.07	1.48	1	0.62	5.96	7.69
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	87.00	0.56	0.08	4.64	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1408.51
								% DIS ALM	52.47
REFRIGERIO:	Vaso de leche								
Leche evaporar	80.00	100.00	5.60	6.48	8.73	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Matasquita de pollo, arroz, infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Arroz Pilado o p	60.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.64
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cabe	60.0	87.00	0.56	0.08	4.64	2	0.72	18.17	21.15
Ajo	8.00	80.00	0.36	0.05	1.96	1.43	0.4008	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	88.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	689.09
								%DIST. D	25.48
			85.85	51.58	468.94				
			357.71	435.46	1876.15				
			13.4	16.3	79.3				
					100.00			V.C.T. MENU	2869.32

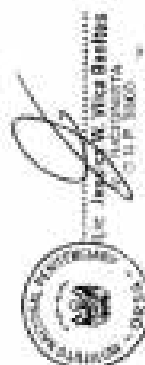


[Signature]
 Representante
 14/06/2018

[Signature]
 Jony Carlos Salas Ramirez
 DNI: 250790821
 REPRESENTANTE

jueves, 21 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FORMENI
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	8.00	73.00	94.30
Leche evaporada	75.00	100.00	8.25	6.00	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									556.46
									24.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Adobo a la tacña de cerdo , arroz, papa + refresco y fruta								
Cerdo de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	258.42
Ajo	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	3.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aji colorado sec	1.00	82.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado o p	155.0	100.00	12.30	0.75	116.70	49	6.75	456.80	622.75
Cebolla de cabe	30.00	67.00	0.28	0.04	2.37	1	0.36	9.09	10.57
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.35	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1418.82
								% DIS ALM	52.41
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.73	23	58.32	34.88	116.60
								VC DES.	116.60
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.80	0.00	186.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	18.35
			77.04	94.30	387.60				
			308.17	848.69	1550.41				
			11.4	31.3	57.3				
					100.00			VCT	2797.27



[Signature]
Dra. Gladys Cruz González
NUTRICIONISTA
CNP. 5153

[Signature]
Rudy Gloria Juárez Martínez
DNI: 292965325
REPRESENTANTE

viernes, 22 de junio de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Trigo	35.00	100.00	5.83	3.75	15.83	27	33.71	75.32	136.33
Vainilla	0.15	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.75	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.58	23	1.62	172.32	190.98
								VC DES.	547.90
								%DIST. D	23.62
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	66.00	7.25	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia de	80.00	92.00	14.57	3.45	0.00	56	31.13	0.00	88.42
Arroz Pilado o p	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Ajo	15.00	75.00	0.05	0.02	0.54	0	0.20	2.15	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	300.0	86.00	5.42	0.26	57.63	22	2.32	230.14	254.13
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	88.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negra	35.00	87.00	0.95	0.31	1.56	4	2.75	6.65	13.31
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	80.00	0.01	0.00	0.10	0	0.04	0.43	0.60
Ajo	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	854.61
								%DIST. D	37.30
REFRIGERIO: Vaso de leche									
Leche evaporada	60.00	100.00	5.60	6.45	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarín	100.0	100.00	9.50	0.10	69.80	38	0.90	278.40	317.30
Zanahoria	60.0	66.00	0.25	0.21	3.81	1	1.95	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajo	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetia vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aj colorado sec	5.00	65.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								VC DES.	699.10
								%DIST. D	30.52
			89.41	61.61	353.72				
			321.83	554.45	1414.86				
			14.04	24.20	61.76	100			
					100.00				
							VCT	2295.94	



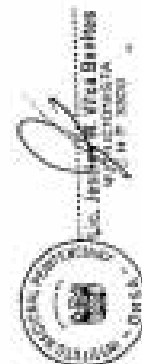
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 Dña. 210205321
 REPRESENTANTE

DIETA: VIH Y TBC

sábado, 23 de junio de 2018

ALIMENTO	gruper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.26	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.95
									18.95
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frejol a la chilaca con choncho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballero	125.0	100.00	27.40	1.80	69.90	109.62	16.20	279.84	405.66
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	40.20	6.75	468.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.45	0.45	3.28	4.21
Acetate vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redond	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Ají colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
								VC DES.	1512.14
								%DIST. D	55.74
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.40	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	8.93	1.32	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.15	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.67
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.83
Sal	12.00	100.00	0.14	0.06	0.68	1	0.64	3.94	5.08
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.36
								%DIST. D	18.33
			93.71	52.78	485.74				
			374.84	475.06	1862.97				
			13.62	17.51	68.67				
					100.00			VCT	2712.87

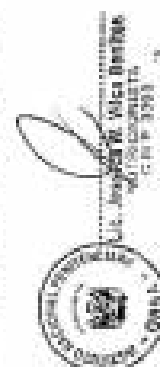


Lic. Gilson J. Cruz Hernández
NUTRICIONISTA
CMT-8158

Yolanda Salas
NUTRICIONISTA
CMT-21465325
82760-50 NAYAMITZ

domingo, 24 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.60
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canola entera	5.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.87
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	78.65	1.20	96.69
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.82	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	645.71
								%DIST. D	23.77
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado a p	150.00	100.00	12.30	0.75	118.70	49	6.75	456.80	522.75
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	195.13
Aceitunas de bo	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajo	7	80.00	0.31	0.04	1.70	1	0.40	6.61	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.70
Acidita vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado sec	5.00	82.00	0.18	0.20	1.53	1	1.83	6.10	8.65
Camote morado	200.00	92.00	2.58	0.55	47.29	10	4.97	189.13	204.42
Cebolla de cabe	80.00	67.00	0.75	0.11	8.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	82.00	2.07	0.41	28.98	8	3.73	115.90	127.93
Cajinas	0.2	100.00	0.01	0.00	0.16	0	0.00	0.54	0.67
									1451.00
								% DIS ALM.	53.45
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	68.32	34.83	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.38	190.50
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	99.49
								VC DES.	429.28
								%DIST. D	15.80
			91.62	76.27	415.80				
			385.48	688.45	1563.20				
			13.5	25.3	61.2				
					100.00			VCT	2718.13

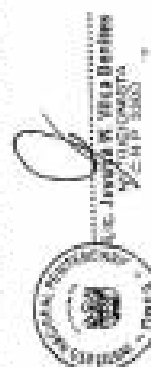


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[Signature]
 Víctor Hugo Sánchez Alvarado
 DNI: 212865325
 NUTRICIONISTA

Lunes, 25 de junio de 2018

ALIMENTO	gr/por (g)	concentra- le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.24	0.39
Clavo de olor	0.10	34.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Camote morado	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	524.81
								%DIST. D	18.76
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.93	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado, arroz, papa + refresco + fruta								
Higado de res	120.0	87.00	23.28	5.35	1.18	83.12	48.1896	4.66	148.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.37	0.09	1.88	1	0.83	7.51	10.21
Ajos	5.00	86.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.06
Pan seco molido	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	93.80
Cebolla de cabe	80.00	87.00	0.97	0.14	7.06	4	1.25	31.46	36.61
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.90	0.14	30.77	13	1.24	123.10	135.93
Cajuninos	0.3	100	0.01	0.00	0.24	0.05	0.0084	0.85	1.01
Naranja	150.00	98.00	1.75	0.28	18.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1401.98
								% DISTR. ALMUERZO	98.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.80	6.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha Hot d	25.00	100.00	2.75	8.68	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	100.00	100.00	8.20	0.60	77.80	33	4.80	311.20	348.60
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.80	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	8.28
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.69	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	24.38
			81.82	91.98	410.80				
			327.28	827.78	1643.19				
			11.70	29.68	58.72				
					100.00			VCT	2798.25



Lic. Jovana M. Vilca Barrios
NUTRICIONISTA
CNP: 5153

Yany GARCIA Solas Ramirez
DNI: 292865321
RESPONSABLE

martes, 26 de junio de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanchito								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanc	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	80.00	100.00	5.78	0.18	43.08	29	1.62	172.32	196.98
								VC DES.	513.68
								%DIST. D	18.67
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	90.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.07	165	68.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	465.80	522.75
Tomate	40.00	80.00	0.29	0.07	1.65	1	0.65	6.19	7.99
Popisito o Papi	80.00	72.00	0.29	0.08	1.90	1	0.92	5.99	7.60
Sal	12.00	100.00	0.14	0.00	0.95	1	0.54	3.94	5.05
Acidita vegetal	35.00	65.00	0.00	28.75	0.00	0	267.75	0.00	267.75
Mandarina	35.00	100.00	2.24	0.14	26.89	9	1.28	107.94	118.18
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.97	0.14	7.65	4	1.25	31.46	36.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.38	60.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	28.18	15	8.30	104.72	125.72
Sal	12.00	100.00	0.14	0.00	0.95	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	86.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	1625.45
								%DIST. D	59.14
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	68.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	5	21.87	13.08	43.35
									420.40
									15.30
			180.53	59.29	453.19				
			482.10	533.59	1812.74				
			14.63	19.41	65.96				
					100.00			VCT MEN	2748.43

Dr. Javier A. Vera Buelvas
M.D. 20174
1.18.2003

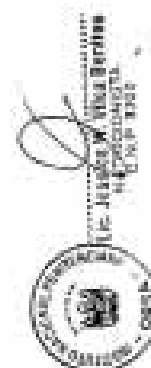
SECRETARÍA DE SALUD
SECRETARÍA DE SALUD
2018

[Firma]

[Firma]
King Carlos III
DNI: 20180326
RESPONSABLE

miércoles, 27 de junio de 2018

ALIMENTO	g/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	FORMENJ
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de habra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									554.39
									18.97
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Matequita de pollo, arroz, fruta y refresco								
Carné de Pollo	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	89.00	5.86	0.38	62.22	29	2.81	248.87	274.82
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.88	1	0.64	3.94	5.06
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado sec	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	16.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	87.00	0.97	0.14	7.85	4	1.25	31.46	36.61
Anéjao fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1460.63
									% DISTR. ALMUERZO
									47.92
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Camote amebizado, arroz, infusion								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	90.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o p	90.00	100.00	7.26	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	6.60	6.00	0.86	22	64.00	2.64	79.04
Leche evaporada	15.00	100.00	1.06	1.22	1.84	4	10.94	6.54	21.68
Huevo de gallina	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.71	2.13
									V.C. CENA
									778.27
									% DISTR. CENA
									26.63
	VCT (Gr.)		90.77	66.18	499.98				
	VCT (Kcal.)		363.60	595.63	1963.91				
	VCT (%)		12	29	67				
					100.00			V.C.T. MENU	2922.62

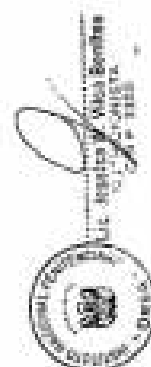


[Handwritten signature]
Dr. Gerardo Ortiz González

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Ing. G. Martínez Jarama
DNI: 88216022
REPRESENTANTE

Jueves, 28 de junio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	50.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.69
									24.93
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	86.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res pe	150.00	85.00	27.16	2.04	0.00	106.63	18.36	0.00	126.99
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	87.00	0.75	0.11	0.06	3	0.96	24.23	26.19
Aji colorado ser	5	86.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco molid	30.00	100.00	3.30	0.84	24.75	13.20	7.96	89.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	5.00	80.00	0.36	0.05	1.96	1	0.46	7.78	8.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Drégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, cor	10.00	85.00	2.29	4.68	1.68	9	41.21	6.73	67.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	100.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1491.20
								% Diet	55.63
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.46	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.96
Pan de lebranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	12.38
			92.11	56.56	450.74				
			368.42	509.01	1802.95				
			13.75	18.99	67.26				
					100.00			VCT	2680.38

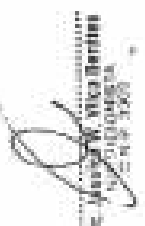


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 Jueves, 28 de junio de 2018
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 Tony Ochoa Durán - 20180622
 DNI: 202000322
 REPRESENTANTE

viernes, 29 de junio de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan, mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.63	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.62	11.76	63.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.80
								%DIST. D	19.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	88.00	7.28	4.33	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo, arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.94	0.00	97.58
Fideos	60.00	100.00	7.52	0.10	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	62.00	3.44	0.16	38.57	14	1.48	145.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.86	1	0.46	7.78	9.68
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.35	5.18
Naranja	150.00	86.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1362.58
								%DIST. D	47.87
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	5.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz con huevo frito + infusion								
Huevo de gallina	55.00	88.00	7.28	4.33	0.97	29	40.75	3.88	73.74
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	746.58
								%DIST. D	26.23
			90.29	66.93	479.72				
			381.15	602.37	1882.87				
			12.69	21.16	66.15				
					100.00			VCT	2846.39

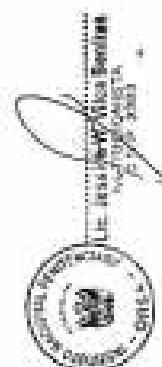

 Lic. María W. Vica Bertrán
 C. 14.010.005.014
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 Lic. María W. Vica Bertrán
 C. 14.010.005.014
 14-010-005.014
 REPRESENTANTE

sábado, 30 de junio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soyo con piña + 62 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.60	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.68	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.82	173.32	196.98
									586.01
									21.62
REFRIGERIO:	Huevo sancochado								
Huevo de galli	55.00	96.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arveja partida con choncho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.79
Arveja partida	120.0	100.00	25.82	1.32	77.28	104	11.88	309.12	424.68
Carne de Cordero	50.0	70.00	5.04	5.29	0.00	20	47.87	0.00	67.73
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aj colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	54.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.83	7.32	9.38
Agua	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seco	150.0	85.00	1.81	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	55.88
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de semola con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.15	2.68
Poro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	100.0	82.00	1.72	0.88	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.30
Agua	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. D	15.52
			88.49	78.44	414.68				
			345.95	705.96	1658.64				
			12.8	26.0	61.2				
					100.00			VCT	2710.58



C.R. 1000
 NUTRICIONISTA
 Lic. Gaby / Cruz González
 NUTRICIONISTA
 C.R. 8055

Lic. Rosa María Benítez
 C.R. 292365121
 REPRESENTANTE

DIETA GASTRITIS CRÓNICA Y CÁNCER PARA POBLACIÓN PENAL - MES DE JUNIO 2018

vienes, 01 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA, ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
domingo, 03 de junio de 2018	CEBADA CON LECHE + 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
lunes, 04 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAMITAS, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 06 de junio de 2018	INFUSION + 02 PANES + JAMONADA	IRRO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
jueves, 07 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
vienes, 08 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 09 de junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
domingo, 10 de junio de 2018	CEBADA CON LECHE + 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
lunes, 11 de junio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
martes, 12 de junio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 13 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
jueves, 14 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
vienes, 15 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ + INFUSION
sábado, 16 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA, ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
domingo, 17 de junio de 2018	CEBADA CON LECHE + 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 18 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAGUA RELLENA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 19 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 20 de junio de 2018	INFUSION + 02 PANES + MORTADELA	AJO DE CALABAZA, ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
vienes, 22 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
domingo, 24 de junio de 2018	CEBADA CON LECHE + 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMÓN, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 25 de junio de 2018	CARÉ + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZAMORRA, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
martes, 26 de junio de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
miércoles, 27 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES AL MENDRADO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
vienes, 29 de junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
sábado, 30 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA, ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO


Tony Gómez
 DNI: 25255323
 REPRESENTANTE


Luz Gómez
 DNI: 25255323
 REPRESENTANTE




Luz Gómez
 DNI: 25255323
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

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viernes, 01 de junio de 2018

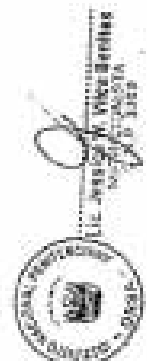
ALIMENTO	gr por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Semola de Tri	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	69.16

552.04

23.16

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de galli	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.87	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Papa blanca	300.0	85.00	5.99	0.29	63.58	23.94	2.565	254.22	280.73
Aplo	18.00	75.00	0.09	0.03	0.65	0.36	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.87	123.65	136.45
								VC Alm	1203.04
								% Dist	50.34

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	87.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.96
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.58
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.30	1.21	2.13
								VC DES	634.74
								%DIST. D	26.56
			77.71	30.80	450.21				
			310.86	278.11	1800.85				
			13.0	11.6	75.4				
					100.00		V.C.T. MENU		2389.81



[Signature]
 Lic. Gloriamaria Cruz Gonzalez
 NUTRICIONISTA
 CMI 5153

[Signature]
 Jorge Carlos Salas Domínguez
 DNI: 25296692
 REPRESENTANTE

sábado, 02 de junio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	30.00	100.00	2.81	1.95	21.38	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.83	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor.	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
									628.36
									24.76
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	567.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.83	0.16	3.41	2.53	1.43	13.82	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.08	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.86	24.23	38.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	60.08
CENA:	Caldillo de huevos								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.34	281.76
Zapallo macre	50.00	47.00	0.18	0.05	1.50	1	0.42	6.02	7.10
Aplo	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
								VC CENA	638.31
								%DIST CENA	25.16
			66.46	60.83	431.01				
			265.84	547.43	1724.03				
			10.48	21.58	67.95				
					100.00		VCT MENU		2537.30

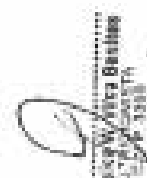
Lic. Gerson E. Cruz González
NUTRICIONISTA
CNP. 51521

Ilary Sandoval Zamora
DNI: 29204323
REPRESENTANTE



domingo, 03 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	26.55
Almuerzo:	Pollo al horno , arroz ,papa + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
								VC ALMU	1405.47
									57.74
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Mermelada de	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.71
			74.67	48.05	425.72				
			296.70	432.41	1792.89				
			12.27	17.77	89.96				
					100.00			VCT	2434.00


 Lic. Jovany Wilfrido Bastidas
 C.O.P. 1338

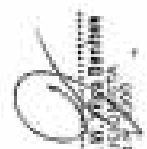



 REPRESENTANTE


 Jovany Wilfrido Bastidas
 D.O. 20244023
 REPRESENTANTE

lunes, 04 de junio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morao	150.0	98.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.65
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Poli	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.308	6.17	6.43
Acetite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	0.00	87.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1221.24
					% DISTR. ALMUERZO				49.19
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o	100.0	100.00	8.20	0.60	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.38	9.09	10.57
Anejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.26
									748.90
									30.16
			73.43	47.55	440.30				
			293.72	427.96	1761.20				
			11.83	17.24	70.93				
					100.00			VCT MEN	2482.88


 Lic. Jessica M. José Benítez
 Nutricionista
 C.R. 14.450.000

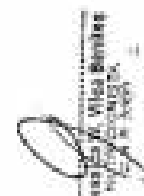


 Lic. Yany Gloria Nolasco Ramirez
 Nutricionista
 CNR. 5153


 Lic. Yany Gloria Nolasco Ramirez
 CNR. 5153
 REPRESENTANTE

martes, 05 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	40.00	100.00	7.52	0.92	28.96	30	8.28	107.84	148.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	8.49	17.85	5.92	38	100.65	23.66	222.25
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES	768.33
								%DIST. D	32.52
Almuerzo:	Pollo sancochado , papa , arroz , refresco y fruta								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.68	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1135.86
								%DIST. D	45.01
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.65
									19.47
			77.81	28.64	449.20				
			311.25	257.78	1796.81				
			13.2	10.9	75.9				
					100.00				2365.84


 Lic. Ana María Vela Buitrago
 Nutricionista
 14-0000000-1



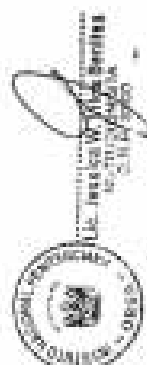
 Dr. Juan Carlos Sánchez
 Médico
 14-0000000-1


 Dr. Juan Carlos Sánchez
 DNI: 252166221
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 06 de junio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	8.24	0.20	46.67	25	1.76	186.68	213.40
Jamonada	30.00	100.00	4.71	8.65	0.30	19	79.65	1.20	99.69
									478.77
									18.21
ALMUERZO: Hino de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	90.00
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macra	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.62	0.12	6.64	3	1.08	26.58	30.93
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1307.65
							% DIS ALM.		49.74
CENA Guiso de fideos con pollo, arroz , infusion									
Carné de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	88.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Anrejas fresca	25.00	54.00	0.98	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.06
			73.69	54.54	460.83				
			294.76	490.89	1843.34				
			11.2	18.7	70.1				
					100.00		V.C.T. MENU		2628.99



[Signature]
 Dra. Liliana D. Cruz Gonzalez
 NUTRICIONISTA
 CNP. 5153

[Signature]
 Tony Gloria S. Jaramila
 DNI. 22493337
 SE. PELLO. 17/07/18

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 07 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	8.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
									694.18
									27.55
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	98.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Arvejas frescas	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.08	11	0.98	24.23	36.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
								VC Alm	1384.88
								% Dist	54.97
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	448.29
								%DIST. D	17.48
			80.12	64.21	405.25				
			320.48	577.86	1621.01				
			12.7	22.9	64.3				
					100.00			VCT	2519.35



[Signature]

 (Firma del Médico Asesor)

[Signature]

 (Firma del Representante)
 DNI: 342163321

viernes, 08 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	23.85
ALMUERZO: Matasquita de pollo, arroz , fruta y refresco									
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	87.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.89
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1346.80
								% DIS ALM	51.63
CENA Tallarines rojos con carne molida + infusion									
Carné de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.06
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.56
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.11
								%DIST. D	24.32
			72.43	66.10	426.52				
			289.71	594.88	1714.06				
			11.15	22.89	65.96				
					100.00				
								VCT	2598.66



[Signature]
Dr. Walter A. Ortiz Guzmán
 NUTRICIONISTA
 CNP. 5133

[Signature]
Rony Glorioso Salas Guzmán
 DNI: 222955123
 ESP/PSICÓLOGO

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 09 de junio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Acelgas: hojas	120.00	61.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	98.00	0.48	0.12	3.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1064.33
								% DIS ALM.	50.33
CENA:	Sopa de fideos con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.06	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES	558.90
								%DIST. D	26.43
			67.06	45.16	360.04				
			268.24	406.45	1440.17				
			12.68	19.22	68.10				
					100.00			VCT	2114.86


 Lic. Gladys A. Cruz Gonzalez
 NUTRICIONISTA
 CHL 633
 2018-06-09 15:00:00


 Tony Gloria Gallo Ramirez
 DNE 23045323
 REPRESENTANTE



DIETA: GASTRITIS CRONICA Y CANCER

domingo, 10 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.76
Almuerzo:	Arroz con pollo + fruta y refresco								
Carne de Pol	160.00	86.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	200.0	100.00	18.40	1.00	155.80	66	9.00	622.40	697.08
Acelite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Espinaca negr	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.68	0.09	6.30	3	0.84	21.20	24.67
Lechuga red	60.00	50.00	0.39	0.06	0.83	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1530.08
								%DIST. D	60.30
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.85	100.52	114.81
								VC DES.	328.39
								%DIST. D	12.94
			84.96	68.55	395.14				
			339.85	616.97	1580.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.38

Dr. Jairo V. Vela Del Real
Médico Generalista
R.O. 3093



Dr. Giovanni Y. Cruz González
Médico Generalista
R.O. 3093

Dr. Jairo V. Vela Del Real
Médico Generalista
R.O. 3093

lunes, 11 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	64.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	150.0	98.00	2.08	0.44	37.78	8	3.87	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									21.34
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.68	0.00	98.73
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.78	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	38.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1319.49
						% DISTR. ALMUERZO			51.45
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.64	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									27.20
			79.66	34.42	484.00				
			318.66	309.81	1936.01				
			12	12	75				
					100.00			VCT MEN	2564.48

Dr. JESSY RIVERA BARRERA
FARMACIA
C.R. 1520



Dr. JESSY RIVERA BARRERA
FARMACIA
C.R. 1520

Dr. JESSY RIVERA BARRERA
FARMACIA
C.R. 1520

martes, 12 de junio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	8.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES	641.77
								%DIST. D	28.65
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Polv	160.00	86.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	84.00	3.95	0.18	41.92	16	1.89	167.70	185.18
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	96.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES	1137.83
								%DIST. D	50.79
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.65
									20.56
			75.28	19.49	440.94				
			301.12	175.37	1763.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25


 ಸರ್ಕಾರಿ ಪ್ರಾಥಮಿಕ ಶಾಲೆ
 ಸಿ.ಎ. ಜಯರಾಜ್, ವಿಜಯ ನಗರ
 ಸುತ್ತರಾಂತ್ಯ, ಅ.ಪ.ಜಿಲ್ಲೆ

[Signature]
Lillian M. Cruz Gonzales
INTERPRETER
CMT 0165


 Mary Ghebo
 CNR: 201600023
 COMPTON, SANTANA

miércoles, 13 de junio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DEBAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de la traza	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									423.92
									17.34
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.68
Arvejas fresco	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1292.58
									%DIST. D 52.88
CENA: Pollo guisado, arroz, infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C . CENA			727.84
						% DIST.CENA			29.78
	VCT (Gr.)		85.72	38.84	437.99				
	VCT (kcal.)		342.88	349.52	1751.84				
	VCT (%)		14	14	72	V.C.T. MENU			2444.34
					100.00				



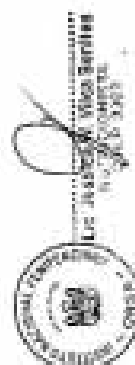
g.

Dr. Jorge Luis Salas Almonacid
C. 1974-2018
REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 14 de junio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.88	1.40	25.20	19	12.60	100.80	132.02
Leche evapora	70.00	100.00	4.00	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
									657.07
									27.58
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Carné de Pollo	100.0	85.00	28.02	4.90	0.00	112	44.06	0.00	196.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1422.65
									57.11
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.89	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	381.34
								%DIST. D	15.31
			75.46	53.07	427.89				
			301.84	477.65	1711.57				
			12.1	19.2	68.7				
					100.00			VCT	2491.06



[Handwritten signature]
 Lic. [illegible]
 C.M. [illegible]

[Handwritten signature]
 Jony [illegible]
 DNI: 21025523
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 15 de junio de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mermelada								
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.08	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.05

546.74

22.75

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74

VC DES. 1282.92

%DIST. D 53.38

CENA:	Pollo sancochado, arroz + infusión								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Arroz Filado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.09	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	36.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62

VC DES	573.76
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% DIS ALM	23.87
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74.73	37.50	441.76
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298.92	337.46	1767.03
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12.4	14.6	73.5
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		100.00
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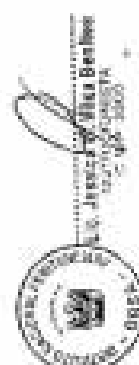
VCT	2403.41
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Very truly,
Yours,
D. M. McPherson

sábado, 16 de junio de 2018

ALIMENTO	gríper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									658.30
									26.40
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.89	6	1.98	15.52	23.94
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	567.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.08	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.58
CENA:	Sopa de arroz con pollo								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.62
								%DIST. D	22.61
			74.34	62.02	401.85				
			297.35	558.20	1607.39				
			12.07	22.66	65.26				
					100.00			VCT	2462.95



Dr. Gladys E. Cruz Guzmán
NUTRICIONISTA
CNR 5153

Dr. Gladys E. Cruz Guzmán
NUTRICIONISTA
CNR 5153

domingo, 17 de junio de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	26.98
ALMUERZO:	Pollo sancochado , arroz,papa, refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1245.85
								% DIS ALM.	54.22
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.08	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.68	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	18.80
			81.95	43.11	395.47				
			327.82	387.95	1581.87				
			14.27	16.88	68.85				
					100.00			VCT	2297.64


 Lic. Juan Carlos Viquez Berrios
 C.R. 123456789



 Lic. Juan Carlos Viquez Berrios
 C.R. 123456789


 Enay G. de la Cruz
 C.R. 123456789
 C.R. 123456789

lunes, 18 de junio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	449.56
								%DIST. D	18.44
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.80
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.89	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				51.90
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.98	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	3	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.77	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.65
			67.57	47.06	435.96				
			270.27	423.51	1743.83				
			11.09	17.37	71.54				
					100.00			VCT MEN	2437.61



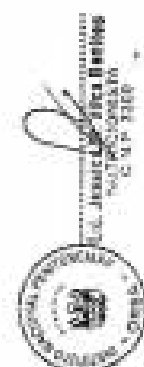
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9/

DIETISTA
DRA. JESSICA
BARRERA

martes, 19 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	81.80	13.52	127.00
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	637.53
								%DIST. D	26.15
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.01	15.54	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	80.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.99	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	55.26
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	453.31
								%DIST. D	18.59
			77.16	20.48	486.27				
			308.63	184.30	1945.10				
			12.66	7.56	79.78			VCT MEN	2438.02
					100.00				



Dr. Gloria F. González

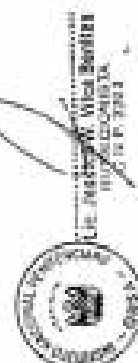
Yury G. ...
DR. JUAN CARLOS ...
COORDINADOR

DIETA: GASTRITIS CRONICA Y CANCER

42

miércoles, 20 de junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + mortadela									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	80.00	100.0	7.68	0.24	57.44	30.72	2.16	229.76	262.64
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
									506.24
									20.47
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.88	23	2.48	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco,	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Plátano	160.00	82.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1218.29
							% DIS ALM.		49.25
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Ancejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		749.12
							%DIST. D		30.28
			71.88	27.35	485.78				
			284.33	246.19	1943.13				
			11.5	10.0	78.6				
					100.00		V.C.T. MENU		2473.65

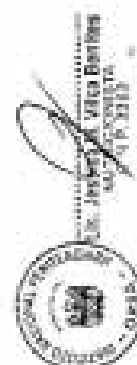


[Signature]
NUTRICIONISTA
C.T. 1117

[Signature]
Yury Gloria Vidal Benites
DNI: 332905323
ESP/ECUATORIO

jueves, 21 de junio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelo	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									29.09
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carne de Polv	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	150.00	92.00	0.89	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1301.56
								% DIS ALM.	52.42
CENA:	Infusion + 01 pan + margarina								
Herbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.68
								%DIST. D	18.49
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78



9

Dr. J. J. Vico Barrios
CMI 20056622
REPRESENTANTE

viernes, 22 de junio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	27.32
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Aroz Pilado o	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.60
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	82.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	978.82
								%DIST. D	43.15
CENA Tallarines rojos con carne molida + infusion									
Carné de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	6.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	670.00
								%DIST. D	29.53

71.60 60.79 358.75

286.42 547.14 1435.01

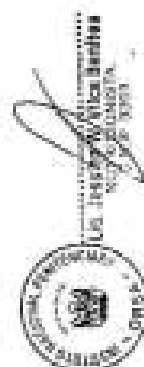
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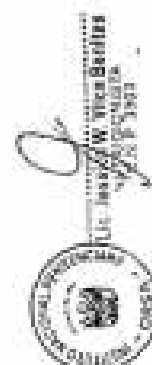
[Firma]
 Lic. Jhonny W. Alca Berrios
 MD, C. NUTRICION
 C.O.C. 1000

[Firma]
 Lic. Jhonny W. Alca Berrios
 MD, C. NUTRICION
 C.O.C. 1000



domingo, 24 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	0.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.82
								%DIST. D	28.58
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Carne de Pollo	160.00	85.00	28.02	4.60	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Camote morado	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1411.04
								% DIS ALM.	54.76
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	180.60
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.66
			81.65	69.05	407.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2578.84



Dr. *[Signature]*
 Lic. *[Signature]*
 Dpto. de Nutrición
 CIP. 513

[Signature]
 Dpto. de Nutrición
 DHO 2529/2017
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 25 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.46	94.58	102.2
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	302.26
								%DIST. D	12.64
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.00	25.02	29.72
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.86	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1312.25
					% DISTR. ALMUERZO				54.89
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado o	100.0	100.00	8.20	0.60	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Ancejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.88
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									32.47
			65.29	37.49	448.07				
			261.16	337.38	1792.27				
			11	14	78				
					100.00			VCT MEN	2396.82



[Signature]

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 Lic. María del Carmen
 DNI 28055623
 REPRESENTANTE

martes, 26 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Hab	35.00	100.00	8.51	0.67	20.86	34	5.98	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.60	3.29	14	62.06	13.16	68.94
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES	613.26
								%DIST. D	25.58
Almuerzo:	Pollo sancachado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.87	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									16.22
			77.55	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34



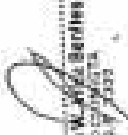
[Signature]
 Dr. José María
 2018

[Signature]
 Dr. José María
 2018

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 27 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	66.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									16.62
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1369.17
CENA:	Pollo guisado ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.08	1.38	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			727.84
						% DIST.CENA			28.94
	VCT (Gr.)		83.79	44.04	445.99				
	VCT (kcal.)		334.79	396.37	1783.97				
	VCT (%)		13	16	71	V.C.T. MENU			2515.13
					100.00				


Lc. Jessica W. de Barrios
Nutricionista
C.R.V. 2007



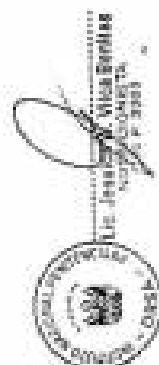
Yony G. de Sufas
Nutricionista
C.R.V. 2007


Yony G. de Sufas
Nutricionista
C.R.V. 2007
ALIMENTOS

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 28 de junio de 2018

ALIMENTO	gr/per (g)	comestib: la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapon	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									27.08
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.52	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.83
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1396.58
								% Dist	58.28
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.84
			75.00	40.56	431.84				
			303.98	365.08	1727.37				
			12.68	15.23	72.08				
					100.00			VCT	2396.43



Representante

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 29 de junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mermelada								
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	630.83
								%DIST. D	21.53
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1348.13
								%DIST. D	54.69
CENA:	Arroz con huevo sancochado + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	588.26
								%DIST. D	23.78
			71.83	28.82	479.63				
			287.31	259.39	1918.51				
			11.65	10.62	77.82				
					100.00			VCT	2465.21



[Handwritten Signature]
 Lic. Gloria S. Ruiz Gonzalez
 NUTRICIONISTA
 C.R.P. 5192

[Handwritten Signature]
 Jany Gloria Soto Martinez
 D.N. 20011023
 REPRESENTANTE

sábado, 30 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									25.38
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Cama de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas. hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	89.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.06	24.23	38.38
Plátano	160.00	94.00	0.60	0.30	14.74	3	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	55.04
CENA:	Sopa de semola con pollo								
Cama de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.58
			74.51	59.81	367.87				
			298.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.68


 Dr. Jessica W. Arce Barrios
 MEDICINA INTERNA
 2018-2020


Presidente
 PRO-MUNICIPAL
 Arce W. Arce Barrios
 2018-2020
 Presidente
 PRO-MUNICIPAL
 2018-2020


 Dr. Jessica W. Arce Barrios
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL PARA POBLACION PENAL - MES DE JUNIO 2018

vienes, 01 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
domingo, 03 de junio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
lunes, 04 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VANITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 06 de junio de 2018	INFUSION + 02 PANES + FRUTA	HERO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
jueves, 07 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOPADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
vienes, 08 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCRO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 09 de junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
domingo, 10 de junio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
lunes, 11 de junio de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
martes, 12 de junio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO,ARROZ, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 13 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
jueves, 14 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
vienes, 15 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
sábado, 16 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
domingo, 17 de junio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 18 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CANGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 19 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 20 de junio de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADORO A LA TACNEÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
vienes, 22 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AQUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRUOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
domingo, 24 de junio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMÓN, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 25 de junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
martes, 26 de junio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
miércoles, 27 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMONDINADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
vienes, 29 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
sábado, 30 de junio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO


 Lic. Carlos A. Vilas Barrios
 DNI: 252980323
 REPRESENTANTE






 Lic. Carlos A. Vilas Barrios
 DNI: 252980323
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

viernes, 01 de junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Sémola de Tri	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada de	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

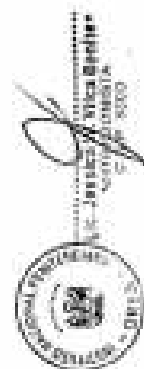
23.12

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	18.53	1.39	0.00	88.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Acosta vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.308	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chuflo blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Poro	18.00	66.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.66	0.48	0.153	3.84	4.47
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kion	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.68	0.28	15.04	6.62	2.454	60.17	89.28
								VC Alm	1170.18
								% Diet	49.01

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anchoas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.65
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.50
Cebolla de ca	60.0	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.35	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	665.56
								%DIST. D	27.87
			79.24	31.07	447.81				
			316.95	279.60	1791.23				
			13.3	11.7	75.0				
					100.00		V.C.T. MENU		2387.78

g.
 Lic. Gustavo A. Cruz González
 NUTRIENTISTA
 CNAF 4913

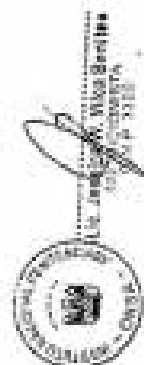
g.
 Yany Griez Salas Ramirez
 DTS: 000585402
 RESPTC-0154071



DIETA: HIPERTENSION ARTERIAL

sábado, 02 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrant	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									580.53
									22.71
Almuerzo:	Guiso de arvejita con chanchito, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partido	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado o	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.98	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redol	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.88	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1432.07
								%DIST. D	56.02
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.66
Fideos	60.00	100.00	6.64	0.12	46.82	23	1.08	187.58	211.32
Zapallo macre	50.00	47.00	0.16	0.06	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acetite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
								VC CENA	543.79
								%DIST CENA	21.27
			70.52	61.63	429.91				
			262.10	554.66	1719.65				
			11.63	21.70	67.27				
					100.00		VCT MENU		2556.42



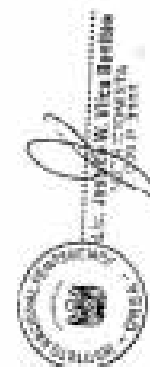
9.

REP. DE CUBA
Ministerio de Salud Pública
Dpto. de Nutrición y Dietética
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

domingo, 03 de junio de 2018

ALIMENTO	gr/per	comestib la	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancocado									
Cebada harina	30.00	100.00	5.64	0.88	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	88.00	7.94	4.94	1.05	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	25.77
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceto vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.88	164.13	181.24
Lechuga redon	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Cebolla de cal	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	60.00	98.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6406	64.18	73.89
								VC ALMU	1476.26
									58.97
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada de	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.26
			76.41	48.44	439.39				
			313.62	435.98	1757.19				
			12.51	17.39	70.19				
					100.00			VCT	2506.80



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NUTRICIONISTA
CNR 5163

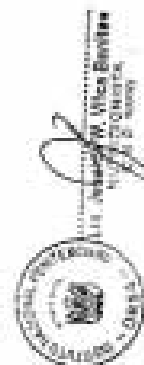
[Signature]
Yenny Gloria Pacheco Ramirez
DNI: 202166323
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

27

lunes, 04 de junio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote moro	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	48.67	25	1.78	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetate vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.08	0.38	10.32	12.23	3.4398	41.28	56.96
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de cal	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	180.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				50.33
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.38	8.08	10.57
Arvejas frescas	38.00	54.00	1.34	0.11	3.55	5	1.02	14.71	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
paño	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.64	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07



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DIETA: HIPERTENSION ARTERIAL

martes, 05 de junio de 2018

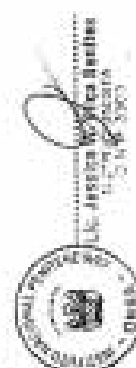
ALIMENTO	grapo	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	80.00	100.00	5.76	0.18	43.09	23	1.62	172.32	196.98
								VC DES.	663.66
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	200.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Aceita vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cal	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	164.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	98.00	1.76	0.29	16.02	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.05
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	96.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									410.18
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12



DIETA: HIPERTENSION ARTERIAL

miércoles, 06 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + fruta									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.48	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.38	18	1.91	189.55	206.31
Zapallo maon	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habes frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.62	0.12	6.64	3	1.06	26.58	30.83
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1318.74
								% DIS ALM.	50.66
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pol	100.00	78.00	16.46	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresc	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	78.00	0.12	0.10	1.82	0	0.89	7.27	8.69
Cebolla de ca	20.0	87.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. D	32.37
			76.74	45.99	476.58				
			282.98	413.89	1906.23				
			16.9	15.9	73.2				
					100.00		V.C.T. MENU		2603.09



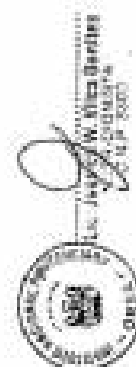
[Signature]
 LILY GARCIA ALVARADO
 NUTRICIONISTA
 CNP. 5153

[Signature]
 KARY GARCIA ALVARADO
 CNP. 202400322
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

jueves, 07 de junio de 2018

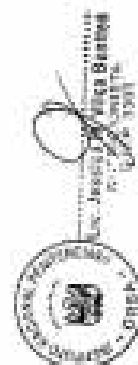
ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.86	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.88	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.98	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.60	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Ajl verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Ajl colorado s	5.00	52.00	0.18	0.20	1.53	1	1.53	6.30	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	80.00	67.00	2.80	0.11	8.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
								VC Alm	1385.27
								% Dist	54.98
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.80	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	440.29
								%DIST. D	17.47
			81.42	61.73	409.61				
			325.79	555.61	1638.43				
			12.9	22.1	65.0				
					100.00			VCT	2619.74



DIETA: HIPERTENSION ARTERIAL

viernes, 08 de junio de 2018

ALIMENTO	gráper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	619.75
								%DIST. D	24.04
ALMUERZO: Locro de res, arroz , fruta y refresco									
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res	100.00	85.00	18.11	1.36	0.00	72.42	12.24	0.00	84.66
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1325.85
								% DIS ALM	51.43
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.90	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	80.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	68.00	0.12	0.10	1.90	0	0.93	7.62	9.06
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.02	579.38	1797.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79



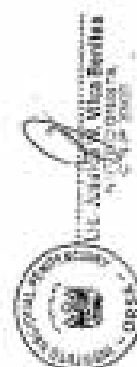
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 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

sábado, 09 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST./CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con pina + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.60	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.19
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de frejol con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Fríjol caballer	120.0	100.00	27.48	1.80	89.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.75	0.00	82.24
Cebolla de cal	80.00	85.00	0.96	0.14	7.68	4	1.22	30.74	35.77
Ají colorado s	2.00	68.00	0.10	0.11	0.60	0	0.66	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1513.09
								% DIS ALM.	60.10
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.81	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.08	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.96
								%DIST. D	20.38
			74.90	43.83	444.66				
			299.61	428.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70



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DIETA: HIPERTENSION ARTERIAL

domingo, 10 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Azúcar rubia	25.00	100.0	0.00	0.00	24.88	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	156.60	66	9.00	622.40	697.00
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.61	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ancejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga rode	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Postero de so	160.0	88.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1536.09
								%DIST. D	60.79
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	0.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.08	21.54	12	0.61	86.16	96.49
								VC DES.	311.98
								%DIST. D	12.35
			54.86	68.69	392.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2626.99



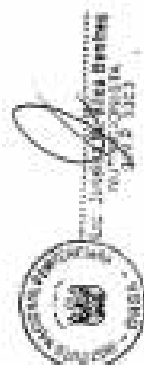
Dietista
CIP: 9155

Representante

DIETA: HIPERTENSION ARTERIAL

lunes, 11 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Infusion + 02 panes + camote frito									
Hierbas	10.00	54.00	0.17	0.05	0.35	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	196.98
									555.44
									21.40
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Cama de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.88	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.88	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Alf. colorado e	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.49	12.07	14.33
Naranja	150.00	98.00	1.76	0.23	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1341.92
					% DISTR. ALMUERZO				51.71
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
pepillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									26.88
			78.37	49.48	459.08				
			313.49	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2595.03



José María Cruz González
 COORDINADOR
 CCH, SCS

José María Cruz González
 DNI: 202045323
 REPRESENTANTE

miércoles, 12 de junio de 2018

ALIMENTO	gr/per	conestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.7
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.96
								VC DES.	539.13
								%DIST. D	21.53
Almuerzo:	Sudado de pescado , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	365	66.83	2.28	203.62
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	28.89	9	1.28	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Orégano fresco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC DES.	1528.03
								%DIST. D	61.82
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.60	48.27	432.20				
			332.60	443.39	1728.79				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17


 NATIONAL ARCHIVES AND RECORDS ADMINISTRATION
 DEPARTMENT OF THE INTERIOR
 WASHINGTON, D.C. 20540
 Mr. L. J. ...
 ...
 ...

Mr. [Signature]
HUTCHINSON
ST. LOUIS

100

miércoles, 13 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.64
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de lebran	60.00	100.0	5.76	0.16	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.55
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.68	0.14	54.74	26	1.26	218.95	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	180.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.76
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.36	0.06	1.85	1	0.46	7.78	9.68
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anveja fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.70	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1334.81
									%DIST. D 50.53
CENA: Camote arrebozado,arroz,infusion									
Camote morat	100.00	84.00	1.18	0.25	21.59	5	2.27	85.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.68
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
									V.C. CENA 758.39
									% DIST. CENA 28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (Kcal.)		328.63	470.46	1822.94				
	VCT (%)		13	18	70				
					100.00				V.C.T. MENU 2622.03

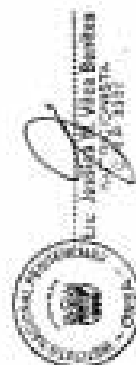


[Signature]
 Lic. Alfredo L. Cruz González
 NUTRICIONISTA
 C.R.P. 5152

[Signature]
 Licp. Gloria delis Rivas
 D.M.L. 215186120
 (NUTRICIONISTA)

jueves, 14 de junio de 2018

ALIMENTO	grper (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	38.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	186.88
									687.07
									27.04
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	180.0	88.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acetia vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1472.64
									57.85
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	98.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	38.00	100.00	3.98	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.66	63.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05



[Signature]
Dietista
C.N.D. 5153

[Signature]
Dietista
C.N.D. 28248323
Representante

viernes, 15 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.88	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

545.74

31.33

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Asaite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	8.08	3	0.98	24.23	28.19
Anzuelos fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.18	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74

YC DES.	1294.00
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%DIST. D 50.25

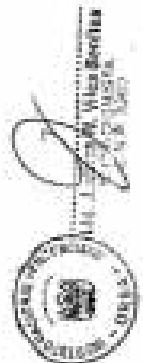
CENA:	Pollo dorado, arroz + infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.55
Arroz Filado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	78.64

VC DES.	734.39
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% DIS ALM	28.52
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Young Global Sales Academy
ONE SUCCESSFUL
REPRESENTATIVE

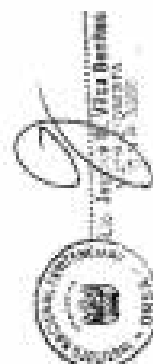


sábado, 16 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con pifa + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	84.53
Pifa	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									584.64
									22.21
Almuerzo:	Guiso de arvejeta partida con choncho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arvejeta partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cer	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	87.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.36	0.07	1.83	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	138.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	98.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.05	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	20.59
			78.63	70.04	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2832.81

Dr. *[Firma]*
NUTRICIONISTA
CNP 6153

Dr. *[Firma]*
NUTRICIONISTA
CNP 202145323
Asistente



domingo, 17 de junio de 2018

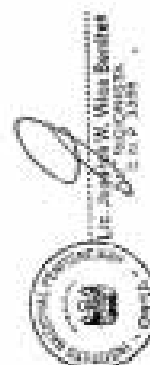
ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.68	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.56	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60

ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta

Carne de Poli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Arroz Pilado o	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga redol	55.00	50.0	0.36	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.05	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de cal	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1467.87
								% DIS ALM.	58.25

CENA: Infusion + 01 pan + manjar

Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66



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 Lic. Jairo W. Mesa Benítez
 DNI: 242065320
 20180614054175

DIETA: HIPERTENSION ARTERIAL

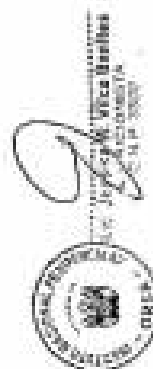
13

lunes, 18 de junio de 2018

ALIMENTO	griper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 62 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	449.56
								%DIST. D	18.29
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Came de res	80.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Serrat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ají colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas frescas	40.00	54.00	1.53	0.13	4.00	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				52.30
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.41
			68.93	47.27	439.15				
			275.73	425.42	1756.60				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75

Lic. Glenny J. Cruz Lora
NUTRICIONISTA
CNP: 6453

Rafaela de la Cruz
Dña. Rafaela de la Cruz
RESPONDIENTE



DIETA: HIPERTENSION ARTERIAL

martes, 19 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 62 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	108.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.53	127.00
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo:	Sudado de pescado, papa, arroz, refresco y fruta								
Pescado	280.00	68.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Acorda vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Aji colorado	4.00	68.00	0.19	0.21	1.00	1	1.91	6.39	9.06
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Mandarina	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1651.45
								%DIST. D	62.08
CENA:	Mazamorra de maizena con leche + 61 pan								
Maizena	40.00	100.00	0.24	0.08	34.88	0.98	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebran	35.00	100.00	3.36	0.11	28.13	13.44	0.945	100.62	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	436.90
								%DIST. D	16.42
			84.32	66.01	432.22				
			337.28	594.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				


W. Vico Barrios
C.O. Ingeniero en Alimentos
Nº 3003



W. Vico Barrios
C.O. Ingeniero en Alimentos
Nº 3003


W. Vico Barrios
C.O. Ingeniero en Alimentos
Nº 3003
REP. PRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 20 de junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.89	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.38	0.00	0	149.42	149.42
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	93.00	0.89	0.45	21.87	4	4.02	87.49	95.08
									446.73
									18.12

ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.80	6.00	0.68	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	80.88	23	2.46	249.52	288.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco	35.00	80.00	0.92	0.22	7.76	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	3	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	5.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de cal	60.00	67.00	0.58	0.06	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1266.50
							% DIS ALM		51.36

CENA Matasquita de pollo , arroz , infusion									
Carné de Pollo	100.00	88.00	17.81	3.06	0.00	70	27.84	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Anchoas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.85	0.13	28.10	10.58	1.134	112.38	124.11
Cebolla de cal	60.0	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.85	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		752.58
							%DIST. D		30.52
			79.56	21.12	498.38				
			282.25	190.06	1993.51				
			11.4	7.7	80.8				
					100.00		V.C.T. MENU		2465.82

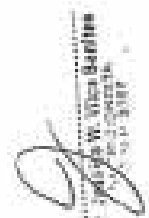
[Firma]
Lic. Nancy Torres González
DIN. TRANSACC.
ADMINISTRATIVA

[Firma]
Ing. Ghislain Rodríguez
DIN. TRANSACC.
ADMINISTRATIVA



jueves, 21 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	8.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
									656.46
									26.11
ALMUERZO:	Adobo a la tacneria de cerdo , arroz, papa + refresco y fruta								
Carne de Cer	150.00	88.00	19.01	19.93	0.00	76	179.30	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado	150.0	100.00	12.30	0.78	118.70	49	6.75	466.80	522.75
Cebolla de cel	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Aji verde (2)	2.00	100.00	0.06	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	99.00	1.78	0.29	18.0	7	2.65	64.08	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1415.03
								% DIS ALM.	56.28
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				
			256.23	749.22	1508.70				
			10.2	29.8	80.0				
					100.00			VCT	2514.15


 Dr. Jorge W. Vilca Barrios
 C.O.P. 10000
 2018




 Yany Gil de Salas Ramirez
 DNI: 2522-8523
 SUPLENENTE

DIETA: HIPERTENSION ARTERIAL

viernes, 22 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, margarina									
Semola de Tri	38.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	36.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	619.75
								%DIST. D	28.72
ALMUERZO: Aguadito con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aroz Pilado o	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negra	35.00	97.00	0.05	0.31	1.66	4	2.75	6.65	13.21
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acorte vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	858.58
								%DIST. D	39.79
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.54	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acete vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									679.44
								%DIST. D	31.49

67.53 60.64 335.47

270.11 545.75 1341.88

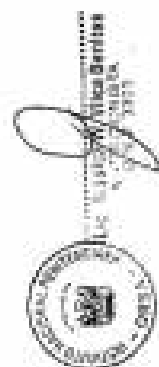
12.52 25.29 62.19

100.00

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VCT 2157.74

Dr. Alberto E. Cruz Gonzalez
NUTRICIONISTA
CNR 5153



Yuri
NUTRICIONISTA
CNR 5153

DIETA: HIPERTENSION ARTERIAL

viernes, 22 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	196.96
								VC DES.	619.75
								%DIST. D	28.72
ALMUERZO: Aguadito con pollo, refresco y fruta									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.26	1	1.80	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negr	35.00	97.00	0.85	0.31	1.66	4	2.75	6.65	13.21
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	858.56
								%DIST. D	39.79
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.80	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.68
Cebolla de cat	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									679.44
								%DIST. D	31.49

67.53 60.64 335.47

270.11 545.75 1341.88

12.52 25.29 62.19

100.00

VCT 2157.74

Dr. Alvaro R. Ruiz González
NUTRICIONISTA
CNR 5153

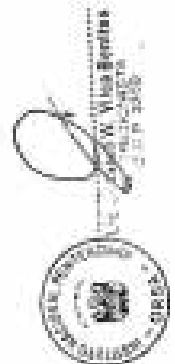


Yuri
NUTRICIONISTA

DIETA: HIPERTENSION ARTERIAL

sábado, 23 de junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo:	Frejol a la chilena con choncho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	60.96	109.92	16.20	279.84	405.96
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.60	522.75
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.85	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lchuga roja	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.38
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1607.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.06	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27

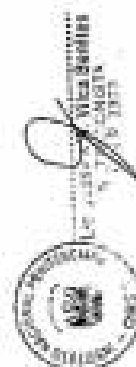


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 Mary Gloria Ortiz Jimenez
 DNI: 25713320
 REPRESENTANTE

domingo, 24 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	6.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pileto o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Ajil verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Ajil colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote moras	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.98	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
								%DIS ALM.	54.00
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.87
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.91	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.57
			82.00	69.31	409.54				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97



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DIETA: HIPERTENSION ARTERIAL

lunes, 25 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + camote frito									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morao	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.63
ALMUERZO: Revuelto de zanahoria ,arroz + refresco + fruta									
Zanahoria	80.0	85.00	0.41	0.34	8.26	2	3.06	25.02	29.72
Arroz Pilado d	150.0	100.00	12.36	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapori	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.62
Cebolla de ca	80.00	87.00	0.97	0.14	7.66	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Huacalay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Naranja	160.00	98.00	1.68	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1328.26
					% DISTR. ALMUERZO				50.47
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas freaca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
pollo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			60.58	62.51	450.73				
			266.33	562.56	1802.93				
			18	21	89				
					100.00			VCT MEN	2631.82



Cruz Gonzales
 DIETA
 VCT ETO

Rony G. G. G.
 DIETA
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

martes, 26 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habes + 02 panes + fruta								
Harina de Hab	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	596.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Filado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.00
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Acolla vegetal	35.00	85.00	0.00	29.75	0.00	0	287.75	0.00	287.75
Leche evapori	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1505.99
								%DIST. D	59.34
GENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de libran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapori	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									17.21
			84.17	44.05	451.23				
			336.67	396.43	1804.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01

W. Nika Berrios
Dpto. de Nutrición
2018-06-26



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Yany Gilio
Dpto. de Nutrición
2018-06-26
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

jueves, 28 de junio de 2018

ALIMENTO	g/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.89	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									26.87
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	88.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mal	30.00	100.00	3.30	0.84	24.75	13.28	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, o	10.00	95.00	2.29	4.68	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1486.15
								% Dist	59.78
CENA:	Infusion + 81 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.35
			79.89	45.49	440.06				
			316.34	409.40	1760.26				
			12.72	16.47	70.81				
					100.00			VCT	2486.06



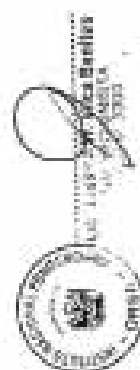
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DIETA: HIPERTENSION ARTERIAL

miércoles, 27 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST:CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0001	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.96
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									16.13
ALMUERZO:	Matasquita de pollo ,arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Papa blanca	300.0	93.00	5.86	0.29	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Ají colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	80.00	87.00	0.97	0.14	7.85	4	1.25	31.46	36.81
Ancejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1395.57
					% DISTR. ALMUERZO				53.84
CENA:	Camote arrebozado,arroz,infusion								
Camote morat	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Leche evapora	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C . CENA			778.27
						% DISTR. CENA			30.03
	VCT (Gr.)		73.86	54.96	450.48				
	VCT (kcal.)		295.43	494.62	1801.91				
	VCT (%)		11	19	79	V.C.T. MENU			2591.97
					100.00				



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DIETA: HIPERTENSION ARTERIAL

jueves, 28 de junio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.80	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	5.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	5.75	0.18	43.05	23	1.62	172.32	190.98
									668.09
									26.87
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.45	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.50	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.85	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo. c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1406.15
								% Dist	59.78
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	82.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.35
			79.09	45.49	440.05				
			316.34	409.40	1760.25				
			12.72	16.47	70.81				
					100.00			VCT	2486.00



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DIETA: HIPERTENSION ARTERIAL

viernes, 29 de junio de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	196.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	836.83
								%DIST. D	20.28
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ancejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1359.21
								%DIST. D	51.94
CENA: Arroz con huevo frito + Infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.91	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98



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 Lic. Diana Elizabeth González
 (C) L. 10/10/14
 10/10/14

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 Lic. Gladys Salas Ramírez
 DNI: 252962323
 REPUBLICANA

DIETA: HIPERTENSION ARTERIAL

sábado, 30 de junio de 2018

ALIMENTO	gríper (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.36	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo:	Guiso de arvejita partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.28	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado se	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	60.00	88.00	0.35	0.07	1.63	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	88.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	59.20
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.86
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.20	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.65
								%DIST. D	17.77
			80.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21



9-

Jorge Gloria Salas Rumbaut
 CMI: 292866313
 REPRESENTANTE