

E.P.MUJERES

AREQUIPA

PROGRAMACION DE MENUS

JUNIO 2018

MENUS PARA POBLACION PENAL MUJERES AREQUIPA - JUNIO 2018

viernes, 1 de Junio de 2018	SOYA CON PISA + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 2 de Junio de 2018	CAFE + 02 PANES + ATUN	HIJO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION
domingo, 3 de Junio de 2018	COCOA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, ENSALADA + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 4 de Junio de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	CALDO BLANCO + REFRESCO + FRUTA	REVUELTO DE ZANAHORIA + ARROZ + INFUSION
martes, 5 de Junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	SOPA DE FIDEOS CON CABELA
miércoles, 6 de Junio de 2018	CEBADA CON LECHE + 02 PANES + ACEITUNA	ARROZ CON POLLO + ENSALADA, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELEDA
jueves, 7 de Junio de 2018	TE + 02 PANES + CAMOTE FRITO	HIGADO FRITO+ ARROZ + ENSALADA + REFRESCO + FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
viernes, 8 de Junio de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 9 de Junio de 2018	CAFE + 02 PANES + HUEVO SANCOCHADO	CHAMPAÑITA ,ARROZ + REFRESCO + FRUTA	ASADO DE POLLO + ARROZ + INFUSION
domingo, 10 de Junio de 2018	COCOA CON LECHE + 02 PANES + QUESO	CARNE ALMENDRADA + ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELEDA
lunes, 11 de Junio de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	CAU CAU DE POLLO + ARROZ + REFRESCO + FRUTA	TALLARIN ROJOS CON CARNE MOLIDA+ INFUSION
martes, 12 de Junio de 2018	MACA CON COCOA + 02 PANES + TORREJA DE TALLARIN	FRUOL A LA CHILENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
miércoles, 13 de Junio de 2018	CEBADA CON LECHE+ 02 PANES + MERMELEDA	ESTOFADO DE POLLO+ ARROZ ,REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 14 de Junio de 2018	TE + 02 PANES + CAMOTE FRITO	PICANTE DE TRIGO CON RES + ARROZ + REFRESCO + FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
viernes, 15 de Junio de 2018	SIETE CEREALES + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 16 de Junio de 2018	CAFE + 02 PANES + ATUN	REVUELTO DE FIDEOS ,ARROZ, REFRESCO Y FRUTA	POLLO ENCEBOLLADO, ARROZ+ INFUSION
domingo, 17 de Junio de 2018	COCOA CON LECHE + 02 PANES + QUESO	ASADO DE CERDO +6 ARROZ + ENSALADA + REFRESCO + FRUTA	INFUSION + 01 PAN CON MERMELEDA
lunes, 18 de Junio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	AQUADITO CON MENUDENCIA DE POLLO + REFRESCO + FRUTA	PAPA ARROZADA + ARROZ+ INFUSION
martes, 19 de Junio de 2018	MACA CON COCOA + 02 PANES + MARGARINA	GUISO DE ARVEJITA CON HUEVO FRITO + ENSALADA + ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
miércoles, 20 de Junio de 2018	CEBADA CON LECHE+ 02 PANES + ACEITUNA	POLLO AL BILLAO + ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 21 de Junio de 2018	TE + 02 PANES + CAMOTE FRITO	PICANTE A LA TACNEÑA + ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
viernes, 22 de Junio de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 23 de Junio de 2018	CAFE + 02 PANES + HUEVO SANCOCHADO	HIJO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	POLLO FRITO + ARROZ + INFUSION
domingo, 24 de Junio de 2018	COCOA CON LECHE + 02 PANES + QUESO	SECOS DE RES + ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELEDA
lunes, 25 de Junio de 2018	AVENA CON MANZANA + 02 PANES + MORTADELA	MATASQUITA DE POLLO + ARROZ + REFRESCO + FRUTA	TALLARIN ROJOS CON CARNE MOLIDA+ INFUSION
martes, 26 de Junio de 2018	MACA CON COCOA + 02 PANES + TORREJA DE TALLARIN	GUISO DE FREJOL CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
miércoles, 27 de Junio de 2018	CEBADA CON LECHE+ 02 PANES + MERMELEDA	ESTOFAO DE POLLO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MERMELEDA
jueves, 28 de Junio de 2018	TE + 02 PANES + CAMOTE FRITO	CHAMPAÑITA + ARROZ + REFRESCO + FRUTA	ASADO DE POLLO + ARROZ + INFUSION
viernes, 29 de Junio de 2018	SIETE CEREALES + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 30 de Junio de 2018	CAFE + 02 PANES + ATUN	HIGADO FRITO+ ARROZ + ENSALADA + REFRESCO + FRUTA	POLLO A LA MOSTAZA + ARROZ + INFUSION



Dr. José M. Viza Barrios
FISCAL GENERAL
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Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarco Corp
NUTRICIONISTA
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viernes, 1 de Junio de 2018

ALIMENTO	gr/por (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + queso de choncho								
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	0.35	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	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Queso de choncho	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza c	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	450.98
								%DIST.	21.13
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado o pul	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Pepinillo o Pepino	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	0.68	0	0.36	2.62	3.37
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado seco	5.00	66.00	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
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Glutamato monos	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	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	1237.92
								%DIST.	58.00
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
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 c	60.00	100.00	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
									445.54
									20.87
			79.41	38.12	369.43				
			317.65	343.07	1473.72				
			14.9	16	69				
					100.00				2134.44

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abanto Cappa
NUTRICIONISTA
C.N.P. 3979



sábado, 2 de Junio de 2018

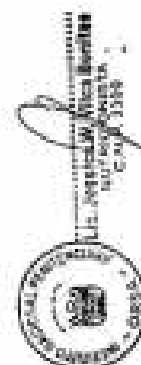
ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + atun								
Cafe sin azucar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Cebolla de cabeza	40.00	92.00	1.08	0.16	8.84	4	1.41	35.35	41.13
Tomate	20.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Grated de Sardinia	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									382.94
									15.86

ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado o pul	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
Sal	12.0	100.00	0.14	0.08	0.99	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco, Cho	30.00	80.00	0.79	0.19	6.67	3	1.73	26.69	31.58
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	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cabeza	20.00	98.00	0.27	0.04	2.21	1	0.35	8.86	10.31
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	1213.98
								% DIS ALN	50.28

CENA	Guiso de fideos con pollo , arroz , infusion								
Carne de Pollo En	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	98.10
Fideos	60.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o pul	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Arvejas frescas (4	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
Cebolla de cabeza	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.63
								VC DES	817.50
								%DIST.	33.86
			75.77	38.02	442.29				
			303.08	342.18	1769.16				
			12.6	14.2	73.3				
					100.00		V.C.T. MENU		2414.42

Sineal
Lider N° C-1424 Vega
 ADMINISTRADOR

Al
Lic. Elisbeth del Rosario Alvarado
 NUTRICIONISTA
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domingo, 3 de Junio de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			LISTA CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cocoa con leche + 02 panes + queso									
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.94
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	0.18	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
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									532.57
									26.54
ALMUERZO: Asado de pollo, arroz, ensalada + fruta y refresco									
Carne de Pollo En	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.56	4.10	5.26
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
Glutamato monos	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	0.75	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papinito o Papino	70.00	85.00	0.30	0.06	1.55	1	0.54	6.19	7.91
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.09	0.36	0.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Cebolla de cabeza	50.0	85.00	0.60	0.08	4.80	2	0.77	19.21	22.36
Tomate	35	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
									1065.03
									53.07
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	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.80
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	409.08
								%DIST.	20.39
			74.58	55.30	382.68				
			298.34	497.72	1210.63				
			14.9	24.8	60.3				
					100.00			VCT	2006.89



Lider N. Canaza Vega
ADMINISTRADOR

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lunes, 4 de Junio de 2018

ALIMENTO	grupos	compatibil e	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			LISTA CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con manzana, 02 panes ,mortadela									
Avena, hojuelas d	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana de agua	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.52
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
Pan de fabrica s	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.84	5.91	2.82	11.76	53.19	11.28	76.23

481.75

22.01

Almuerzo: Caldo blanco + refresco y fruta									
Carne de Pollo En	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o pul	80.00	100.00	6.66	0.40	62.24	26.24	3.80	248.98	278.80
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Apio	12.00	75.00	0.06	0.02	0.43	0.25	0.162	1.73	2.14
Poro	12.00	66.00	0.21	0.08	0.80	0.86	0.57024	2.41	3.83
Garbanzo crudo	10.00	90.00	1.73	0.55	5.41	6.91	4.941	21.64	33.49
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Yuca blanca	100.00	70.00	0.56	0.14	27.51	2.24	1.28	110.04	113.54
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	18.00	100.00	0.22	0.08	1.48	0.86	0.81	5.90	7.56
Cebolla de cabeza	10.00	67.00	0.09	0.01	0.76	0.38	0.1206	3.03	3.52
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Verduras surtidas	5.00	80.00	0.18	0.03	0.26	0.77	0.252	1.04	2.06
Naranja	150.00	98.00	1.75	0.28	16.0	7	2.65	64.09	73.79

VC Alm 966.72

% Dist 44.16

Cena: Revuelto de zanahoria, arroz + infusion									
Arroz Pilado o pul	80.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.85
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.1152	1.95	2.42
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.80	13.08	16.54
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.53	5.11	6.59
Papa blanca	150.0	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Aji colorado seco	1.00	52.00	0.04	0.04	0.31	0.15	0.36504	1.22	1.73
Cebolla de cabeza	15.00	67.00	0.14	0.02	1.14	0.56	0.1809	4.54	5.28
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gallina.	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
							V.C . CENA		740.65
							% DIST.CENA		33.83
			58.86	46.14	384.62				
			235.44	415.22	1538.46				
			10.8	19.0	70.3				
					100.00		VCT. MENU		2189.12

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cueva
NUTRICIONISTA
C.N.T. 3919

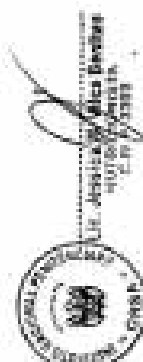


martes, 5 de junio de 2018

ALIMENTO	gr/per (g)	comestibi e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Semola con vainilla, pan , margarina								
Sémola de Trigo	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
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	20.00	100.00	0.00	0.00	18.68	0	0.00	78.64	78.64
Margarina vegeta	20.00	100.00	0.12	18.40	0.00	0	147.80	0.00	148.08
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	521.82
								%DIST.	23.85
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o pul	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partida	60.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Carne de Cerdo	60.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabeza	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado seco	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	3.35
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
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pepino	70.00	88.00	0.31	0.08	1.80	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	20.00	100.00	0.00	0.00	18.68	0	0.00	78.64	78.64
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1267.85
								% DIS ALN	57.86
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	18.34	2.14	68.21
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	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	85.00	0.15	0.13	2.36	1	1.15	9.38	11.14
Papa blanca	100.0	92.00	1.93	0.09	20.62	8	0.83	82.06	80.62
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
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
Acetite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES	397.92
								%DIST.	18.19
			66.50	49.33	369.41				
			266.00	443.83	1477.65				
			12.16	20.29	67.55				
					100.00			VCT	2187.58

Lider N. Conaza Vega
ADMINISTRADOR

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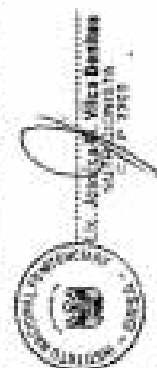


miércoles, 6 de Junio de 2018

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 + 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
Aceitunas de boti	30.00	92.00	0.22	8.86	2.01	1	79.74	8.06	88.68
Pan de labranza c	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.68
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES	577.11
								%DIST.	28.83
Almuerzo:	Arroz con pollo, ensalada, fruta y refresco								
Carné de Pollo En	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arroz Pilado o pul	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Sal	12.00	100.00	0.14	0.06	0.98	1	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
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	2.38	5.70	11.32
Glutamato monos	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
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Arvejas frescas (4	30.00	62.00	1.32	0.11	3.50	5	1.00	13.99	20.27
Zanahoria	35.00	82.00	0.17	0.14	2.84	1	1.29	10.56	12.54
Cebolla de cabez	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	8.59
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Plátano de seda	150.0	86.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES	1151.23
								%DIST.	57.51
CENA:	Infusion + 01 pan + mermelada								
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
Mermelada De fru	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza c	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC DES	273.35
								%DIST.	13.68
			65.51	37.46	350.63				
			262.04	337.11	1402.53				
			13.09	16.84	70.07				
					100.00			VCT	2001.68

Lider N. Canaza Vega
ADMINISTRADOR

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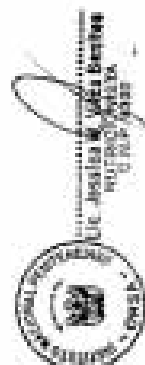


jueves, 7 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
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
Camote morado (	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de lebranza (	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	585.61
								%DIST.	25.02
ALMUERZO:	Higado frito , arroz ,ensalada + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.66	145.97
Arroz Pilado o pul	150.0	100.00	12.30	0.75	115.70	49	6.75	465.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.63	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco molido	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de cabez	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98
					V.C. ALMUERZO				1124.87
					% DISTR. ALMUERZO				48.06
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado o pul	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
Salchicha "hot do	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Fideos	25.00	100.00	2.35	0.05	19.55	9	0.45	78.20	88.05
Cebolla de cabeza	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas (4	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									629.92
									26.92
			63.30	58.92	389.23				
			253.19	530.30	1556.92				
			10.82	23	67				
					100.00			VCT ME	2340.41

Ulder N. Canaza Vega
AUTENTICADO

Lic. Elisabet del Rosario Barrera Cova
AUTENTICADO
C.N.P. 3979



viernes, 8 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:	Siete cereales + 02 panes + manjar								
Avena, hojuelas c	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.63	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.96	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 de	5.00	100.00	0.46	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	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	20.00	100.00	5.42	10.20	3.36	22	91.80	19.52	127.00
Pan de labranza c	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.68
								VC DES	513.19
								%DIST.	23.78
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado o pul	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.48	4.64	5.99
Pepinillo o Pepino	70.00	72.00	0.25	0.05	1.31	1	0.45	5.24	6.70
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	25.00	85.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Aji colorado seco	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
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinegre	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	73.78
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1218.40
								%DIST.	56.47
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	58.98	58.98
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 c	80.00	100.00	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Leche evaporada	20.00	100.00	1.40	1.52	2.18	6	14.58	8.72	28.90
									425.88
									19.74
			80.59	43.79	380.28				
			322.35	394.08	1441.03				
			14.9	18	67				
					100.00				2157.47

Lider N. Canaza Vega
ADJUNTA

Lic. Elizabeth del Socorro Alvarado Cerezo
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C.N.P. 3979

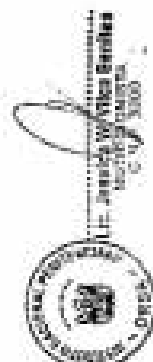


sábado, 9 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + huevo 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	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	198.68
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									376.33
									17.21
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.84	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o pul	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 cabeza	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	0.06	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	6.06
Aji colorado seco	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
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	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	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				1244.86
					% DISTR. ALMUERZO				56.83
CENA:	Asado de pollo , arroz e infusion								
Carne de Pollo E	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o pul	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	5.0	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	15.00	90.00	0.11	0.03	0.68	0	0.24	2.32	3.00
Cebolla de cabeza	30.00	75.0	0.32	0.05	2.54	1	0.41	10.17	11.84
Glutamato monos	0.30	100.00	0.03	0.00	0.28	0	0.00	1.04	1.17
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
									565.29
									25.85
			80.61	37.80	380.95				
			322.46	340.22	1523.81				
			14.75	15.56	69.69				
					100.00			VCT ME	2186.49

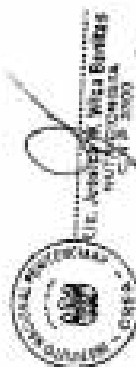
Lider N. Cerna Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cerna
NUTRICIONISTA
C.N. 2.3579



domingo, 10 de Junio de 2018

ALIMENTO	gr/per (g)	comestíbl e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.78	0.88	1.91	3	6.16	7.65	16.84
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
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labranza c	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									562.12
									27.57
Almuerzo:	Carne almendrada, arroz ,refresco y fruta								
Carne de res ped	150.00	85.00	27.18	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	80.00	0.19	0.05	1.03	1	0.43	4.13	5.33
Cebolla de cabeza	80.00	87.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.18
Ajos	8.00	80.00	0.27	0.04	1.46	1	0.35	5.84	7.28
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Maní crudo, con p	12.00	85.00	2.46	4.92	1.81	10	44.25	7.22	61.30
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1177.34
								% Dist	58.80
GENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada De fru	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza c	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	272.87
								%DIST.	13.63
			70.35	39.06	342.35				
			281.39	351.63	1369.41				
			14.1	17.6	68.4				
					100.00			VCT	2802.33



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Coops
NUTRICIONISTA
C.N.P. 3973

lunes, 11 de Junio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con manzana, pan ,mortadela								
Avena, hojuelas c	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana de agua	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.62
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 c	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.84	5.91	2.82	11.76	53.19	11.28	76.23

521.38

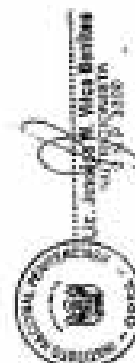
21.77

ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo E	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Arroz Pilado o pul	150.00	100.00	12.30	0.75	118.70	49	6.76	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Aji colorado seco	4.00	92.00	0.28	0.29	2.18	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 cabez	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas (4	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
						V.C. ALMUERZO			1241.05
						% DISTR. ALMUERZO			51.83

CENA	Tallarines rojos con carne molida + infusion								
Carne de res mol	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	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabez	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	0.08	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 seco	0.04	88.0	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.	26.40
			71.68	53.35	406.96				
			286.71	480.12	1549.18				
			11.97	20.05	64.69				
								VGT	2394.64

Lider N. Cruz Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.N.P. 3979



martes, 12 de Junio de 2018

ALIMENTO	gr/per (g)	comestibil e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + torreja de tallarin								
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	0.26	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
Fideos	30.00	100.00	2.82	0.08	23.46	11	0.54	93.84	105.66
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gallina	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Azúcar rubia	20.00	100.00	0.00	0.00	19.62	0	0.00	79.28	79.28
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									835.82
									32.77
Almuerzo:	Frijol a la chilena con chanchó, 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
Frijol caballero o	80.0	100.00	18.32	1.20	46.64	73.28	10.80	186.56	270.64
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.96	0.58	0.54	3.94	5.05
Aceite vegetal	15.00	80.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
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	0.08	0.27	0.48
Lechuga redonda	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	30.00	100.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Glutamato monos	0.30	66.00	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	0.36	6.08	7.56
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Cebolla de cabez	50.00	67.00	2.80	0.07	3.79	11.20	0.60	15.14	26.95
Aji colorado seco	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC DES	1349.16
								%DIST.	52.90
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de p	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado o pul	30.00	100.00	2.46	0.15	23.34	10	1.35	93.36	104.55
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	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
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	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES	365.37
								%DIST.	14.33
			78.95	58.40	427.23				
			315.79	525.63	1708.94				
			12.38	20.61	67.01				
					100.00			VCT	2550.35

Ulder N. Candazo Vega
 ADJUNTO A LA COORDINADORA

Lic. Elizabeth del Rosario Alvarado Cueva
 NUTRICIONISTA
 C.N.R. 3979



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:	Cebada con leche + 02 panes + mermelada								
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	61.03	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 fru	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	627.83
								%DIST.	25.24
Almuerzo:	Estofado de pollo , arroz , refresco y fruta								
Carne de Pollo E	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas frescas (4	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o pul	150.0	100.00	12.30	0.75	115.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
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 monos	0.20	100.00	0.02	0.00	0.17	0.08	0	0.69	0.78
Pimienta 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
Vinagre	8.00	100.00	0.00	0.06	0.40	0	0.72	1.60	2.32
Aji colorado seco	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.68
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabez	40.00	67.00	2.80	0.05	3.03	11	0.48	12.11	23.80
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC Alm	1225.31
								% Dist	58.59
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza c	30.00	100.00	2.98	0.09	21.54	12	0.81	86.16	98.49
								VC DES	338.01
								%DIST.	16.16
			75.06	46.23	343.75				
			300.23	416.04	1374.88				
			14.36	19.89	66.75				
					100.00			VCT	2091.26

Lider N. Camaza Vega
ADMONISTRADORA

Lic. Elizabeth del Rosario Alvarado Coqui
NUTRICIONISTA
C.N.R. 3079

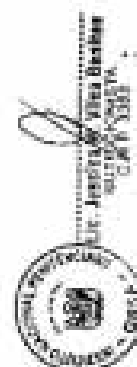


jueves, 14 de Junio de 2018

ALIMENTO	gr/por (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
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	96.00	1.34	0.29	24.67	5	2.59	98.69	106.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de labranza d	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.96
								VC DES	484.29
								%DIST.	20.73
ALMUERZO:	Picante de trigo con res , arroz , fruta y refresco								
Carne de res pec	80.00	100.00	17.04	1.28	0.00	68.18	11.52	0.00	79.68
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Trigo	60.00	100.00	5.16	0.90	44.22	21	8.10	176.88	205.62
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de cabez	40.0	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	15.0	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Aji colorado seco	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES	1212.84
								%DIST.	51.92
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o pul	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Carne de Pollo Es	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas (4	20.00	54.00	0.77	0.08	2.03	3	0.58	8.12	11.77
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									639.03
									27.35
			71.08	47.39	406.33				
			284.30	426.53	1625.34				
			12.17	18.26	69.57				
					100.00			VCT ME	2336.17

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Coops
NUTRICIONISTA
C. N. 2. 3979



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:	Siete cereales + 02 panes + queso de chanco								
Avena, hojuelas d	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.63	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 de	5.00	100.00	0.46	0.13	3.81	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza d	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	458.22
								%DIST.	21.60
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado o pul	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	0.61	7.74	9.99
Pepinillo o Pepino	40.00	72.00	0.14	0.03	0.75	1	0.26	3.00	3.83
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado seco	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
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
Mendioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Glutamato monos	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	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	1257.38
								%DIST.	59.26
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
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 d	60.00	100.00	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Leche evaporada	20.00	100.00	1.40	1.62	2.16	6	14.58	8.72	28.90
									406.22
									19.14
			82.13	37.61	363.70				
			328.53	338.49	1464.81				
			15.5	16	69				
					100.00				2121.82

Lider N. Carrasco Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.R. 3979

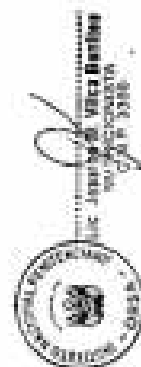


sábado, 16 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + atun								
Cafe 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	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Cebolla de cabeza	40.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	20.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Grated de Sardin	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									441.92
									18.13
ALMUERZO:	Revuelto de fideos , arroz, fruta y refresco								
Fideos	80.00	100.00	7.52	0.18	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 pul	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
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	0.06	1.96	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 cabeza	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.28
Arvejas frescas (4	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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES	1323.67
								%DIST.	54.30
CENA:	Pollo encebollado , arroz e infusion								
Carne de Pollo En	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o pul	80.0	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	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Cebolla de cabeza	60.00	75.0	0.63	0.09	5.09	3	0.81	20.34	23.67
Glutamato monos	0.30	100.00	0.03	0.00	0.28	0	0.00	1.04	1.17
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
									672.12
									27.57
			71.83	37.44	453.37				
			287.30	336.94	1813.47				
			11.79	13.82	74.39				
					100.00			VCT ME	2437.71

Lider N. Caceres
 Lider N. Caceres
 ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Corp
 Lic. Elizabeth del Rosario Alvarez Corp
 NUTRICIONISTA
 C.M.P. 3979

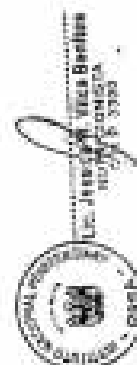


domingo, 17 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.78	0.88	1.91	3	6.16	7.65	16.84
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
Queso paria	30.00	100.00	8.40	0.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	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	186.98
									552.12
									27.28
ALMUERZO:	Asado de cerdo , arroz ,ensalada + fruta y refresco								
Carne de Cerdo	150.00	92.00	19.87	20.84	0.00	79	187.54	0.00	267.03
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.58	4.10	5.28
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Glutamato monos	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
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	18.00	100.00	1.15	0.07	13.88	5	0.65	55.51	60.77
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.09	0.36	0.72
Cebolla de cabez	50.0	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Tomate	30	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	64.08	73.79
									1198.66
									59.23
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada De fru	25.00	100.00	0.10	0.06	18.28	0	0.45	73.10	73.65
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	272.87
								%DIST.	13.48
			59.22	52.93	327.60				
			238.90	476.34	1310.41				
			11.7	23.5	64.8				
					100.00			VCT	2023.65

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarro Ortega
NUTRICIONISTA
C.N.P. 3949



lunes, 18 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 Trigo	25.00	100.00	4.68	2.68	13.45	20	24.08	53.80	97.38
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Mortadela	30.00	100.00	2.94	5.91	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	196.98
								VC DES	449.97
								%DIST.	19.22
ALMUERZO:	Aguadito con menudencia de pollo + refresco y fruta								
Menudencia de p	80.00	95.00	15.05	3.57	0.00	60	32.15	0.00	82.34
Arroz Pilado o pul	80.00	100.00	6.56	0.40	62.24	26	3.60	248.96	278.80
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	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	200.0	87.00	3.65	0.17	38.80	15	1.57	155.21	171.39
Arvejas frescas (4	30.00	65.00	1.36	0.12	3.67	6	1.05	14.66	21.26
Cilantro	25.00	88.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negra	35.00	97.00	0.85	0.31	1.66	4	2.75	6.65	13.21
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	80.00	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	2.85	64.09	73.79
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES	952.67
								%DIST.	40.69
CENA:	Papa arrebozada, arroz, infusion								
Papa blanca	100.00	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.84
Arroz Pilado o pul	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso parí	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gallina	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			938.53
						% DIST.CENA			40.09
	VCT (Gr.)		65.89	64.21	374.93				
	VCT (kcal.)		263.57	677.87	1499.73				
	VCT (%)		11.26	24.68	64.06	V.C.T. MENU			2341.17
					100.00				

Ulder N. Canaza Vique
 ADJUNTO A LA COORDINADORA

Lic. Elizabeth del Rosario Alarcón Orta
 NUTRICIONISTA
 C.N.P. 3919



martes, 19 de Junio de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
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	0.26	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	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de lebranza c	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Margarina vegeta	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
									514.43
									23.39
Almuerzo:	Guiso de arvejita partida con huevo frito + ensalada + arroz + fruta y refresco								
Arroz Pilado o pul	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	80.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Huevo de gallina.	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabeza	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Aji colorado seco	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	3.35
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 Pepino	60.00	88.00	0.26	0.05	1.37	1	0.48	5.49	7.02
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.50
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1353.82
								% DIS ALI	61.57
CENA:	Sopa de semola con menudencia de pollo								
Menudencia de p	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	2.16	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	0.08	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	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES	330.64
								%DIST.	15.04
			67.15	60.00	347.56				
			288.60	546.03	1390.26				
			12.2	24.6	63.2				
					100.00			VCT	2198.89



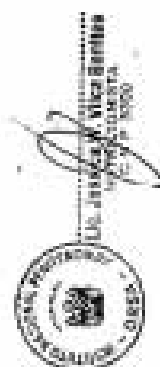
Lider N° 1
ALIA

Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.P. 3979

miércoles, 20 de Junio de 2018

17

DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	28.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.87	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
Aceitunas de bot	30.00	100.0	0.16	6.42	1.46	1	57.78	5.84	64.26
Pan de labranza	60.00	100.00	5.76	6.18	43.08	23	1.62	172.32	198.66
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	533.03
								%DIST.	25.31
ALMUERZO:	Pollo al sillao, arroz, fruta y refresco								
Arroz Pilado o pul	150.00	100.00	12.30	0.75	116.70	49	6.78	466.80	522.75
Carne de Pollo E	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Sillao	7.00	100.00	0.79	0.67	0.07	3	6.05	0.28	9.49
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Cebolla china (2)	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Mandioca	20.00	100.00	1.28	0.08	15.42	5	0.72	61.68	67.52
Pimiento	35.00	90.00	0.47	0.16	2.43	2	1.42	9.70	13.01
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	20.00	100.00	0.00	0.00	19.62	0	0.00	79.28	79.28
								VC ALM	1285.90
									60.12
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.61	86.16	98.49
								VC DES	306.74
								%DIST.	14.57
			72.77	45.50	351.27				
			291.07	409.50	1405.10				
			13.82	19.45	66.73				
					100.00			VCT	2105.67



Lider N. Canaza Vega
ADMINISTRADOR

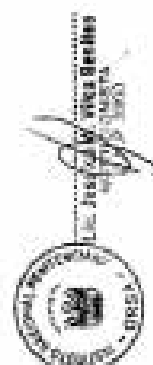
Lic. Elizabeth del Rosario Alvarado Coya
NUTRICIONISTA
C.R.P. 3979

Jueves, 21 de Junio de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
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
Camote morado (	100.0	98.00	1.37	0.29	25.19	5	2.66	100.74	108.88
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	441.63
								%DIST.	18.78
ALMUERZO:	Picante a la tacña, arroz, fruta y refresco								
Arroz Pilado o pul	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
Mondongo de res	180.0	60.00	18.25	3.78	1.08	73	34.02	4.32	111.36
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.88	21	2.21	219.43	242.31
Cebolla de cabez	65.00	87.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Aji colorado seco	8.00	88.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Tomate	30.00	89.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	1225.06
								% DES ALM	52.10
CENA:	Arroz chaufa con huevo y hot dog e infusion								
Huevo de gallina	25.00	89.00	3.34	2.08	0.45	13	18.71	1.78	33.86
Salchicha "hot do	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o pul	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite 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	0.38	2.62	3.37
Glutamato monos	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.98
Cebolla china (2)	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.88
Sillao	4.00	100.00	0.45	0.38	0.04	2	3.48	0.16	5.42
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	684.73
								%DIST.	29.12
			62.46	59.69	391.08				
			249.84	537.24	1564.32				
			10.63	22.85	66.53				
					100.00			VCT	2351.40

Lider N. Cerna
Lider N. Cerna
ACADEMIA

Lic. Elizabeth del Socorro Alarco Cerna
Lc. Elizabeth del Socorro Alarco Cerna
AUTORIZADA
C.N.P. 5979

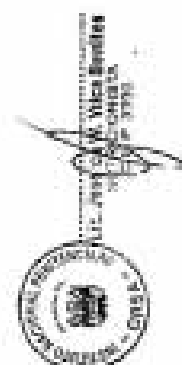


viernes, 22 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojuelas d	10.00	100.00	1.33	0.40	7.20	5	3.80	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.88	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 de	5.00	100.00	0.46	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	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza d	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	513.19
								%DIST.	22.25
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado o pul	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Pepinito o Pepino	50.00	72.00	0.18	0.04	0.94	1	0.32	3.74	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado seco	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
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6	2.70	44.88	53.88
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato monos	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	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	19.62	0	0.00	79.28	79.28
								VC DES	1387.29
								%DIST.	60.14
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
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 d	80.00	100.00	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
									406.22
									17.61
			87.85	53.74	367.90				
			351.40	483.70	1471.60				
			15.2	21	64				
					100.00				2306.70

Lider N. Constanza Vega
 ALIMENTACION

Lic. Elizabeth del Rosario Alvarez Coops
 NUTRICIONISTA
 C.N.R. 3979

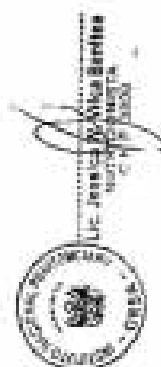


sábado, 23 de Junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + huevo sancochado								
Cafe 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	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0.00	0	78.64	78.64
Pan de labranza c	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									349.97
									15.59
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.38
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Huevo de gallina	25.00	99.00	3.34	2.08	0.45	13	18.71	1.78	33.86
Maiz Fresco. Cho	40.00	80.00	1.08	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	88.00	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	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de cabez	30.00	98.00	0.41	0.08	3.32	2	0.53	13.29	15.48
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	1253.83
								% DIS ALN	55.85
CENA	Pollo frito , arroz e infusion								
Arroz Pilado o pul	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.86	6.06
Carne de Pollo Fr	100.00	85.00	17.51	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
Azúcar rubia	20.00	100.00	0.00	0.00	19.86	0	0.00	78.64	78.64
Aji colorado seco	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.76	5.33
									641.30
									28.56
			75.94	44.24	385.79				
			303.78	398.15	1543.17				
			13.53	17.73	68.74				
					100.00			VCT ME	2245.10

Lider N. Conaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Almona Coopa
NUTRICIONISTA
C.N.P. 3579

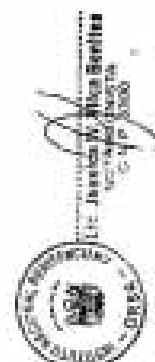


domingo, 24 de Junio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
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
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.55
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.12
									26.87
Almuerzo:	Seco de res, arroz + fruta y refresco								
Carne de res pec	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arroz Pilado o pul	150.0	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	6.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato monos	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
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas frescas (4	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 cabez	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	20.00	98.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Plátano de seda	150.0	88.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES	1209.31
								%DIST.	58.85
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	60.00	0.15	0.05	0.34	0.60	0.43	1.34	2.37
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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada De fru	25.00	100.00	0.10	0.06	18.28	0	0.45	73.10	73.95
Pan de labranza c	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	293.51
								%DIST.	14.28
			71.76	35.00	363.22				
			287.06	315.02	1452.86				
			13.97	15.33	70.70				
					100.00			VCT	2654.94

Lider N. Conaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarcos Corp
NUTRICIONISTA
C.N.P. 1979



lunes, 25 de Junio de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con manzana, pan ,mortadela								
Avena, hojuelas d	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Manzana de agua	30.00	80.00	0.07	0.02	3.50	0	0.22	14.02	14.52
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	20.00	100.00	0.06	0.00	19.82	0	0.00	79.28	79.28
Pan de labranza d	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23

461.93

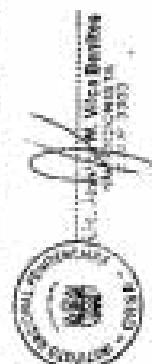
20.88

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo En	100.00	87.00	17.92	3.13	0.00	72	28.19	0.00	99.88
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado o pul	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	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	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cabeza	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.67
Arvejas frescas (4	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
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10

VC DES 1117.94

%DIST. 50.54

CENA	Tallarines rojos con carne molida + infusion								
Carne de res mol	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	66.00	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	3.55
Cebolla de cabeza	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 seco	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.08
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
									%DIST. 28.58
			71.70	38.03	385.75				
			286.79	342.29	1563.00				
			12.86	15.47	71.56				
					100.00				
									VCT 2212.07



Lider N. Canaza Vega
ADMINISTRADOR

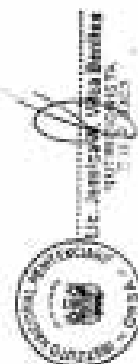
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3579

martes, 26 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:	Maca con cocoa + 02 panes + torreja de tallarin								
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	0.26	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
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gallina.	15.00	98.00	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
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
									817.86
									32.04
Almuerzo:	Guiso de frejol con chanco, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	60.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero o	60.0	100.00	18.32	1.20	46.64	73.28	10.80	186.56	270.64
Arroz Pilado o pul	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.06	1.26	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 redonda	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Glutamato monos	0.30	68.00	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	0.36	6.08	7.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabez	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Aji colorado seco	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Plátano de seda	150.0	92.00	2.07	0.41	28.96	8	3.73	115.92	127.93
								VC DES	1288.04
								%DIST.	50.46
CENA:	Caldillo de huevos								
Huevo de gallina.	20.00	98.00	2.65	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	60.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.16	0.05	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
Pero	2.00	68.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
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
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CEN	446.64
								%DIST CENA	17.60
			72.02	56.53	438.91				
			288.09	508.80	1755.65				
			11.29	19.93	68.78				
					100.00			VCT MENU	2552.54

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Sierra Copra
NUTRICIONISTA
C.N.P. 3979

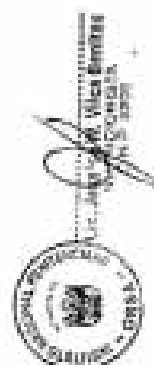


miércoles, 27 de Junio de 2018

ALIMENTO	gr/per	comestibil e	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + mermelada								
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
Mermelada De fru	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	58.18
Pan de labranza c	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES	527.93
								%DIST.	26.06
Almuerzo:	Estofado de pollo , arroz , refresco y fruta								
Carne de Pollo En	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas frescas (4	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.64
Arroz Piledo o pul	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.66
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 monos	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)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado seco	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabez	40.00	67.00	2.80	0.05	3.03	11	0.48	12.11	23.80
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1225.31
								% Dist	60.48
CENA:	Infusion + 01 pan + mermelada								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mermelada De fru	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza c	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	96.49
								VC DES	272.87
								%DIST.	13.47
			68.38	33.53	362.71				
			273.53	301.74	1450.84				
			13.5	14.9	71.6				
					100.00			VCT	2026.12

Lider N. Canazo Vaca
ADAM...
Lider N. Canazo Vaca

Lic. Elizabeth del Rosario Rivera Coqui
NUTRICIONISTA
C.N.R. 3979

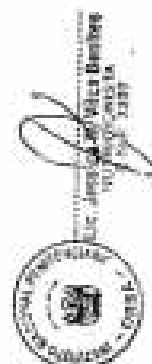


jueves, 28 de Junio de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Té + 02 panes + camote frito								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
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 (f)	100.0	98.00	1.34	0.29	24.67	5	2.59	98.69	106.88
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	484.29
								%DIST.	20.32
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	98.24
Arroz Pilado o pul	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 cabez	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	0.06	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 seco	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
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	0.08	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	1.06
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	16.0	7	2.85	64.09	73.79
					V.C. ALMUERZO				1289.86
					% DISTR. ALMUERZO				54.12
CENA:	Asado de pollo , arroz e infusion								
Carne de Pollo E	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o pul	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.85	6.19	7.99
Cebolla de cabez	15.00	75.0	0.16	0.02	1.27	1	0.20	5.09	6.92
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
									609.37
									25.57
			74.03	63.17	379.71				
			296.13	568.53	1518.85				
			12.42	23.85	63.72				
					100.00			VCT ME	2383.52

Lider N. Coronado
 AGM...

Luz. Elisaveth del Rosario Alvarado Corp
 NUTRICIONISTA
 C.N.P. 3975

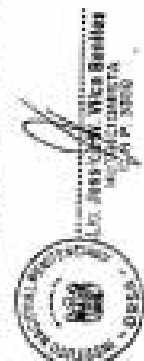


viernes, 29 de junio de 2018

ALIMENTO	g/per	comestible	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 c	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.66	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 de	5.00	100.00	0.46	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	20.00	100.0	0.00	0.00	19.86	0	0.00	78.64	78.64
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza c	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	458.22
								%DIST.	21.80
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado o pul	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 Pepino	40.00	72.00	0.14	0.03	0.75	1	0.26	3.00	3.83
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado seco	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
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
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Glutamato monos	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	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	1257.38
								%DIST.	59.26
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
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 c	60.00	100.00	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
									406.22
									19.14
			82.13	37.61	363.70				
			328.53	338.49	1454.81				
			15.5	15	69				
					100.00				2121.82

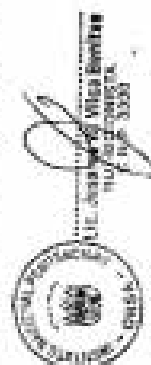
Lider N. Canaza Vega
 ADministrativa

Lic. Elizabeth del Rosario Alvarado Corpa
 NUTRICIONISTA
 C.R.P. 3379



sábado, 30 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:	Cafe + 02 panes + atun								
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	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labranza c	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	198.98
Cebolla de cabez	40.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	20.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Grated de Sardina	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									441.92
									19.22
ALMUERZO:	Higado frito , arroz ,ensalada + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.66	145.97
Arroz Pilado o pul	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
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.06
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco molido	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de cabeza	40.00	87.00	0.49	0.07	3.93	2	0.83	15.73	18.30
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.28	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				1144.53
					% DISTR. ALMUERZO				49.77
CENA	Pollo a la mostaza , arroz e infusion								
Arroz Pilado o pul	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.88	6.06
Carné de Pollo Er	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.08	0.98	0.58	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
Cebolla de cabeza	15.00	85.00	0.18	0.03	1.44	0.71	0.23	5.76	6.71
Mostaza	8.00	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Aji colorado seco,	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.76	5.33
									713.33
									31.02
			81.80	55.88	367.40				
			327.22	502.95	1469.61				
			14.23	21.87	63.90				
					100.00			VCT ME	2299.78



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Morúa Copca
NUTRICIONISTA
C.R.P. 3579

MENU DE PERSONAL E.P. MUJERES AREQUIPA - JUNIO 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02 JUNIO	ARROZ A LA CUBANA+ AVENA CON LECHE + 01 PAN	SOPA JULIANA+ BISTECK ENCEBOLLADO+ARROZ+ REFRESCO Y FRUTA	CAU CAU DE POLLO, ARROZ + INFUSION
03 - 04 - 05 JUNIO	CALDO DE PATA + TÉ + 01 PAN	TIMPO DE RES + ALMENDRADO DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUF A CON POLLO + INFUSION
06 - 07 - 08 JUNIO	HIGADO APANADO, ARROZ ,ENSALADA + TE + 01 PAN	CHAIRO + POLLO AL SILLAO, ARROZ + REFRESCO Y FRUTA	SALTADO DE VAINITAS CON RES ,ARROZ + INFUSION
09 - 10 - 11 JUNIO	AJI DE POLLO, ARROZ + CAFÉ + 01 PAN	SOPA DE QUINUA + CARAPULCRA CON CHANCHO, ARROZ + REFRESCO Y FRUTA	TALLARIN SALTADO CON RES + INFUSION
12 - 13 - 14 JUNIO	SUDADO DE CARNE ,ARROZ,PAPA SANCOCHADA,TE, 01 PAN	SOLTERO DE QUESO + PACHAMANCA DE POLLO A LA OLLA, ARROZ + REFRESCO Y FRUTA	SOPA DE POLLO + INFUSION
15 - 16 - 17 JUNIO	MONDONGO A LA ITALIANA, ARROZ + CAFÉ + 01 PAN	PAPA A LA HUANGAINA + CHULETA DE CERDO, ARROZ,ENSALADA + REFRESCO Y FRUTA	SALTADO DE MOLLEJA, ARROZ + INFUSION
18 - 19 - 20 JUNIO	PEBRE DE POLLO + TE + 01 PAN	AQUADITO DE POLLO + LENTEJA CON BISTECK. DE RES, ARROZ, ENSALADA + REFRESCO Y FRUTA	YUCA ARREBOZADA, ARROZ, ENSALADA + INFUSION
21 - 22 - 23 JUNIO	ALJADO DE DILLUCOS, ARROZ + TE + 01 PAN	SOPA A LA MINUTA + POLLO AL HORNO, ARROZ,ENSALADA + REFRESCO Y FRUTA	LOMO SALTADO, ARROZ + INFUSION
24 - 25 - 26 JUNIO	MILANESA DE PESCADO, ARROZ, ENSALADA + TE + 01 PAN	SOPA DE SEMOLA CON POLLO + SECO DE RES, ARROZ + REFRESCO Y FRUTA	TORTILLA DE VERDURAS, ARROZ, ENSALADA + INFUSION
27 - 28 - 29 JUNIO	ARROZ A LA JARDINERA CON HUEVO FRITO + CAFÉ + 01 PAN	CAZUELA DE VERDURAS + TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	ASADO DE RES, ARROZ + INFUSION
30-Jun	GUSO DE FIDEOS CON RES, ARROZ + TE + 01 PAN	SOPA DE CHOCHOCA + ESCABECHE DE POLLO A LA LIMEÑA,ARROZ + REFRESCO Y FRUTA	POLLO FRITO, ARROZ, ENSALADA + INFUSION



[Signature]
Lic. Jhonny W. Wica Bonifaz
NUTRICIONISTA
C.N.P. 2222

[Signature]

[Signature]
Lic. Elizabeth del Rosario Nuñez Coya
NUTRICIONISTA
C.N.P. 3979

01 - 02 JUNIO 2018

ALIMENTO	gr/por (g)	convertible %	PROT Ar (g)	GRASA (g)	CHO (g)	PLACOS POR ALIMENTO			TOTAL (Kcal)
						PROT	GRASAS	CHO	
DESAYUNO: Arroz a la cubana + Avena con leche + 01 pan									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	33	9.00	72.00	94.30
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.00	30.52	101.15
Pan de libran	30.0	100.00	2.86	0.09	21.54	11.52	0.81	86.16	98.49
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Arroz Pilado c	90.0	100.00	7.38	0.45	79.02	29.52	4.05	280.08	313.65
Acetite vegetal	15.0	100.00	0.00	15.0	0.00	0.00	135	0.00	135.00
Pátano de se	100.0	68.00	1.02	0.20	14.28	4.08	1.84	57.12	63.04
Huevo de gall	60.00	98.00	7.94	4.94	1.06	31.75	44.45	4.23	60.44
Tomate	25.00	90.00	0.18	0.05	0.97	0.72	0.406	3.87	5.00
Cebolla de cal	100.00	67.00	0.94	0.13	7.57	3.75	1.206	30.25	35.24
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.315	2.30	2.95
					V.C. DESAYUNO				1047.21
					% DISTR. DESAYUNO				21.29
ALMUERZO: Sopa juliana+ Bistek encebollado+arroz+ ensalada + fruta									
Huevo de gall	20.00	98.00	2.65	1.65	0.35	0.43	0.29	1.20	1.92
Poro	5.00	65.00	0.11	0.03	0.30	0.06	0.04	0.43	0.54
Apio	3.00	75.00	0.02	0.00	0.11	5.80	14.58	8.72	28.90
Leche evapor	20.00	100.00	1.40	1.62	2.18	15.68	37.80	1.85	55.33
Queso para	20.00	70.00	3.92	4.20	0.46	0.81	1.15	113.73	115.69
Papa blanca	150.00	65.00	2.86	0.13	28.43	0.81	0.52	7.42	8.78
Zapallo macr	50.00	68.00	0.20	0.06	1.86	0.58	0.54	3.04	5.05
Sal	12.00	100.00	0.14	0.06	0.88	3.01	1.64	25.35	30.00
Maíz Fresco	40.00	57.00	0.75	0.18	8.34	1.58	0.55	9.07	11.16
Habas frescas	25.00	35.00	0.39	0.06	2.27	0.47	0.89	7.27	8.03
Zanahoria	25.00	79.00	0.12	0.10	1.82	0.43	0.16	0.69	1.28
Huacatay	4.00	54.00	0.11	0.02	0.17	0.43	0.16	0.69	1.28
Carne de res	150	100.00	31.95	2.40	0.00	127.80	21.6	0.00	149.40
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49.20	0.75	486.80	522.75
Ajos	3.00	99.00	0.17	0.02	0.90	0.87	0.21	3.81	4.49
Aji colorado s	1.50	68.00	0.07	0.08	0.60	0.29	0.72	2.39	3.40
Cominos	0.1	100	0.05	0.00	0.08	0.02	0.00	0.32	0.34
Vinagre	1.50	100.00	0.00	0.02	0.08	0.00	0.14	0.30	0.44
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Cebolla de cal	10.00	57.00	0.08	0.01	0.64	0.32	0.10	2.58	3.00
Tomate	20.00	90.00	0.14	0.04	0.77	0.58	0.324	3.10	4.00
Pimienta mol	0.25	100	0.01	0.01	0.19	0.05	0.11	0.38	0.54
Cebada con c	6.60	100.00	0.46	0.12	5.06	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.02	0.01	0.38	0.08	0.07	1.55	1.70
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.82	137.82
Pátano de se	150.0	68.00	1.53	0.31	21.42	6.12	2.75	85.68	94.55
					V.C. ALMUERZO				1438.90
					% DISTR. ALMUERZO				42.87
CENA: Cau cau de pollo, arroz + infusion									
Arroz Pilado c	90.00	100.00	7.38	0.45	79.02	29.52	4.05	280.08	313.65
Ajos	0.50	99.00	0.02	0.00	0.12	0.09	0.03	0.49	0.60
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Papa blanca	150.0	100.00	3.15	0.15	33.48	12.80	1.35	133.80	147.75
Carne de Pol	80.0	70.00	11.54	2.02	0.00	46.14	10.144	0.00	64.28
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Sal	7.70	100.0	0.09	0.04	0.63	0.37	0.35	2.53	3.24
Perejil	3.20	100.00	0.15	0.02	0.21	0.61	0.20	0.83	1.05
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	4.80	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.57	1.07	8.72	10.36
Aji colorado s	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.60	2.25
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
					V.C. CENA				870.63
					% DISTR. CENA				25.93
	VCT (Gr.)		111.88	37.44	639.43				
	VCT (Kcal.)		447.41	788.92	3157.73				
	VCT (%)		13	23	64				
					V.C.T. MENU				3388.63



Dr. JESSICA M. VILCA BARRERA
N.º C.O.P. 12578
C. N.º 12578

Lic. Elisbeth del Rosario Alvarado Vega
NUTRICIONISTA
C.N.P. 3979

Lider N. Gonzalo Vega
ADMINISTRADOR

03 - 04 - 05 JUNIO 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	DISTRIBUCION POR NUTRIENTES			TOTAL Kcal
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Caldo de papa + Té y 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de lebran	35.0	100.00	3.36	0.11	25.13	13.44	0.045	100.52	114.91
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Papas de res	100	85.00	20.15	4.76	0.65	60.56	42.84	3.40	126.82
Poro	3.00	80.00	0.06	0.02	0.18	0.26	0.17	0.73	1.16
Apio	4.10	75.00	0.03	0.01	0.15	0.09	0.06	0.59	0.73
Nabo	3.00	85.00	0.02	0.01	0.09	0.06	0.05	0.37	0.47
Ajos	1.00	100.00	0.06	0.01	0.30	0.22	0.072	1.22	1.51
Maíz pelado,	35.00	92.00	1.50	0.68	25.21	7.60	6.09	100.85	114.54
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Papa blanca	150.00	88.00	2.77	0.13	29.44	11.09	1.188	117.74	130.02
Cebolla de ca	35.00	67.00	0.33	0.05	2.68	1.31	0.4221	10.60	12.33
Chuflo blanco	40.00	82.00	0.16	0.00	1.61	0.66	0	6.43	7.08
Verduras surt	5.00	54.00	0.13	0.02	0.18	0.52	0.1701	0.70	1.39
Aj colorado s-	2.00	100.00	0.14	0.16	1.17	0.56	1.404	4.70	6.66
					V.C. DESAYUNO				788.33
					% DISTR. DESAYUNO				28.49
ALMUERZO: Timpo de res + Almendrado de pollo,arroz + refresco y fruta									
Carne de res	60.00	80.00	10.22	0.77	0.00	40.90	6.91	0.00	47.81
Chuflo blanco	30.00	90.00	0.14	0.00	1.32	0.54	0	5.29	5.83
Yuca blanca	70.00	70.00	0.39	0.10	19.26	1.57	0.882	77.03	79.48
Arroz Pilado o	30.00	100.00	2.48	0.15	23.34	8.84	1.35	93.36	104.55
Apio	10.00	75.00	0.05	0.02	0.36	0.21	0.135	1.44	1.79
Poro	10.00	68.00	0.18	0.05	0.50	0.71	0.4752	2.01	3.19
Col blanca	15.00	68.00	0.13	0.03	0.49	0.53	0.28	1.96	2.76
Carne de Pollo	160.00	70.00	23.07	4.03	0.00	92.29	36.288	0.00	128.58
Mari crudo, o	12.00	71.00	2.05	4.11	1.51	8.21	36.96	6.03	51.21
Arroz Pilado o	150.0	70.00	8.61	0.53	81.69	34.44	4.73	326.78	365.93
Papa blanca	150.0	82.00	2.58	0.12	27.43	10.33	1.11	109.72	121.16
Cebolla de ca	25.00	67.00	0.23	0.03	1.89	0.94	0.30	7.57	8.81
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Sal	10.00	100.00	0.13	0.05	0.87	0.51	0.48	3.48	4.46
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
Aj amarillo se	5.00	52.00	0.19	0.16	1.68	0.76	1.47	6.74	8.97
Tomate	10.00	100.00	0.08	0.02	0.43	0.32	0.18	1.72	2.22
Maracuyá	25.00	100.00	0.23	0.03	3.85	0.90	0.23	15.80	16.93
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Naranja	150.0	80.00	0.72	0.24	12.12	2.88	2.16	48.48	53.52
					V.C. ALMUERZO				1172.66
					% DISTR. ALMUERZO				40.42
CENA: Arroz chaufa con pollo + Infusión									
Carne de Pollo	100.00	100.00	20.60	3.60	0.00	82.40	32.4	0.00	114.80
Arroz Pilado o	150.0	100.00	12.30	0.78	116.70	49.20	6.75	466.80	522.75
Huevo de gall	10.00	85.00	1.15	0.71	0.15	4.59	6.43	0.01	11.83
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Cebolla china	8.00	71.00	0.13	0.02	0.43	0.52	0.20448	1.70	2.43
Pimienta	5.00	83.00	0.06	0.02	0.32	0.25	0.18676	1.28	1.71
Silao	3.00	100.00	0.34	0.29	0.03	1.36	2.562	0.12	4.07
Kión	0.50	101.00	0.00	0.00	0.00	0.0	0.00	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Hierbas	1.50	54.00	0.03	0.01	0.06	0.10	0.0729	0.23	0.40
					V.C. CENA				959.96
					% DISTR. CENA				33.09
	VCT (Gr.)		116.83	58.90	477.17				
	VCT (kcal.)		462.10	830.07	1906.69				
	VCT (%)		16	18	66				
						V.C.T. MENU			2900.86



Dr. Vica Basilio
NUTRICIONISTA
C.N.P. 3079

Lic. Bicchelli del Rosario Alvarado Cope
NUTRICIONISTA
C.N.P. 3079

Uder N. Canaza Vega
ADMINISTRADOR

06 - 07 - 08 JUNIO 2018

ALIMENTO	g/por	convertible	PROT	GRASA	CHO	REQUISITOS POR MENÚ			TOTAL kcal
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:Hígado asado, arroz, ensalada + Te y pan									
Te sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de labrar	30.0	100.00	2.88	0.09	21.54	11.52	0.81	90.16	98.49
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Hígado de vac	100.0	97.00	19.40	4.40	0.97	27.00	40.158	3.86	121.64
Pan seco med	20.00	100.00	2.20	0.50	16.50	8.60	5.04	66.90	79.94
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1.50	0.4806	12.07	14.04
Tomate	20.00	90.00	0.14	0.04	0.77	0.50	0.32	3.10	4.00
Lechuga med	50.00	78.0	0.51	0.08	0.82	2.03	0.70	3.28	6.01
Sal	8.00	100.00	0.10	0.04	0.60	0.38	0.36	2.42	3.37
Limon	4.00	100.00	0.02	0.01	0.39	0.08	0.07	1.55	1.70
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Vinagre	0.50	100.00	0.00	0.01	0.03	0.00	0.05	0.10	0.15
					V.C. DESAYUNO			691.88	
					% DIST. DESAYUNO			22.95	
ALMUERZO:Chairo + Pollo al silito , arroz + refresco + fruta									
Carné de res	50.00	75.00	7.99	0.60	0.00	31.55	5.48	0.00	37.35
Zapallo mazo	30.00	47.00	6.16	0.03	0.00	0.38	0.25	3.01	4.36
Maíz Fresco	30.00	57.00	0.50	0.14	4.73	2.30	1.23	19.02	22.56
Herbas frescas	25.00	35.00	0.99	0.07	2.27	3.96	0.63	9.07	13.65
Apio	10.00	75.00	0.05	0.02	0.38	0.21	0.14	1.44	1.79
Poro	10.00	88.00	0.18	0.05	0.50	0.71	0.48	2.01	3.19
Trigo	30.00	100.00	1.72	0.30	14.74	6.88	2.70	58.95	68.54
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.28	0.33	4.36	5.18
Chufa negra	30	100.00	0.05	0.00	0.49	0.20	0.00	1.96	2.16
Ajos	2.50	80.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
Trépan, menas	15.00	100.00	3.56	0.04	0.15	14.22	7.36	0.00	22.38
Aj. colorado s	0.10	68.00	0.00	0.01	0.04	0.02	0.05	0.18	0.23
Papa blanca	40.00	82.00	0.68	0.03	7.31	2.76	0.30	29.20	32.31
Sal	3.00	100.00	0.04	0.02	0.25	0.14	0.14	0.90	1.26
Orégano seco	0.15	70.00	0.00	0.00	0.01	0.01	0.00	0.06	0.08
Venturita (art)	3.10	80.00	0.12	0.02	0.18	0.48	0.18	0.64	1.28
Carné de pol	100.00	85.00	20.02	4.30	0.00	112	44.00	0.00	156.13
Silito	0.50	100.00	0.00	0.05	0.01	0	0.43	0.02	0.88
Piniento	35.00	83.00	0.44	0.15	2.24	2	1.21	0.05	12.00
Cebolla china	20.00	71.00	0.33	0.06	1.07	1	0.51	4.26	6.09
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.10	113.73	125.50
Ajo	3.00	80.00	0.13	0.02	0.73	0.54	0.17	2.92	3.63
Sal	10.00	100.00	0.12	0.05	0.62	0.48	0.45	3.28	4.21
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Orégano seco	1.00	84.00	0.02	0.01	0.16	0.00	0.00345	0.04	0.79
Aj. colorado s	1.50	52.00	0.05	0.08	0.46	0.22	0.54796	1.83	2.60
Arroz Pilado c	150.00	100.00	12.50	0.75	118.70	49.20	8.75	488.80	522.75
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0.00	90.30	90.30
Manzana	150.00	85.00	0.38	0.13	16.02	1.53	1.15	24.48	27.14
Ajo	3.00	80.00	0.14	0.02	0.78	1	0.18	3.10	3.88
Sal	10.00	100.00	0.12	0.05	0.62	0	0.45	3.28	4.21
					V.C. ALM			1372.11	
					%DIST. ALM			45.51	
CENA: Salfado de vainitas con res,arroz + infusion									
Carné de res	80.0	100.00	17.04	1.38	0.00	68.16	11.52	0.00	79.68
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Ajos	4.00	90.00	0.18	0.03	0.97	0.72	0.23	3.68	4.84
Vainitas (2)	35	92.00	0.77	0.10	2.81	3	0.67	30.43	34.39
Zanahoria	25.00	79.00	0.12	0.10	1.82	0.474	0.59	7.27	8.63
Papa blanca	200.00	92.00	3.44	0.16	36.67	13.78	1.48	146.29	161.54
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.40	7.59
Tomate	30.00	90.00	0.22	0.05	1.18	0.86	0.48	4.64	5.89
Cebolla de ca	40.00	97.00	0.42	0.06	3.41	1.69	0.54	13.63	15.80
Aj. colorado s	8.00	65.00	0.29	0.02	2.38	1.14	2.86	9.59	13.59
Herbas	8.00	54.00	0.13	0.04	0.39	0.54	0.39	1.21	2.13
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0.00	90.30	90.30
					V.C. CENA			951.18	
					% DIST. CENA			31.58	
			116.88	81.66	453.43				
			467.35	724.85	1813.74				
			18.60	24.36	68.16				
					100.00	VCT. MENU			3015.17



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Lider N. Canaza Vega
ADMINISTRADOR

09 - 10 - 11 JUNIO 2018

ALIMENTO	grajop (g)	energética %	PROT An (g)	GRASA (g)	CHO (g)	DE DISTRIBUCION DE ALIMENTOS			TOTAL (Kcal)
						PROT	GRASAS	CHO	
DESAYUNO: Aji de pollo, arroz + café + pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0.05	0.008	0.13	0.21
Canola entera	0.05	54.00	0.00	0.00	0.03	0.00	0.00	0.11	0.11
Clavo de olor	0.05	54.00	0.00	0.00	0.01	0.00	0.00	0.03	0.03
Azúcar rubia	35.00	100.00	0.00	0.00	24.8	0.00	0.00	28.38	88.30
Pan de libras	30.00	100.00	2.58	0.08	21.5	11.52	0.81	80.18	88.49
Carne de Pollo	100.00	82.00	18.89	2.95	0.00	67.57	26.57	0.00	84.14
Ajos	5.00	85.00	0.22	0.03	1.22	0.40	0.29	4.88	5.99
Sal	5.00	100.00	0.10	0.04	0.55	0.38	0.38	0.60	0.37
Leche evapor	10.00	100.00	0.70	0.81	1.09	2.60	7.29	4.35	14.45
Quiso paria	10.00	100.00	2.50	3.55	0.30	11.29	27.00	1.33	39.52
Miel crudo, o	12.00	71.00	1.37	2.74	1.01	5.48	24.64	4.02	34.14
Aji amarillo o	5.00	52.00	0.19	0.18	1.68	0.78	1.47	6.74	8.97
Arroz (Pilado c	80.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Galletas de az	3.00	100.00	0.30	0.44	2.04	1.21	3.97	8.16	13.34
Acetuna	5.00	87.00	0.04	1.48	0.34	0.15	13.29	1.34	14.78
Huevo de gall	15.00	75.00	1.02	0.95	0.20	6.08	8.51	0.81	15.59
Tomate	25.0	88.00	0.20	0.95	1.06	0.78	0.45	4.28	5.40
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.11	159.72	121.16
					V.C. DESAYUNO				881.55
					% DISTR. DESAYUNO				26.79
ALMUERZO: Sopa de quínoa + Carapulcra con pollo, arroz + refresco + fruta									
Carne de res	80.0	75.00	8.89	0.72	0.00	38.34	6.48	0.00	44.82
Zapallo mochi	30.00	47.00	0.10	0.03	0.80	0.39	0.25	3.01	4.20
Ajo	5.00	75.00	0.03	0.01	0.22	0.13	0.08	0.86	1.07
Papa	5.00	88.00	0.11	0.03	0.30	0.43	0.29	1.30	1.93
Nabo	5.00	88.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	20.00	35.00	0.79	0.08	1.81	3.18	0.50	7.25	10.93
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Quínoa Cruda	20.00	100.00	2.72	1.18	13.26	10.88	10.44	53.04	74.36
Papa Blanca	80.0	82.00	1.38	0.07	14.63	5.51	0.58	58.53	64.62
Carne de Cerdo	180	80.00	18.43	18.33	0.00	73.73	173.95	0.00	247.68
Papa seca	80.00	100.00	6.58	0.56	58.06	26.24	5.04	292.32	293.60
Arroz (Pilado c	150.00	100.00	12.30	0.75	116.70	46.20	6.76	488.80	622.76
Aceto vegetal	10.00	100.00	0.00	10.90	0.00	0.00	80.00	0.00	90.00
Miel crudo, o	10.00	71.00	1.71	3.42	1.26	6.94	30.80	5.03	42.67
Cebolla de ca	50.00	87.00	0.47	0.07	3.79	1.88	0.60	16.14	17.62
Tomate	30.00	88.00	0.24	0.98	1.28	1	0.53	5.11	6.59
Sal	5.00	100.00	0.07	0.03	0.48	0.29	0.27	1.97	2.83
Ajos	4.00	85.00	0.22	0.03	1.20	0.89	0.29	4.82	5.99
Refresco	5.00	85.00	0.08	0.02	0.87	0.22	0.20	1.48	1.89
Limon	5.00	100.00	0.03	0.01	0.49	0.10	0.09	1.94	2.13
Mancuayé	15.00	100.00	0.74	0.02	2.37	0.54	0.14	9.48	10.18
Azúcar rubia	10.00	100.00	0.00	0.00	8.80	0.00	0.00	39.32	39.32
Naranja	150.0	80.00	0.72	0.24	12.12	2.88	2.16	48.48	53.52
					V.C. ALMUERZO				1516.85
					% ALMUERZO				45.86
CENA:Tallarín salado con carne de res + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68.18	11.52	0.00	79.68
Sal	12.00	100.00	0.14	0.06	0.88	0.58	0.54	3.94	5.05
Aceto vegetal	20.00	100.00	0.00	20.90	0.00	0.00	180.00	0.00	180.00
Silao	2.00	100.00	0.23	0.19	0.02	0.90	1.73	0.08	2.71
Vinagre	1.60	100.00	0.00	0.03	0.08	0.00	0.14	0.32	0.46
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0.00	0.89	0.78
Fideos blancos	100.0	100.00	8.90	0.19	89.60	38.00	0.00	276.40	317.30
Pimiento mol	0.15	100	0.01	0.01	0.10	0.05	0.11	0.39	0.54
Pimiento	8.00	87.00	0.10	0.03	0.64	0.42	0.31	2.14	2.87
Ajos	4.00	85.00	0.18	0.03	0.97	0.72	0.29	3.89	4.84
Aji colorado o	1.00	88.00	0.05	0.05	0.40	0.19	0.48	1.80	2.28
Papa Blanca	150.0	82.00	2.58	0.14	30.77	11.59	1.24	123.10	139.50
cebolla china	10.00	85.00	0.25	0.04	0.83	1.02	0.40	3.32	4.73
Cebolla de ca	40	87.00	0.38	0.05	3.03	1.92	0.48	12.11	14.10
Aji verde (2)	3	100.00	0.03	0.02	0.37	0.30	0.22	1.49	2.00
Parajá	3.20	100.00	0.15	0.03	0.21	0.61	0.20	0.93	1.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
					V.C. CENA				892.54
					% DISTR. CENA				27.13
	VCT (An.)		124	73	536				
	VCT (Kcal.)		485.93	646.57	2145.67				
	VCT (%)		15	28	66				
					V.C.T. MENU				3299.17



Lic. Jessica Patricia Benítez
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NUTRICIONISTA
C.N.P. 3979

12 - 13 - 14 JUNIO 2018

ALIMENTO	graso	carbohidratos	PROT	GRASA	CHO	ANÁLISIS POR 100 GRAMOS			TOTAL (KCAL)
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Sándwich de carne, arroz, papa cocochada, té + 61 pan									
Té sin azúcar	3.00	100.0	0.00	0.00	0.01	0	0.00	0.00	0.00
Carne de res	0.96	94.00	0.00	0.00	0.03	0.00	0.00	0.11	0.11
Clavo de olor	0.96	94.00	0.00	0.00	0.01	0.00	0.00	0.03	0.03
Azúcar rubia	25.00	100.00	0.00	0.00	24.0	0.00	0.00	99.00	99.00
Pan de habra	30.00	100.00	2.88	0.09	21.0	11.42	0.11	86.16	86.49
Carne de res	100.00	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
Ajón	5.00	90.00	0.22	0.03	1.22	0.00	0.29	4.80	5.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.38	2.82	3.37
Orégano seco	1.00	100.0	0.02	0.01	0.11	0	0.00	0.45	0.56
Papa blanca	150.00	82.0	2.58	0.12	27.43	10	1.11	108.72	121.16
Cebolla de ca	40.00	84.0	0.77	0.13	2.52	3	1.21	10.06	14.38
Tomate	30.00	99.0	0.34	0.06	1.26	1	0.53	5.11	6.59
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	29.02	4.05	280.08	313.03
					V.C. DESAYUNO				762.38
					% DIST. DESAYUNO				25.81
ALMUERZO: Sándwich de queso + Pechamayo de pollo a la olla, arroz, refresco y fruta									
Queso pasta	30.00	100.00	8.40	0.00	0.00	33.60	0.00	3.60	118.56
Habas frescas	40.00	31.00	1.58	0.11	3.63	6.33	1.01	14.50	21.84
Zanahoria	50.00	79.00	0.24	0.20	3.63	0.96	1.76	14.54	17.28
Maíz Fresco	60.00	57.00	1.13	0.27	9.61	4.51	2.46	58.00	45.01
Cebolla de ca	40.00	67.00	0.38	0.06	3.03	1.50	0.46	12.11	14.10
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
Vinagre	3.00	100.00	0.00	0.03	0.15	0.00	0.27	0.00	0.87
Perejil	1.00	80.00	0.02	0.00	0.03	0.10	0.00	0.13	0.26
Tomate	30.00	80.00	0.19	0.00	1.03	0.77	0.43	4.13	5.33
Carne de Pollo	160.0	70.00	28.07	4.03	0.00	92.29	36.29	0.00	128.58
Cebolla mora	100.0	84.00	1.18	0.26	21.59	4.70	2.27	86.35	93.32
Maíz Fresco	80.0	57.00	1.58	0.36	12.88	6.02	3.28	50.71	60.01
Habas frescas	30.0	35.00	1.19	0.08	2.72	4.75	0.70	10.88	16.38
Huacatay	1.00	54.00	0.03	0.00	0.04	0.11	0.04	0.17	0.32
Cilantro	10.00	57.00	0.19	0.07	0.40	0.75	0.67	1.50	3.02
Ajón	2.00	80.00	0.08	0.01	0.48	0.36	0.13	1.86	2.40
Arroz Pilado o	130.0	100.00	12.36	0.76	116.70	49.20	8.76	466.80	522.79
Sal	2.00	100.00	0.23	0.19	0.02	0.80	1.73	0.00	2.71
Vinagre	5.00	100.00	0.00	0.05	0.25	0.00	0.45	1.00	1.45
Glutamato mo	0.15	100.00	0.02	0.00	0.13	0.07	0.00	0.52	0.59
Peperón moro	0.15	100.00	0.01	0.01	0.10	0.05	0.11	0.38	0.54
Cominos	0.15	100.00	0.04	0.00	0.12	0.02	0.00	0.48	0.50
Aj colorado o	1.50	69.00	0.07	0.08	0.60	0.29	0.72	2.38	3.40
Sal	12.00	100.00	0.14	0.06	0.88	0.58	0.54	3.94	5.05
Cebada con o	12.00	100.00	0.63	0.22	9.19	3.31	1.94	56.77	42.02
Limon	5.00	100.00	0.03	0.01	0.46	0.10	0.08	1.94	2.13
Azúcar rubia	20.00	100.00	0.00	0.00	19.80	0.00	0.00	79.64	79.64
Plátano de se	150.0	80.00	2.06	0.42	29.30	6.37	3.77	117.18	129.30
					V.C. ALMUERZO				1361.37
					% DIST. ALMUERZO				46.69
CENA: Sopa de pollo + infusión									
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	57.66	22.68	0.00	80.36
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajón	8.00	90.00	0.40	0.00	2.16	1.81	0.53	8.78	10.69
Apio	12.00	68.00	0.08	0.02	0.38	0.22	0.14	1.52	1.86
Poro	12.00	100.00	0.32	0.10	0.91	1.30	0.66	3.66	5.81
Nabo	12.00	100.00	0.07	0.02	0.49	0.29	0.22	1.73	2.23
Sal	12.00	100.00	0.14	0.06	0.88	0.58	0.54	3.94	5.05
Fideos	80.00	100.00	7.52	0.16	62.56	30.68	1.44	250.24	291.76
Zapallo mazo	40.00	58.00	0.18	0.05	1.48	0.05	0.43	5.94	7.01
Habas frescas	30.00	35.00	1.19	0.06	2.72	4.75	0.70	10.88	16.38
Maíz Fresco	80.00	65.00	2.35	0.56	20.09	10	5.25	80.94	95.08
Orégano seco	5.00	99.00	0.10	0.03	0.67	0.36	0.27	2.68	3.33
Papa blanca	150.00	85.00	2.68	0.13	28.43	10.71	1.15	113.73	125.59
Cebolla china	15.00	71.00	0.24	0.04	0.80	0.38	0.3934	3.20	4.56
Kiño	0.30	101.00	0.00	0.00	0.00	0.0	0.00	0.00	0.33
Hierbas	5.00	54.00	0.08	0.03	0.19	0.33	0.24	0.78	1.33
Azúcar rubia	25.00	100.00	0.00	0.00	24.98	0.00	0.00	98.02	98.00
					V.C. CENA				829.86
					% DIST. CENA				28.16
			129.17	37.73	533.25				
			486.88	359.60	2133.0				
			16.27	11.00	72.32				
					VCT. MENU				2893.61



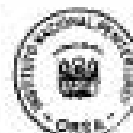
Lic. Wilma N. Vilca Benítez
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Lic. Elizabeth del Rosario Acosta Cerna
NUTRICIONISTA
C.N.P. 2010

Lider N. Conaza Vega
ADMINISTRADOR

15 - 16 - 17 JUNIO 2018

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: MONDONGO A LA ITALIANA, ARROZ + CAFÉ + 01 PAN									
Café sin azúcar	4.00	100.0	0.01	0.00	0.03	0	0.04	0.13	0.21
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrao	30.00	100.0	2.58	0.00	21.54	12	0.01	96.16	98.49
Arroz pilado c	90.00	100.0	2.18	0.00	22.68	0	0.01	90.72	100.17
Ajos	1.00	85.0	0.05	0.01	0.28	0	0.08	1.03	1.29
Mondongo de	100.00	50.0	8.45	1.75	0.50	34	15.75	2.00	51.55
Aceto vegetal	20.00	100.0	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.0	0.14	0.06	0.88	1	0.34	3.94	5.05
Aji verde (2)	18.00	85.00	0.34	0.11	1.69	1	0.58	6.75	9.08
Papa blanca	150.00	92.0	2.90	0.14	30.77	12	1.24	123.10	129.53
Cebolla de ca	60.00	84.0	1.16	0.20	3.70	5	1.81	15.12	21.57
Zanahoria	40.00	87.0	0.21	0.17	3.20	1	1.57	12.81	16.21
Tomate	20.00	69.00	0.16	0.04	0.85	1	0.36	3.41	4.49
Palito	1.00	100.00	0.01	0.00	0.15	0	0.01	0.59	0.63
Arvejas frescas	30.00	47.0	1.00	0.08	2.65	4	0.76	10.80	15.37
Perceji	3.00	86.00	0.12	0.03	0.17	0	0.16	0.68	1.31
Aji colorado s	2.00	85.0	0.04	0.02	0.14	0	0.10	0.54	0.64
								V.C. DES	770.72
								% DISTR. DES	26.69
ALMUERZO: Papa a la huancaina, Cuscuta de cordero, arroz, ensalada, refresco + fruta									
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.73	121.16
Galatinas de sc	10.00	100.00	1.01	1.47	6.80	4.04	13.23	27.20	44.47
Mani crudo, c	5.00	71.00	0.96	1.71	0.83	3.42	15.40	2.61	21.54
Leche evapor	10.00	98.0	0.67	0.77	1.04	3.06	6.93	4.14	13.73
Queso para	10.00	100.00	2.80	3.00	0.33	11.30	27.00	1.32	39.52
Huacatay	2.00	84.00	0.05	0.01	0.09	0.22	0.09	0.35	0.64
Aji verde (2)	5.00	87.00	0.08	0.03	0.42	0.34	0.2412	1.68	2.24
Carné de Cer	180	73.00	16.82	17.54	0.00	67.28	158.73	0.00	226.01
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	48.30	6.75	468.00	532.75
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.93	2.42
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.30	2.62	3.37
Vinagre	5.00	100.00	0.00	0.05	0.25	0.00	0.45	1.00	1.48
Brócoli (3)	50.00	81.00	1.49	0.27	1.74	5.98	2.4705	6.95	15.40
Vainitas (2)	30.00	91.00	0.68	0.68	2.21	2.62	0.74	8.09	12.20
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.57	1.07	8.72	10.36
Limón	7.00	100.00	0.04	0.01	0.88	0.14	0.13	2.72	2.98
Aji colorado s	4.00	88.00	0.10	0.01	1.00	0.76	1.91	6.39	9.06
Tomate	20.00	69.00	0.16	0.04	0.85	0.63	0.36	3.41	4.40
Cominos	0.40	100	0.02	0.00	0.32	0.06	0.01	1.27	1.34
Pimienta mol	0.10	100.00	0.01	0.01	0.06	0.03	0.07	0.25	0.36
Cebada con c	10.00	100.00	0.69	0.16	7.96	2.76	1.62	30.04	35.62
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
Limón	10.00	100.00	0.05	0.02	0.97	0.20	0.18	3.88	4.25
Papaya	150.0	95.00	0.57	0.14	11.09	2.28	1.28	48.74	60.30
								V.C. ALMUERZO	1243.06
								% DISTR. ALMUERZO	43.86
CENA: Sallado de mollejas, arroz + infusión									
Molleja de Po	100	100.00	19.70	4.50	0.00	78.80	40.50	0.00	119.30
Cebolla de ca	60.00	87.00	0.58	0.08	4.84	2.26	0.72	18.17	21.15
Tomate	40.00	69.00	0.32	0.08	1.70	1.27	0.71	6.81	8.79
Papa blanca	180.00	82.00	3.10	0.15	32.91	12.40	1.3284	131.66	145.39
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.62	4.65	280.08	313.65
Ajos	1.00	80.00	0.04	0.01	0.34	0.18	0.06	0.97	1.21
Aceto vegetal	20.00	90.00	0.00	18.00	0.00	0.00	144.00	0.00	144.00
Perceji	1.00	90.00	0.02	0.00	0.03	0.10	0.03	0.13	0.25
Aji colorado s	2.00	88.00	0.10	0.11	0.80	0.38	0.95	3.18	4.53
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
Sillao	2.60	100.00	0.29	0.25	0.03	1.18	2.25	0.10	3.53
								V.C. CENA	803.46
								% DISTR. CENA	29.93
			92.80	71.14	468.65				
			370.41	640.23	1874.60				
			12.84	22.19	64.97				
								VCT. MENU	2895.24



Lic. Elizabeth Viza Barrios
NUTRICIONISTA
C.N.P. 3973

Lic. Elizabeth del Socorro Alvarado Coya
NUTRICIONISTA
C.N.P. 3973

Lider N. Canaza Vega
ADMINISTRADOR

18 - 19 - 20 JUNIO 2018

ALIMENTO	gr/por (g)	convertible (%)	PROT An (g)	GRASA (g)	CHO (g)	ENERGIA (Kcal/100g)			TOTAL (Kcal)
						PROT	GRASAS	CHO	
ALIMENTO	gr/por (g)	convertible (%)	PROT An (g)	GRASA (g)	CHO (g)	PROT	GRASAS	CHO	TOTAL (Kcal)
DESAYUNO: Pabre de pollo + Té + pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	25.00	100.00	0.00	0.00	24.9	0.00	0	98.30	98.30
Pan de habas	30.00	100.00	2.88	0.08	21.5	11.52	0.81	86.15	98.49
Carné de Pol.	80.0	85.00	14.01	2.45	0.00	56.03	22.03	0.00	78.06
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13.12	1.00	124.48	138.60
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajo	8.00	75.00	0.04	0.01	0.28	0.17	0.108	1.15	1.43
Pao	8.00	66.00	0.14	0.04	0.48	0.67	0.26019	1.81	2.50
Nabo	8.00	66.00	0.03	0.01	0.19	0.13	0.05504	0.75	0.98
Garbanzo cns	15.00	80.00	2.99	0.82	8.11	10.37	7.4115	30.45	50.20
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.739	73.14	80.77
Yuca blanca	60.00	85.00	0.34	0.03	16.70	1.36	0.765	66.81	68.94
Chufa blanca	20.00	80.00	0.09	0.00	0.08	0.36	0	3.53	3.89
Pimentón am	0.00	300	0.01	0.01	0.05	0.00	0.0576	0.20	0.29
Sal	12.00	100.00	0.14	0.06	0.98	0.68	0.54	3.94	5.05
Cebolla de cal	10.00	87.00	0.09	0.01	0.78	0.38	0.1206	3.03	3.52
Ajo	2.50	80.00	0.09	0.01	0.49	0.36	0.1152	1.90	2.42
Verduras vari	5.00	80.00	0.19	0.03	0.25	0.77	0.252	1.04	2.06
V.C. DESAYUNO									728.42
% DIST. DESAYUNO									22.33
ALMUERZO: Aguadito de pollo + Lentejas con black , arroz , ensalada + refresco + fruta									
Carné de Pol.	80.00	75.00	7.73	1.35	0.00	31	12.15	0.00	43.05
Ajo	4.12	75.00	0.02	0.01	0.19	0.09	0.06	0.59	0.74
Pao	2.50	66.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Nabo	2.50	66.00	0.01	0.00	0.05	0.00	0.00	0.19	0.25
Arroz Pilado c	30.0	100.00	2.46	0.15	23.34	10	1.35	93.36	104.66
Zanahoria	25	75.00	0.09	0.08	1.45	0	0.71	5.61	6.50
Papa blanca	50.0	92.00	0.87	0.05	16.28	4	0.41	41.05	45.31
Cilantro	15.00	57.00	0.28	0.11	0.60	1	1.00	2.39	4.52
Espinaca neg	15.00	97.00	0.41	0.13	0.71	1.83	1.18	2.85	5.66
Anchoas fresc	15.00	54.00	0.58	0.05	1.52	2	0.44	6.05	8.80
Sal	3.00	100.00	0.04	0.02	0.25	0.14	0.14	0.96	1.26
Ajo	1.50	80.00	0.07	0.01	0.39	0.27	0.09	1.48	1.81
Pimentón	45.00	83.00	0.56	0.19	2.88	2	1.88	11.50	15.43
Lentejas	80	100.00	18.09	0.80	48.80	72.32	7.20	195.20	274.72
Carné de res	120.0	100.00	25.56	1.92	0.00	102.34	17.28	0.00	119.62
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49.20	6.75	488.80	529.75
Acido vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
Cebolla de cal	50.00	87.00	0.47	0.07	3.79	1.88	0.60	15.14	17.62
Tomate	30.00	99.00	0.34	0.05	1.28	0.85	0.53	5.11	6.89
Sal	10.00	100.00	0.12	0.05	0.62	0.46	0.45	3.25	4.21
Ajo	4.00	99.00	0.22	0.03	1.20	0.89	0.25	4.82	5.96
Rocoto	4.00	99.00	0.04	0.02	0.20	0.17	0.18	1.18	1.52
Morocuyá	25.00	100.00	0.23	0.03	3.95	0.90	0.23	15.80	16.96
Azúcar rubia	35.00	100.0	0.00	0.00	29.40	0.00	0.00	117.98	117.98
Manzana	150.0	80.00	0.72	0.24	12.12	2.88	2.16	48.48	53.52
V.C. ALMUERZO									1428.27
% ALMUERZO									43.82
CENA: Yuca embrocada , arroz , ensalada + infusión									
Yuca blanca	190.00	80.00	0.84	0.16	31.44	2.56	1.44	125.75	129.75
Queso para	25.00	100.00	7.00	7.50	0.83	28.00	67.50	3.33	98.83
Huevo de gal	15.00	90.00	1.58	1.23	0.29	7.94	11.11	1.08	20.11
Harina de trigo	30.00	100.00	3.15	0.60	32.44	12.60	5.40	88.78	107.78
Arroz Pilado c	80.00	100.00	7.38	0.45	70.92	29.52	4.05	288.08	313.85
Tomate	40.00	80.00	0.29	0.07	1.55	1.15	0.85	5.13	7.09
Peperón a Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	3.99	7.68
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	5.54	21.88
Sal	8.40	100.00	0.10	0.04	0.69	0.40	0.38	2.78	3.64
Acido vegetal	35.00	80.00	0.00	35.00	0.00	0.00	252.00	0.00	252.00
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
V.C. CENA									1181.90
% DIST. CENA									33.88
TOTAL									2282.79
VCT. MENU									3282.79



Lic. Javier M. Vilca Benites
NUTRICIONISTA
C.N.R. 3879

Lic. Elizabeth del Rosario Alvarado Corpa
NUTRICIONISTA
C.N.R. 3879

Lider N. Canaza Vega
ADMINISTRADOR

21 - 22 - 23 JUNIO 2018

ALIMENTO	grifer (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	RECUERDOS PORCENTUALES			TOTAL REAL
						PROT	GRASAS	CHO	
DESAYUNO: Ajiaco de cilucos, arroz + fe + 91 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Clavo de olor	0.06	54.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02187	0.91	0.95
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	58.98	58.98
Pan de latraz	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	96.49
Queso paria	30.00	100.00	8.40	9.00	0.99	33.60	81.00	3.96	118.56
Leche evapor	20.00	100.00	1.40	1.62	2.18	5.60	14.58	8.72	28.90
Huevo de gall	20.00	98.00	2.65	1.65	0.35	10.58	14.82	1.41	26.81
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.89	0.738	73.14	80.77
Olucos	100.00	91.00	1.00	0.09	13.01	4.00	0.619	52.05	56.88
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Aji colorado s	0.50	68.00	0.03	0.03	0.20	0.10	0.23868	0.80	1.13
Sal	10.00	100.00	0.12	0.05	0.62	0.48	0.45	3.28	4.21
Ajos	3.00	85.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acetate vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.66	0.18	4.54	5.29
					V.C. DESAYUNO				870.31
					% DIST. DESAYUNO				26.70
ALMUERZO: Sopa a la minuta, Pollo al horno, arroz, ensalada , refresco y fruta									
Carné de res.	50.0	100.00	10.95	0.80	0.00	43	7.20	0.00	49.80
Ajos	5.00	85.00	0.24	0.03	1.29	1	0.31	5.17	6.43
Apio	12.00	75.00	0.06	0.02	0.43	0	0.16	1.73	2.14
Poro	12.00	75.00	0.24	0.07	0.68	1	0.65	2.74	4.36
Nabo	12.00	75.00	0.06	0.02	0.32	0	0.16	1.30	1.67
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	80.0	82.00	1.38	0.07	14.83	5.51	0.59	58.52	64.62
Fideos	80.00	100.00	7.52	0.16	62.56	90	1.44	250.24	301.76
Orégano seco	3.00	100.00	0.06	0.02	0.34	0	0.14	1.36	1.68
Vendimia surti	5.00	85.00	0.20	0.03	0.28	1	0.27	1.11	2.19
Carné de Pollo	150.0	85.00	28.02	4.90	0.00	112.06	44.06	0.00	156.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	48.20	6.75	486.80	622.75
Acetate vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.89	4.84
Lechuga redol	40.00	85.00	0.49	0.08	0.80	1.98	0.68	3.18	5.85
Sal	12.00	100.00	0.14	0.05	0.98	0.58	0.54	3.94	5.05
Tomate	30.00	90.00	0.22	0.08	1.16	0.86	0.49	4.64	5.99
Perejil	10.00	50.00	0.26	0.04	0.34	1.02	0.33	1.58	2.73
Cebolla de cal	60.00	87.00	0.56	0.08	4.54	2.26	0.72	18.17	21.15
Aji colorado s	5.00	68.00	0.24	0.27	2.00	0.95	2.39	7.96	11.32
Cebada con d	6.60	100.00	0.46	0.12	5.06	0.08	0.07	1.55	1.70
Limon	4.00	100.00	0.02	0.01	0.38	0.00	0.00	117.96	117.96
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	8.83	3.97	123.65	136.45
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	0.00	0.00	8.83
					V.C. ALMUERZO				1630.99
					% DISTR. ALMUERZO				46.97
CENA: Lomo saltado, arroz + infusión									
Carné de res.	80.00	100.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Cebolla de cal	40.00	57.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Tomate	30.00	89.00	0.34	0.08	1.28	0.98	0.83	6.11	6.99
Papa blanca	180.00	85.00	3.21	0.15	34.12	12.85	1.377	136.48	150.71
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Perejil	2.00	50.00	0.05	0.01	0.07	0.19	0.06	0.26	0.52
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0.38	0.95	3.19	4.53
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0.00	96.32	96.30
Silao	2.00	100.00	0.23	0.19	0.02	0.90	1.73	0.08	2.71
					V.C. CENA				658.25
					% DISTR. CENA				26.33
			120.41	63.69	654.98				
			481.62	672.28	2219.9				
			14.78	17.56	68.11	100	VCT. MENU		3258.55



Lic. Jairo W. Vilas Barrios
NUTRICIONISTA
C.R. 3205

Lic. Elizabeth del Rosario Abanto Coya
NUTRICIONISTA
C.R. 3275

Lider N. Canaza Vega
ADMINISTRADOR

24 - 25 - 26 JUNIO 2018

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA lg	CHO (g)	NUTRIENTES POR NUTRIENTE			TOTAL REAL
						PROT	GRASAS	CHO	
DESAYUNO: Milanesa de pescado, arroz, ensalada + Té y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.04	0.01	0	0.03	0.08
Part de lechón	30.0	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Pescado	100.0	100.00	21.60	3.90	0.30	86.40	35.10	1.20	122.70
Part seco mol	20.00	100.00	2.20	0.08	16.50	8.80	5.04	66.00	79.84
Cebolla de ca	60.00	89.00	0.75	0.11	6.03	2.99	0.9812	24.14	28.09
Tomate	40.00	90.00	0.29	0.07	1.55	1.18	0.65	6.19	7.99
Lechuga redol	60.00	78.0	0.51	0.08	0.62	2.03	0.70	9.28	6.01
Huevo de gall	15.00	98.00	1.98	1.23	0.28	8	11.11	1.06	20.11
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	26.90
Sal	20.00	100.00	0.24	0.10	1.64	0.98	0.90	6.56	6.42
Limón	4.00	100.00	0.02	0.01	0.38	0.08	0.07	1.55	1.70
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Vinagre	0.50	100.00	0.00	0.01	0.03	0.00	0.05	0.10	0.15
						V.C. DESAYUNO			765.00
						% DISTR. DESAYUNO			23.16
ALMUERZO: Sopa de semola con pollo + Saco de res, arroz + refresco y fruta									
Carné de Pollo	80.0	85.00	14.01	2.45	0.00	56.00	22.00	0.00	78.06
Zapallo maca	30.00	47.00	0.10	0.03	0.00	0.39	0.25	3.61	4.26
Ajo	6.00	75.00	0.09	0.01	0.22	0.13	0.08	0.86	1.07
Porro	6.00	66.00	0.11	0.03	0.30	0.43	0.29	1.20	1.92
Nabo	6.00	66.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	20.00	35.00	0.79	0.06	1.81	3.16	0.50	7.25	10.92
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.36	0.71	5.81	6.90
Sémola de Tr	25.00	95.00	4.63	2.54	12.78	18.53	22.87	91.11	92.51
Papa Blanca	80.0	82.00	1.38	0.07	14.63	5.51	0.58	58.52	64.62
Carné de res	150.0	75.00	23.96	1.80	0.00	95.85	18.2	0.00	112.05
Arroz Pileto c	150.00	100.00	12.30	0.75	116.70	49.20	6.75	488.80	523.75
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Espiraca neg	20.00	83.00	0.48	0.15	0.83	1.90	1.38	3.33	6.61
Cilantro	30.00	57.00	0.56	0.22	1.20	2.25	2.00	4.79	9.65
Zanahoria	25.00	79.00	0.12	0.10	1.83	0.47	0.89	7.27	8.68
Aji verde (2)	4.10	67.00	0.07	0.02	0.34	0.27	0.20	1.36	1.83
Sal	6.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Ajos	1.00	80.00	0.04	0.01	0.24	0.15	0.06	0.97	1.21
Papa blanca	100.0	82.00	1.72	0.08	18.28	6.88	0.74	73.14	80.77
Arvejas fresc	15.00	54.00	0.58	0.05	1.52	2.30	0.44	6.09	8.83
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Pistano de sa	150.0	68.00	1.93	0.31	21.42	6.12	2.75	85.68	94.55
						V.C. ALMUERZO			1414.29
						% DISTR. ALMUERZO			42.82
CENA: Tortilla de verduras, arroz, ensalada + Infusion									
Cebolla	100.00	47.00	0.28	0.05	2.63	1	0.42	10.53	12.08
Zanahoria	50.00	79.00	0.34	0.20	3.63	0.95	1.78	14.54	17.26
Harina de trigo	20.00	100.00	2.10	0.40	14.95	0.40	3.60	59.84	71.84
Leche evapor	20.00	100.00	1.40	1.62	2.18	5.60	14.58	8.72	28.90
Huevo de gall	20.00	98.00	2.65	1.63	0.35	10.58	14.82	1.41	26.81
Coliflor	100.0	70.00	2.80	0.14	55.58	11.20	1.28	222.32	234.78
Cebolla de ca	60.00	67.00	0.68	0.08	4.84	2.29	0.73	18.17	21.15
Arroz Pileto c	100.0	100.00	8.20	0.50	77.80	32.80	4.50	311.20	348.50
Ajos	2.00	80.00	0.09	0.01	0.49	0.38	0.12	1.95	2.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Percejo	4.00	50.00	0.10	0.01	0.13	0.38	0.13	0.52	1.03
Carné de Pollo	80.0	70.00	8.63	1.51	0.00	34.01	13.61	0.00	48.22
Tomate	10.00	54.00	0.04	0.01	0.23	0.17	0.10	0.60	1.20
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Hierbas	2.00	67.00	0.04	0.01	0.09	0.17	0.13	0.38	0.66
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
						V.C. CENA			1123.54
						% DISTR. CENA			34.0
	VCT (Gr.)		121.78	87.83	483.83				
	VCT (kcal)		487.14	886.42	1935.3				
	VCT (%)		18	27	88				
						V.C.T. MENU			3302.87



Lic. Jorgina M. Vela Benítez
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C.N.P. 3300

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Lider N. Conaza Vega
ADMINISTRADORA

27 - 28 - 29 JUNIO 2018

ALIMENTO	grapes (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	RECALCULO POR NUTRIENTE			TOTAL KJAL
						PROT	GRASAS	CHO	
DESAYUNO:Arroz a la jardinería con huevo frito + Café y 01 pan									
Café sin azúcar	2.00	100.00	0.01	0.00	0.02	0.02	0.02	0.00	0.11
Pan de labran	30.0	100.00	3.88	0.09	21.54	11.62	0.81	88.16	98.49
Azúcar rubia	25.00	100.00	0.00	0.00	34.58	0.00	0	98.30	98.30
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	32.80	4.0	311.20	348.50
Aceite vegetal	20.0	100.00	0.00	20.0	0.00	0.00	220	0.00	220.00
Anejas frescas	15.00	94.00	0.68	0.05	1.52	2.30	0.4374	6.09	8.80
Zanahoria	20.00	85.00	0.10	0.00	1.58	0.41	0.785	6.26	7.43
Fideos tallarin	15.0	80.00	1.14	0.01	8.35	4.50	0.108	23.41	38.08
Vainitas (2)	10.00	91.00	0.22	0.03	6.74	0.87	0.2457	2.86	4.07
Huevo de gall	80.00	98.00	7.94	4.64	1.08	32	44.45	4.23	80.44
Tomate	25.00	90.00	0.18	0.06	0.97	0.72	0.465	3.67	5.00
Cebolla de ca	100.00	87.00	0.94	0.13	7.57	3.76	1.266	30.28	35.24
Sal	8.00	100.00	0.10	0.04	0.05	0.38	0.30	2.62	3.37
					V.C. DESAYUNO				952.84
					% DISTR. DESAYUNO				29.24
ALMUERZO:Cazuela de verduras + Tallarines rojos con pollo + refresco + fruta									
Zapallo maco	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajo	8.00	75.00	0.03	0.01	0.22	0.13	0.08	0.06	1.07
Poro	5.00	66.00	0.11	0.03	0.38	0.43	0.29	1.20	1.92
Habas frescas	20.00	35.00	0.79	0.06	1.81	3.16	0.60	7.25	10.92
Zanahoria	20.00	78.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Papa blanca	80.00	82.00	1.38	0.07	14.63	5.51	0.59	58.52	64.62
Carné de Pol	80.0	75.00	12.36	2.16	0.00	48.44	19.44	0.00	68.88
Nabo	2.00	66.00	0.01	0.00	0.05	0.02	0.02	0.19	0.25
Habas frescas	25.00	35.00	1.01	0.07	2.31	4.68	0.84	9.25	13.92
Malt Fresco	40.80	57.00	0.77	0.12	6.47	3.07	1.67	26.86	30.60
Carné de Pol	160.0	70.00	23.07	4.03	0.00	82.29	35.29	0.00	128.58
Peperonc	35.00	83.00	0.44	0.15	2.24	1.74	1.31	8.95	12.00
Zanahoria	40.0	89.00	0.17	0.14	2.54	0.66	1.24	10.16	12.08
Tomate	30.00	80.00	0.19	0.05	1.03	0.77	0.43	4.13	5.93
Ajo	3.00	80.00	0.13	0.02	0.73	0.54	0.17	2.92	3.62
Hongos	0.04	54.0	0.00	0.00	0.00	0.00	0.00	0.01	0.01
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	95.40	1.62	591.12	571.14
Sal	10.00	100.00	0.12	0.05	0.02	0.48	0.45	3.28	4.21
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	1.50	52.00	0.05	0.00	0.40	0	0.55	1.83	2.60
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.38	9.09	10.67
Sal de toma	5.00	80.0	0.06	0.17	0.30	0	1.54	1.20	3.06
Azúcar rubia	30.00	100.0	0.00	0.00	20.49	0	0.00	117.96	117.96
Mercadona	150.00	85.00	0.38	0.13	18.62	1.53	1.15	74.46	77.14
					V.C. ALMUERZO				1331.66
					% DISTR. ALMUERZO				40.87
CENA: Asado de res ,arroz,infusión									
Carné de res	100.0	100.00	21.30	1.08	0.00	85.20	14.4	0.00	89.60
Arroz Pilado c	80.0	100.00	7.38	0.45	70.02	29.52	4.00	290.08	313.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.89	4.84
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Tomate	30.00	90.00	0.22	0.05	1.18	0.86	0.49	4.84	5.96
Peru	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.36	2.73
Papa blanca	100.00	82.00	2.58	0.12	27.43	10.33	1.11	109.72	121.16
Cebolla de ca	80.00	87.00	0.75	0.11	6.08	3.00	0.98	24.23	28.19
Aji colorado s	1.00	68.00	0.05	0.00	0.40	0.18	0.48	1.80	2.36
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Vinagre	5.00	100.00	0.00	0.05	0.25	0.00	0.45	1.00	1.45
Aji colorado s	0.80	68.00	0.03	0.03	0.24	0.11	0.28	0.98	1.30
Hierbas	2.00	64.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	30.00	100.00	0.00	0.00	20.49	0.00	0.00	117.96	117.96
					V.C. CENA				973.94
					% DISTR. CENA				29.89
			113.83	91.22	495.54				
			455.33	820.87	1882.14				
			13.97	28.20	80.83				
					VCT. MENU				3358.44



Lic. Jovanka Alicia Benites
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NUTRICIONISTA
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30-Jun-18

ALIMENTO	grifer (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	ENERGIA POR COMPONENTE			TOTAL (KJ)
						PROT	GRASAS	CHO	
DESAYUNO: Guiso de fideos con res, arroz + te y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de latón	30.0	100.00	2.88	0.06	21.54	11.52	0.81	86.16	98.49
Fideos	80.00	100.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	0.50	80.00	0.02	0.00	0.12	0.09	0.03	0.49	0.60
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.0	100.00	2.10	0.10	32.30	8.40	0.90	86.20	98.50
Carne de res	80.00	85.00	14.48	1.09	0.00	57.94	8.79	0.00	67.73
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Sal	8.00	100.0	0.10	0.04	0.66	0.38	0.36	2.82	3.37
Perejil	3.20	100.00	0.15	0.02	0.21	0.81	0.20	0.83	1.65
Anchoas frescas	30.00	54.00	1.15	0.10	3.05	4.50	0.87	12.15	17.68
Zanahoria	30.00	75.00	0.14	0.12	2.18	0.57	1.07	8.72	10.36
Ajil colorado s	0.60	68.00	0.03	0.03	0.24	0.11	0.29	0.96	1.36
						V.C. DESAYUNO			1108.40
						% DIST. DESAYUNO			33.94
ALMUERZO: Sopa de chochocha+ Escabeche de pollo a la limeña, arroz y refresco + fruta									
Carne de res	60.0	80.00	10.22	0.77	0.00	40.90	6.91	0.00	47.81
Chochocha de	50.00	100.00	0.35	0.00	3.43	1.40	0	13.72	15.12
Zapallo macr	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Aplo	4.10	75.00	0.02	0.01	0.15	0.09	0.06	0.59	0.73
Porc	2.00	66.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa blanca	100.00	82.00	1.72	0.08	18.28	8.89	0.74	73.14	90.77
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.80
Habas frescas	25.00	35.00	0.90	0.07	2.27	3.98	0.63	9.07	13.68
Carne de Pol	160.00	70.00	23.07	4.03	0.00	82.29	36.29	0.00	138.58
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.20	4.88	6.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.82	3.37
Ajil verde (2)	9.00	67.00	0.18	0.05	0.75	0.60	0.42	2.99	4.03
Arroz Pilado c	180.00	100.00	12.30	0.75	116.70	49.20	5.73	488.80	522.75
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Ajil colorado s	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.80	2.20
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Orégano seco	0.50	84.00	0.01	0.00	0.05	0.03	0.02	0.21	0.26
Glutamato m	0.30	100.00	0.03	0.00	0.26	0.13	0.00	1.04	1.17
Vinagre	8.00	100.00	0.00	0.08	0.40	0.60	0.72	1.80	2.32
Caracole mora	160.00	84.00	1.70	0.38	32.38	7.66	3.40	129.53	139.99
Cebada con c	10.00	100.00	0.89	0.18	7.86	2.76	1.82	30.64	35.02
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Limon	10.00	100.00	0.05	0.02	0.67	0.20	0.18	3.88	4.26
Papaya	150.0	95.00	0.57	0.14	11.69	2.28	1.28	46.74	50.30
						V.C. ALMUERZO			1338.72
						% DISTR. ALMUERZO			41.00
CENA: Pollo frito , arroz, ensalada + Infusión.									
Carne de Pol	100.0	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Papa blanca	100.0	85.00	1.79	0.09	18.90	7.14	0.77	75.82	83.73
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.1152	1.89	2.42
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.316	2.30	2.96
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.0	180.00	0.00	180.94
Cebolla de ca	25.00	67.00	0.23	0.03	1.69	0.84	0.3015	7.57	8.81
Tomate	25.00	99.00	0.20	0.09	1.00	0.79	0.4455	4.26	5.49
Perejil	4.00	50.00	0.10	0.01	0.13	0.38	0.126	0.52	1.03
Ajil colorado s	0.40	68.00	0.02	0.02	0.16	0.08	0.15094	0.64	0.91
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			818.43
						% DISTR. CENA			25.06
	VCT (Gr.)		113.39	57.32	573.80				
	VCT (Kcal.)		483.55	818.88	2295.2				
	VCT (%)		14	18	70				
						V.C.T. MENU			3285.5



AA
Lic. Elizabeth del Rosario Abreu Cordero
NUTRICIONISTA
C.M. 3879

Lider N. Conaza Vega

17 de junio . 3° domingo JUNIO

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	KCALORIAS POR INGREDIENTES			TOTAL KCAL
						PROT	GRASAS	CHO	
MEJORA : Chuleta de cerdo + papa + gelatina									
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Carne de Cerdo	100.00	85.00	12.24	12.84	0.00	49	115.52	0.00	164.48
Gelatina Con	25.00	100.00	2.75	0.00	21.70	11.00	0.00	86.80	97.80
					V.C. ALMUERZO				343.05


Lidier N. Canaza Vega
ADMINISTRADOR


Lic. Elisbeth del Rosario Alvarez Correa
NUTRICIONISTA
C.N.P. 3979

MENU NIÑOS E.P. MUJERES AREQUIPA - JUNIO 2018

FECHA	DESAYUNO	REFRIGERIO	ALMUERZO	REFRIGERIO	CENA
viernes, 1 de Junio de 2018	AVENA CON LECHE,PAN,TORTILLA	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	POLLO DORADO,ARROZ + INFUSION
sábado, 2 de Junio de 2018	PONCHE DE CEBADA CON LECHE,PAN,ATUN	DURAZNO	GUISO DE FIDEOS CON POLLO,ARROZ + REFRESCO	GRANADILLA	VASO DE LECHE
domingo, 3 de Junio de 2018	LECHE CON COCOA,PAN,MERMELAGA	GELATINA	SALTADO DE CARNE,ARROZ,REFRESCO	MAZAMORRA DE MANZANA	REVUELTO DE VERDURAS,ARROZ + INFUSION
lunes, 4 de Junio de 2018	SEMOLA,PAN,PALTA	COMPOTA DE PIÑA	GUISO DE FREJOL,ARROZ,ENSALADA,REFRESCO	PAPAYA	POLLO A LA OLLA,ARROZ + INFUSION
martes, 5 de Junio de 2018	MANDIOCA CON LECHE,PAN,ACEITUNA	MANDARINA	ATONATADA DE RES,ARROZ,REFRESCO	FLAN	SOPA DE MENUDENCIA
miércoles, 6 de Junio de 2018	LECHE CON VAINILLA,PAN,JAMONADA	HUEVO DURO	CAMOTE ARREBOZADO,ARROZ,REFRESCO,ENSALADA	MAZAMORRA DE MANDIOCA CON LECHE	ASADO DE RES,ARROZ + INFUSION
jueves, 7 de Junio de 2018	QUINUA CON LECHE,PAN,QUESO	PIÑA	SALTADO DE HIGADO,ARROZ,REFRESCO	PLATANO	VASO DE LECHE
viernes, 8 de Junio de 2018	SIETE CEREALES CON LECHE,PAN,HUEVO SANO	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	ALMENDRADO DE POLLO,ARROZ + INFUSION
sábado, 9 de Junio de 2018	AVENA CON LECHE,PAN,MANJAR	GRANADILLA	ASADO DE POLLO,ARROZ,REFRESCO	DURAZNO	CALDILLO DE HUEVOS
domingo, 10 de Junio de 2018	LECHE CON COCOA,PAN,TORTILLA DE HUEVO	GELATINA	TALLARIN SALTADO DE POLLO Y REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
lunes, 11 de Junio de 2018	HARINA DE HABAS,PAN,MORTADELA	PAPAYA	GUISO DE LENTEJA,ENSALADA,ARROZ Y REFRESCO	MANZANA	POLLO BROSTER,ARROZ + INFUSION
martes, 12 de Junio de 2018	SEMOLA CON LECHE,PAN,ACEITUNA	PLATANO	ARROZ A LA JARDINERA CON CARNE PICADA,ENSALADA	MAZAMORRA MORADA	CAZUELA DE POLLO
miércoles, 13 de Junio de 2018	CHOCOLATADA,PAN,SALCHICHA	HUEVO DURO	QUINUA BATIDA ,ARROZ,REFRESCO	MAZAMORRA DE MANZANA CON LECHE	CARNE ALMENDRADA,ARROZ + INFUSION
jueves, 14 de Junio de 2018	SOYA CON LECHE,PAN,QUESO	DURAZNO	HIGADO FRITO,ARROZ,ENSALADA,REFRESCO	MANDARINA	VASO DE LECHE
15 de Junio de 2018	MACA CON LECHE,PAN,TORTILLA HUEVO	YOGURT	MILANESA DE PESCADO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	ASADO DE POLLO,ARROZ + INFUSION
16 de Junio de 2018	7 CEREALES CON LECHE,PAN,MANJAR	MANGO	POLLO BROSTER,ARROZ,REFRESCO,ENSALADA	GRANADILLA	CREMA DE ESPINACA

[Firma]
Edgar N. Candia Vega
 ADMINISTRADOR



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domingo, 17 de Junio de 2018	LECHE CON VAINILLA, PAN, MORTADELA	GELATINA	CAU-CAU DE POLLO, ARROZ, REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
lunes, 18 de Junio de 2018	AVENA, PAN, PALTA	MANZANA	GUISO DE ARVEJITA, PARTIDA, ARROZ, ENSALADA, REFRESCO	PAPAYA	POLLO ESTOFADO, ARROZ + INFUSION
martes, 19 de Junio de 2018	HARINA DE HABAS CON LECHE, PAN, SALCHICHA	MANDARINA	ESTOFADO DE RES, ARROZ Y REFRESCO	PLATANO	SOPA DE CASA
miércoles, 20 de Junio de 2018	COCOA CON LECHE, PAN, MERMELADA	HUEVO DURO	ARROZ CON POLLO, ARROZ Y REFRESCO	ARROZ CON LECHE	REVUELTO DE ZANAHORIA, ARROZ + INFUSION
jueves, 21 de Junio de 2018	QUINUA CON LECHE, PAN, QUESO	PIÑA	HIGADO APANADO, ARROZ, ENSALADA, REFRESCO	MANZANA	VASO DE LECHE
viernes, 22 de Junio de 2018	HARINA DE HABAS CON LECHE, PAN, HUEVO SANCOCHADO	YOGURT	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO	MAZAMORRA DE PIÑA	ASADO DE POLLO, ARROZ + INFUSION
sábado, 23 de Junio de 2018	SEMOLA CON LECHE, PAN, MANJAR	GRANADILLA	ALMENDRADO DE POLLO, ARROZ, REFRESCO	PLATANO	VASO DE LECHE
domingo, 24 de Junio de 2018	VAINILLA CON LECHE, PAN, MARGARINA	HUEVO DURO	ATOMATADA DE RES, ARROZ Y REFRESCO	GELATINA	ARROZ CHAUFÁ CON POLLO + INFUSION
lunes, 25 de Junio de 2018	QUINUA CON MANZANA, PAN, LATUN	PLATANO	GUISO DE LENTEJITAS, ENSALADA, ARROZ Y REFRESCO	MANDARINA	CAZUELA DE POLLO
martes, 26 de Junio de 2018	AVENA CON LECHE, PAN, JAMONADA	YOGURT	HIJO DE ZAPALLO, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
miércoles, 27 de Junio de 2018	COCOA CON LECHE, PAN, ACEITUNA	GRANADILLA	TALLARINES ROJOS CON POLLO + REFRESCO	PLATANO	SOPA DE FIDEOS CON CARNE
jueves, 28 de Junio de 2018	SOYA CON LECHE, PAN, SALCHICHA	GELATINA	HIGADO FRITO, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	POLLO FRITO, ARROZ, INFUSION
viernes, 29 de Junio de 2018	CEBADA CON LECHE, PAN, MERMELADA	PAPAYA	CHICHARRON DE PESCADO, ENSALADA, ARROZ Y REFRESCO	DURAZNO	SOPA DE SEMOLA
sábado, 30 de Junio de 2018	SIETE CEREALES CON LECHE, PAN, HUEVO SANCOCHADO	MANZANA	QUINUA BATIDA, ARROZ Y REFRESCO	PUDIN	GUISO DE FIDEOS CON POLLO, INFUSION


N. Canaza Vega
 ADMINISTRADOR




 Lic. Josefa M. Pineda Bernal
 NUTRICIONISTA
 C.N.P. 3379


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 C.N.P. 3379

ALIMENTO	gríper (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL	
							PROT	GRASAS	CHO		
DESAYUNO:	AVENA CON LECHE,PAN,TORTILLA										
Avena, hojuel	20.00	100.00	89.40	2.68	0.80	14.40	11	7.20	57.60	75.44	
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05	
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57	
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15	
Huevo de gall	20.00	92.00	25.94	2.48	1.55	0.33	10	13.91	1.32	25.17	
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00	
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66	
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10	
									VC DES	347.14	
									% DIST	24.15	
REFRIGERIO	YOGURT										
Yogurt	200.00	100.00	92.00	8.20	2.00	10.40	33	18.00	41.60	92.40	
									VC ALM	92.40	
									%DIST F	6.43	
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO										
Pescado jurel	100.0	66.0	85.14	14.26	2.57	0.20	57	23.17	0.79	80.98	
Arroz Pilado d	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10	
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29	
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20	
Acelte vegeta	20.00	100.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00	
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84	
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63	
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66	
Harina de trigo	15.00	100.0	53.85	1.58	0.30	11.22	6	2.70	44.88	53.88	
Pepinillo o Pe	30.00	72.00	2.38	0.11	0.02	0.58	0	0.19	2.25	2.87	
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66	
									VC ALM	559.11	
									% DIST	38.90	
REFRIGERIO	MAZAMORRA DE PIÑA										
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40	
Piña	20.00	93.00	7.07	0.07	0.04	1.82	0	0.33	7.29	7.92	
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66	
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54	
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.86	0.92	
									VC ALM	116.44	
									%DIST F	8.10	
CENA:	POLLO DORADO,ARROZ + INFUSION										
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03	
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40	
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00	
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26	
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66	
									VC CEN	322.35	
									%DIST C	22.43	
		VCT GR		60.74	51.58	182.57					
		VCT KCAL		242.98	464.20	730.27			VCT MEI	1437.45	
		VCT %		16.90	32.2936	50.80					
						100.00					

Ulder N. Canaza Vega
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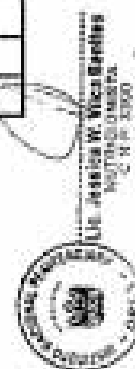
Dr. Jovanny W. Pineda Brindley
NUTRICIONISTA
C. N. O. 2022

sábado 2 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	PONCHE DE CEBADA CON LECHE,PAN,ATUN									
Cebada harina	20.00	100.00	74.00	3.76	0.46	13.48	15	4.14	53.92	73.10
Leche evaporada	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Grated de Sarsaparilla	20.00	100.00	53.10	6.72	2.70	0.30	27	24.30	1.20	52.38
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	327.01
									% DIST R	25.85
REFRIGERIO:	DURAZNO									
durazno	140.0	85.00	76.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	6.75
ALMUERZO:	GUIZO DE FIDEOS CON POLLO,ARROZ,REFRESCO									
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Carne de Pollo	80.00	100.00	96.00	16.48	2.88	0.00	66	25.92	0.00	91.64
Papa blanca	40.00	100.00	38.80	0.84	0.04	8.92	3	0.36	35.68	39.40
Ajos	4.00	54.00	1.23	0.05	0.02	0.27	0	0.16	1.07	1.44
Zanahoria	25.00	35.00	3.59	0.05	0.04	0.81	0	0.39	3.22	3.82
Arvejas frescas	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.83
Aceite vegetal	15.00	100.00	132.60	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de casa	15.00	54.00	3.97	0.11	0.02	0.92	0	0.15	3.66	4.26
Tomate	15.00	54.00	1.54	0.06	0.02	0.35	0	0.15	1.39	1.80
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	482.15
									% DIST R	38.12
REFRIGERIO:	GRANADILLA									
Granadilla	140.00	89.00	99.68	2.74	2.49	19.44	11	22.43	77.75	111.14
									VC DES	111.14
									% DIST R	8.79
CENA:	VASO DE LECHE									
Azúcar rubia	20.00	100.00	78.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Leche evaporada	125.0	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
									VC CEN	259.27
									%DIST C	20.50
		VCT GR		53.26	40.63	171.55				
		VCT KCAL		213.04	365.67	686.20				
		VCT %		16.84	28.91	54.2491		VCT ME	1264.80	
					100.00					

Canaza Vega
Lid. Canaza Vega
ADMINISTRADOR

Elizbeth del Rosario Alvarado Cerna
Lic. Elizbeth del Rosario Alvarado Cerna
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domingo 3 de Junio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON COCOA,PAN, MERMELADA									
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.80	144.50
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Cocoa	2.00	92.00	7.43	0.35	0.31	0.88	1	2.83	3.52	7.75
Mermelada D	7.00	92.00	18.42	0.03	0.01	4.71	0	0.12	18.83	19.05
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	271.68
									% DIST	20.34
REFRIGERIO	GELATINA									
Gelatina Con g	35.00	70.00	93.10	2.70	0.00	21.3	11	0.00	85.06	95.84
									VC ALM	95.84
									%DIST F	7.18
ALMUERZO:	SALTADO DE CARNE,ARROZ Y REFRESCO									
Carne de res	70.0	85.00	82.48	12.67	0.95	0.00	51	8.57	0.00	59.28
Arroz Pilado c	85.00	79.00	184.35	4.21	0.26	39.95	17	2.31	159.80	178.95
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Papa blanca	100.00	82.00	79.54	1.72	0.08	18.29	7	0.74	73.14	80.77
Tomate	25.00	99.00	4.70	0.20	0.05	1.06	1	0.45	4.26	5.49
Ajos	2.5	90.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	18.00	80.00	127.30	0.00	14.40	0.00	0	129.60	0.00	129.60
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	487.18
									% DIST	38.48
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	15.00	95.00	7.70	0.04	0.01	2.08	0	0.13	8.32	8.82
									VC CEN	114.91
									%DIST C	8.60
CENA:	REVUELTO DE VERDURAS,ARROZ + INFUSION									
Vainitas (2)	20.00	91.00	6.73	0.44	0.05	1.47	2	0.49	5.90	8.14
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Queso para	10.00	100.00	39.60	2.80	3.00	0.33	11	27.00	1.32	39.62
Leche evapor	15.00	100.00	21.45	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	10.00	98.00	13.82	1.32	0.82	0.18	5	7.41	0.71	13.41
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Perejil	1.00	50.00	0.28	0.02	0.00	0.03	0	0.03	0.13	0.26
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	366.01
									%DIST C	27.40
		VCT GR		44.70	34.82	210.87				
		VCT KCAL		178.79	313.37	843.46			VCT ME	1335.62
		VCT %		13.39	23.46	63.15				
						100.00				

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Jueves 4 de Junio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	SEMOLA,PAN,PALTA									
Sémola de Tri	25.00	100.00	90.50	1.95	0.28	19.60	8	2.48	78.40	89.68
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Palta	25	100.00	32.75	0.43	3.13	1.40	2	28.13	5.60	35.43
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	38.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	244.14
									% DIST	20.76
REFRIGERIO	COMPOTA DE PIÑA									
Mandioca	10.0	100.00	83.00	1.80	0.10	19.28	6	0.90	77.10	84.40
Piña	30.00	93.00	10.60	0.11	0.06	2.73	0	0.50	10.94	11.89
									VC ALM	96.29
									%DIST R	8.19
ALMUERZO:	GUISO DE FREJOL,ENSALADA,ARROZ Y REFRESCO									
Frijol canario	50.00	100.00	169.50	10.95	1.05	30.10	44	9.45	120.40	173.65
Arroz Pilado o	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegetal	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Carne de res p	40.00	100.0	42.00	8.52	0.64	0.00	34	5.78	0.00	39.84
Pepinillo o Pe	10.00	72.00	0.79	0.04	0.01	0.19	0	0.06	0.75	0.96
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	503.02
									% DIST	42.78
REFRIGERIO	PAPAYA									
Papaya	180.00	98.00	56.45	0.71	0.18	14.46	3	1.59	57.86	62.27
									VC ALM	62.27
									%DIST R	5.30
CENA:	POLLO A LA OLLA,ARROZ +INFUSION									
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.06
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado o	40.00	82.00	117.75	2.69	0.16	25.52	11	1.48	102.07	114.31
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.59	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.9	0	0.00	19.66	19.66
									VC ALM	270.19
									% DIST	22.98
		VCT GR.	49.30	18.16	203.82					
		VCT KCA	197.21	163.42	815.28				VCT ME	1175.91
		VCT %	16.77	13.90	69.33					

100.00

Lider N. Canaza Vega

Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.N.P. 3979



martes 5 de Junio de 2018										
ALIMENTO	gr/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO: MANDIOCA CON LECHE, PAN, ACEITUNA										
Mandioca	20.00	100.00	66.40	1.28	0.08	15.42	5	0.72	61.68	67.52
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de	20.00	92.00	54.83	0.15	5.91	1.34	1	53.16	5.37	59.12
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	328.17
									% DIST	26.70
REFRIGERIO MANDARINA										
Mandarina	180.00	100.00	63.00	1.08	0.54	15.5	4	4.86	86.00	95.18
									VC .ALM	95.18
									%DIST F	7.74
ALMUERZO: ATOMATADA DE RES, ARROZ Y REFRESCO										
Carne de res g	70.0	66.0	48.51	9.84	0.74	0.00	39	6.65	0.00	46.02
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	80.00	52.0	40.35	0.87	0.04	9.28	3	0.37	37.11	40.98
Azúcar rubia	10.0	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	447.05
									% DIST	36.37
REFRIGERIO FLAN										
Flan Con gel y	15.00	98.00	56.30	0.03	0.00	14.51	0	0.00	58.04	58.15
Leche evapor	15.00	98.00	21.02	1.03	1.19	1.60	4	10.72	6.41	21.24
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	99.05
									%DIST F	8.06
CENA: SOPA DE MENUDENCIA										
Menudencia c	80	70.00	75.60	11.09	2.63	0.00	44	23.69	0.00	68.04
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.80	156.40	176.10
Apio	3.00	75.00	0.47	0.02	0.00	0.11	0	0.04	0.43	0.54
Poro	3.00	66.00	0.79	0.05	0.02	0.15	0	0.14	0.60	0.96
Nabo	2.00	66.00	0.21	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
									VC CEN	269.87
									%DIST C	21.14
		VCT GR		43.71	28.39	193.72				
		VCT KCAL		174.85	255.52	774.87			VCT ME	1229.32
		VCT %		14.22	20.7854	63.03				
						98.04				

Lider N. Canaza Vega
ADMINISTRADOR

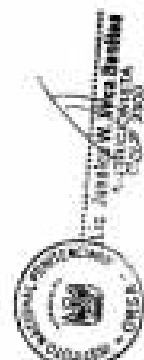
Lic. Elisaveth del Rosario Alvarado Cordero
NUTRICIONARIA
C.N.R. 3979



jueves 6 de Setiembre de 2018										
ALIMENTO	grlper (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON VAINILLA,PAN,JAMONADA									
Vainilla	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.80	144.50
Jamonada	20.00	92.00	81.27	2.89	5.43	0.18	12	48.85	0.74	61.14
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	319.30
									% DIST	21.97
REFRIGERIO	HUEVO DURO									
Huevo de gall	85.00	96.00	115.06	11.02	6.85	1.5	44	81.69	5.88	111.63
									VC ALM	111.63
									%DIST R	7.68
ALMUERZO:	CAMOTE ARREBOZADO,ENSALADA,ARROZ Y REFRESCO									
Camote mora	100.00	70.00	77.00	0.98	0.21	17.99	4	1.89	71.96	77.77
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Huevo de gall	15.00	100.00	21.15	2.03	1.28	0.27	8	11.34	1.08	20.52
Leche evapor	25.00	79.00	28.24	1.38	1.60	2.15	6	14.40	8.61	28.64
Tomate	30.00	99.00	5.84	0.24	0.06	1.28	1	0.53	5.11	6.59
Cebolla de cal	40.00	67.00	13.13	0.38	0.05	3.03	2	0.48	12.11	14.10
Harina de trigo	15.00	80.00	43.08	1.28	0.24	8.98	5	2.16	35.90	43.10
Limón	3.00	100.00	0.90	0.02	0.01	0.29	0	0.05	1.16	1.28
Lchuga redo	50.00	50.00	3.00	0.33	0.05	0.53	1	0.45	2.10	3.85
Aceto vegeta	10.00	100.00	68.40	0.00	10.00	0.00	0	80.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Queso fresco	20.00	100.00	46.00	3.18	3.50	0.44	13	31.50	1.76	45.90
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	581.33
									% DIST	40.00
REFRIGERIO	MAZAMORRA DE MANDIOCA CON LECHE									
Mandioca	20.00	100.00	66.40	1.28	0.08	15.42	5	0.72	61.68	67.52
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0.00	0	19.66	19.66
Canela entera	0.10	54.00	0.19	0.00	0.00	0.05	0.00	0.0044	0.18	0.19
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0.00	0.001	0.06	0.06
Leche evapor	15.00	100.00	21.45	1.05	1.22	1.64	4.20	10.935	6.64	21.86
										109.10
										7.51
CENA:	ASADO DE RES,ARROZ + INFUSION									
Carne de res g	70.0	100.00	73.50	14.91	1.12	0.00	60	10.08	0.00	89.72
Cebolla de cal	40.00	67.00	13.13	0.38	0.05	3.03	2	0.48	12.11	14.10
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	60.00	82.00	176.63	4.03	0.25	38.28	16	2.21	153.11	171.46
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceto vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0.00	0	19.66	19.66
									VC ALM	332.08
									% DIST	22.86
		VCT GR		60.58	45.51	200.38				
		VCT KCAL		242.34	409.58	801.52			VCT ME	1453.44
		VCT %		16.67	28.1802	55.15				
						100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Flores Cerna
NUTRICIONISTA
C.N.P. 3979



jueves 7 de Junio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON LECHE,PAN, QUESO										
Quinoa Cruda	25.00	100.00	93.50	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Queso fresco	20.00	89.00	40.94	2.81	3.12	0.39	11	28.04	1.57	40.85
Pan francés (2)	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	335.33
									% DIST DES	23.40
REFRIGERIO PIÑA										
Piña	150.00	89.00	50.73	0.53	0.27	13.08	2	2.40	52.33	56.87
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	96.19
									%DIST ALM	6.71
ALMUERZO: SALTADO DE HIGADO,ARROZ Y REFRESCO										
Higado de res	80.00	93.00	94.49	14.88	3.42	0.74	60	30.80	2.98	93.30
Arroz Pilado cocido	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	80.00	85.00	65.98	1.43	0.07	15.16	6	0.61	60.66	66.98
Tomate	15.00	99.00	2.82	0.12	0.03	0.84	0	0.27	2.55	3.30
Cebolla de calor	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
Aceite vegetal	12.00	100.00	106.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC ALM	522.86
									% DIST ALM	36.49
REFRIGERIO PLATANO										
Plátano de se	140.00	70.00	81.34	1.47	0.29	20.6	6	2.65	82.32	90.85
									VC DES	90.85
									% DIST DES	6.34
CENA: VASO DE LECHE										
Leche evaporada	120.00	100.00	171.60	8.40	9.72	13.08	34	87.48	52.32	173.40
Azúcar rubia	30.00	100.0	114.00	0.00	0.00	29.49	0	0.00	117.96	117.96
									VC CENA	291.36
									%DIST CENA	20.34
		VCT GR.	45.97	37.29	204.27					
		VCT KCA	183.88	335.63	817.08					
		VCT %	12.83	23.43	57.03			VCT ME	1432.78	

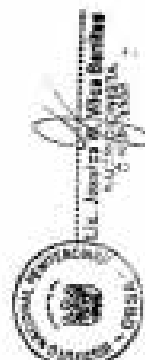
Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarcón Cagua
NUTRICIONISTA
C.N.R. 3579

viernes 8 de Junio de 2018										
ALIMENTO	g/por (g)	comestible %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: SIETE CEREALES CON LECHE, PAN, HUEVO SANCOCHADO										
Quinoa Harina	5.00	100.00	17.08	0.48	0.13	3.81	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.00	17.38	0.67	0.20	3.60	3	1.80	14.40	18.86
Harina de Har	5.00	100.00	17.15	1.22	0.10	2.98	5	0.86	11.82	17.84
Cebada harin	5.00	100.00	18.50	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.58	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Leche evapor	70.00	100.00	100.10	4.90	5.87	7.63	20	51.03	30.52	101.15
Huevo de gall	60.00	100.00	84.80	8.10	5.04	1.08	32	45.36	4.32	82.08
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	374.70
									% DIST	23.89
REFRIGERIO YOGURT										
Yogurt	280.00	100.00	128.80	11.48	2.80	14.56	46	25.20	58.24	129.36
									VC ALM	129.36
									%DIST F	8.14
ALMUERZO: PESCADO FRITO, ENSALADA, ARROZ Y REFRESCO										
Pescado jurel	100.0	66.0	85.14	14.26	2.57	0.20	57	23.17	0.79	80.98
Arroz Pilado a	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegetal	20.00	100.00	178.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.68	0.84
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trigo	25.00	100.0	89.75	2.83	0.50	18.70	11	4.50	74.80	89.80
Pepinillo o Pe	80.00	72.00	6.34	0.29	0.06	1.50	1	0.52	5.99	7.66
									VC ALM	580.49
									% DIST	36.54
REFRIGERIO MAZAMORRA DE PIÑA										
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.50	77.10	84.40
Piña	30.00	65.00	7.41	0.08	0.04	1.91	0	0.36	7.84	8.31
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	54.00	0.95	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.22	0.00	0.00	0.06	0	0.00	0.23	0.25
									VC ALM	133.23
									%DIST F	8.39
CENA: ALMENDRADO DE POLLO, ARROZ + INFUSION										
Carne de Pollo	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	98.43
Mani crudo, c	1.00	71.00	3.97	0.17	0.34	0.13	1	3.08	0.50	4.27
Arroz Pilado a	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cal	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	3.00	100.00	26.52	0.00	3.00	0.00	0	27.00	0.00	27.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.88	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
									VC CEN	370.71
									%DIST C	23.34
		VCT GR		77.94	45.86	216.44				
		VCT KCAL		311.76	410.97	865.76			VCT ME	1588.49
		VCT %		19.63	25.872	54.50				
						100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elisavinda del Rosario Marín Ordoñez
NUTRICIONISTA

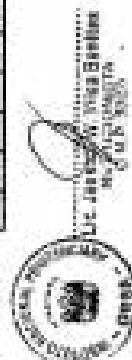


domingo 10 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON COCOA,PAN,TORTILLA DE HUEVO									
Cocoa	1.50	100.00	6.06	0.29	0.26	0.72	1	2.31	2.87	6.32
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Huevo de gall	55	92.00	71.35	6.83	4.25	0.91	27	38.25	3.64	69.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	340.08
									% DIST	23.52
REFRIGERIO:	GELATINA									
Gelatina Con	34.00	89.00	114.99	3.33	0.00	26.27	13	0.00	105.06	118.38
									VC DES	118.38
									% DIST R	8.19
ALMUERZO:	TALLARIN SALTADO DE POLLO Y REFRESCO									
Carne de Pollo	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Fideos tallarin	80.00	100.00	259.20	7.60	0.08	55.68	30	0.72	222.72	253.84
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.09	5	0.57	56.37	62.25
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Cebolla de cali	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC ALM	562.63
									% DIST	38.22
REFRIGERIO:	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	30.00	96.00	15.55	0.09	0.03	4.20	0	0.26	16.82	17.42
									VC DES	143.37
									% DIST R	9.92
CENA:	VASO DE LECHE									
Leche evapora	120.00	100.00	171.60	8.40	9.72	13.08	34	87.48	52.32	173.40
Azúcar rubia	30.00	100.0	114.00	0.00	0.00	29.49	0	0.00	117.96	117.96
									VC CEN	291.36
									%DIST C	20.15
		VCT GR.		57.14	36.64	221.88				
		VCT KCAL		228.55	329.74	887.53				
		VCT %		15.81	22.81	61.39			VCT ME	1445.82
					100.00					

Lider M. Canaza Vega
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NAT 03/06/84
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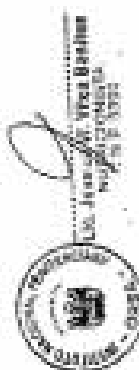


lunes 11 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: HARINA DE HABAS,PAN,MORTADELA										
Harina de Hab	30.00	100.00	102.90	7.29	0.57	17.88	29	5.13	71.52	105.81
Mortadela	20.00	100.00	51.40	1.96	3.94	1.88	8	35.46	7.52	50.82
Clavo de olor	0.30	54.00	0.13	0.00	0.00	0.03	0	0.00	0.14	0.15
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	268.91
									% DIST	20.28
REFRIGERIO PAPAYA										
Papaya	160.00	96.00	49.15	0.61	0.15	12.60	2	1.38	50.38	54.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC DES	93.54
									% DIST R	7.05
ALMUERZO: GUISO DE LENTEJA,ENSALADA,ARROZ Y REFRESCO										
Lentejas	50.00	91.00	154.25	10.28	0.46	27.76	41	4.10	111.02	156.25
Carne de res g	30.0	80.00	25.20	5.11	0.38	0.00	20	3.46	0.00	23.90
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	60.00	100.00	58.20	1.26	0.06	13.38	5	0.54	53.52	59.10
Limón	1.00	98.00	0.29	0.00	0.00	0.10	0	0.02	0.38	0.42
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.0	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	517.70
									% DIST	39.04
REFRIGERIO MANZANA										
Manzana	180.00	98.00	95.28	0.53	0.18	25.8	2	1.59	103.02	106.72
									VC DES	106.72
									% DIST R	8.05
CENA: POLLO BROSTER,ARROZ + INFUSION										
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Mandioca	5.0	100.00	16.60	0.32	0.02	3.86	1	0.18	15.42	16.88
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Aceite vegetal	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	339.23
									%DIST C	25.58
			VCT GR.	52.25	23.30	226.85				
			VCT KCAL	209.00	209.70	907.40			VCT ME	1326.10
			VCT %	15.76	15.8135	68.43				
						100.00				

Lider N. Conaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cerna
NUTRICIONISTA



martes 12 de Junio de 2018

ALIMENTO	gr/per (g)	comestib la %	E Kcal	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: SEMOLA CON LECHE, PAN, ACEITUNA										
Sémola de Tri	20.00	100.00	72.40	1.55	0.22	15.58	6	1.98	62.72	70.94
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de	25.00	89.00	66.31	0.18	7.14	1.62	1	64.28	6.50	71.49
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	343.96
									% DIST	22.88
REFRIGERIO PLATANO										
Plátano de sea	140.00	95.00	110.39	2.00	0.40	27.9	8	3.59	111.72	123.29
									VC DES	123.29
									% DIST R	8.20
ALMUERZO: ARROZ A LA JARDINERA CON CARNE PICADA, ENSALADA Y REFRESCO										
Carne de res g	70.0	100.00	73.50	14.91	1.12	0.00	60	10.08	0.00	69.72
Arroz Pilado c	80.00	100.00	323.10	7.38	0.45	70.02	30	4.05	280.08	313.65
Zanahoria	20.00	85.00	6.97	0.10	0.09	1.56	0	0.77	6.26	7.43
Arvejas fresca	20.0	44.00	9.33	0.62	0.05	1.65	2	0.48	6.62	9.59
Acelite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Ajos	3.00	100.00	3.87	0.17	0.02	0.91	1	0.22	3.65	4.54
Sal	3.00	67.00	0.72	0.02	0.01	0.16	0	0.09	0.68	0.85
Tomate	30.00	91.00	5.19	0.22	0.05	1.17	1	0.49	4.70	6.08
Ají amarillo m	2.00	67.00	0.70	0.03	0.02	0.12	0	0.21	0.48	0.80
Fideos	16.00	100.00	57.60	1.50	0.03	12.51	8	0.29	50.05	56.35
Azúcar rubia	10.00	100.00	39.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	553.31
									%DIST A	36.80
REFRIGERIO MAZAMORRA MORADA										
Mandioca	25.0	100.00	83.00	1.80	0.10	19.28	6	0.90	77.10	84.40
Piña	30.00	93.00	10.80	0.11	0.06	2.73	0	0.60	10.94	11.89
Maíz morado	20.00	57.00	40.70	0.83	0.39	8.69	3	3.49	34.75	41.56
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	157.51
									%DIST F	10.48
CENA: CAZUELA DE POLLO										
Carne de Pollo	40.00	70.00	30.24	5.38	0.81	0.00	22	7.31	0.00	28.81
Zapallo macre	45.00	89.00	10.41	0.28	0.08	2.56	1	0.72	10.25	12.10
Apio	5.00	90.00	0.95	0.03	0.01	0.22	0	0.08	0.68	1.07
Poro	5.00	98.00	1.98	0.13	0.04	0.37	1	0.35	1.49	2.37
Nabo	5.00	95.00	0.76	0.03	0.01	0.17	0	0.09	0.68	0.88
Zanahoria	35.00	85.00	12.20	0.18	0.15	2.74	1	1.34	10.95	13.00
Acelite vegeta	8.00	100.00	70.72	0.00	8.00	0.00	0	72.00	0.00	72.00
Acelite vegeta	12.00	100.00	108.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Papa blanca	80.00	96.00	74.50	1.61	0.08	17.13	6	0.69	68.51	75.65
Sal	12.00	100.00	4.32	0.14	0.05	0.88	1	0.54	3.94	5.05
Tomate	30.00	99.00	5.84	0.24	0.05	1.28	1	0.53	5.11	6.59
									VC CEN	325.53
									%DIST C	21.65
		VCT GR.		45.95	43.02	232.15				
		VCT KCAL		187.80	387.20	925.60				
		VCT %		12.48	25.7516	61.76			VCT ME	1503.60
						100.00				

Lider N. Canaza Vega
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miércoles 13 de Junio de 2018										
ALIMENTO	gr/per (g)	comestib le %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: CHOCOLATADA, PAN, SALCHICHA										
Chocolate Am	3.00	100.00	1.47	0.02	0.00	0.15	0	0.00	0.59	0.65
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Salchicha "hot"	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.63
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	366.16
									% DIST I	21.40
REFRIGERIO HUEVO DURO										
Huevo de gall	80.00	97.00	109.42	10.48	6.52	1.40	42	58.67	5.59	106.16
									VC DES	106.16
									% DIST R	6.38
ALMUERZO: QUINUA BATIDA, ARROZ Y REFRESCO										
Leche evapor	20.00	100.00	28.60	1.40	1.62	2.18	8	14.58	8.72	28.90
Queso paria	15.00	100.00	59.40	4.20	4.50	0.50	17	40.50	1.98	59.28
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	90.0	62.00	71.59	1.55	0.07	16.48	8	0.66	65.83	72.69
Queso paria	20.00	100.00	79.20	5.60	6.00	0.66	22	54.00	2.64	79.04
Sal	5.00	100.00	1.80	0.08	0.03	0.41	0	0.23	1.64	2.11
Quinua Cruda	20.00	100.00	74.80	2.72	1.18	13.26	11	10.44	53.04	74.36
Huacatay	2.00	54.00	0.51	0.05	0.01	0.09	0	0.08	0.35	0.64
Ajos	1.50	80.00	1.55	0.07	0.01	0.36	0	0.09	1.46	1.81
Aceite vegetal	8.00	100.00	70.72	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de cal	50.00	67.00	16.42	0.47	0.07	3.79	2	0.60	15.14	17.62
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	656.87
									% DIST A	39.47
REFRIGERIO MAZAMORRA DE MAIZENA CON LECHE										
Maizena	25.00	100.00	67.75	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Canela entera	0.10	54.00	0.19	0.00	0.00	0.05	0.00	0.0044	0.18	0.19
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Leche evapor	10.00	100.00	14.30	0.70	0.81	1.09	3	7.29	4.36	14.45
									VC ALM	141.76
									%DIST R	8.52
CENA: CARNE ALMENDRADA, ARROZ + INFUSION										
Carne de res	70.0	85.00	62.48	12.67	0.95	0.00	51	8.57	0.00	59.26
Mani crudo. c	5.00	71.00	19.64	0.66	1.71	0.63	3	15.40	2.51	21.34
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.09	5	0.57	56.37	62.25
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cal	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Zanahoria	15.00	79.00	4.86	0.07	0.06	1.09	0	0.53	4.36	5.18
Arvejas frescas	25.00	54.00	14.31	0.96	0.08	2.64	4	0.73	10.15	14.72
Sal	3.00	100.00	1.06	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	403.34
									%DIST C	24.23
		VCT GR		65.32	52.68	232.22				
		VCT KCAL		261.30	474.10	928.90			VCT ME	1664.29
		VCT %		15.79	28.4868	55.81				
						100.00				

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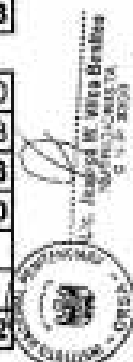


jueves 14 de Junio de 2018

Jueves 14 de Junio de 2018										
ALIMENTO	gr/per (g)	comestible le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	SOYA CON LECHE,PAN,QUESO									
Soya (18)	20.00	100.00	80.20	5.64	3.78	7.14	23	34.02	28.56	85.14
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapora	70.00	100.00	100.10	4.90	5.67	7.83	20	51.03	30.52	101.15
Queso paria	20.00	100.00	79.20	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	365.71
									% DIST	29.65
REFRIGERIO	DURAZNO									
du	140.0	85.00	76.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	6.92
ALMUERZO:	HIGADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Higado de Pol	80.0	66.0	70.22	10.35	2.43	0.00	41	21.86	0.00	63.25
Arroz Pilado d	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	8.00	100.00	70.72	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trigo	17.00	100.0	61.03	1.79	0.34	12.72	7	3.06	50.86	61.06
Pepinillo o Pe	60.00	72.00	4.75	0.22	0.04	1.12	1	0.39	4.49	5.75
Azúcar rubia	8.0	100.00	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC .ALM	455.24
									% DIST	36.91
REFRIGERIO	MANDARINA									
Mandarina	150.00	72.00	37.80	0.65	0.32	9.29	3	2.92	75.00	80.51
									VC .ALM	80.51
									%DIST F	6.53
GENA:	VASO DE LECHE									
Leche evapora	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	26.00	100.0	98.80	0.00	0.00	25.56	0	0.00	102.23	102.23
									VC CEN	246.73
									%DIST C	20.00
		VCT GR		44.95	36.08	172.79				
		VCT KCAL		179.81	324.71	691.15				
		VCT %		14.58	26.32	56.03			VCT ME	1233.52

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979



viernes 15 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	MACA CON LECHE,PAN,TORTILLA DE HUEVO									
Maca	20.00	100.00	70.00	1.22	0.24	16.02	5	2.16	64.08	71.12
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo de gall	60.00	89.00	75.29	7.21	4.49	0.96	29	40.37	3.84	73.05
Aceite vegetal	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	381.70
									% DIST I	27.21
REFRIGERIO	YOGURT									
Yogurt	250.00	100.00	115.00	10.25	2.50	13.00	41	22.50	52.00	115.50
									VC ALM	115.50
									%DIST F	8.23
ALMUERZO:	MILANESA DE PESCADO,ENSALADA,ARROZ Y REFresco									
Pescado Jurel	90.00	100.00	116.10	19.44	3.51	0.27	78	31.59	1.08	110.43
Arroz Pilado c	60.00	79.00	170.17	3.89	0.24	36.88	16	2.13	147.51	165.19
Pepinillo o Peg	35.00	67.00	2.58	0.12	0.02	0.61	0	0.21	2.44	3.12
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	5.0	80.00	5.16	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	25.00	80.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	4.32	0.14	0.06	0.98	1	0.54	3.94	5.05
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	515.75
									% DIST /	36.77
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	18.0	100.00	59.76	1.15	0.07	13.88	5	0.65	55.51	60.77
Piña	30.00	93.00	10.60	0.11	0.06	2.73	0	0.50	10.94	11.89
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC ALM	108.56
									%DIST F	7.74
CENA:	ASADO DE POLLO,ARROZ + INFUSION									
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	40.00	82.00	117.75	2.69	0.16	25.52	11	1.48	102.07	114.31
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	60.00	52.0	30.26	0.66	0.03	6.96	3	0.28	27.83	30.73
									VC ALM	281.26
									% DIST /	20.05
		VCT GR		69.26	48.32	172.77				
		VCT KCAL		276.79	434.92	691.07			VCT ME	1402.78
		VCT %		19.73	31.0038	49.26				
						100.00				

Lider N. Canaza Vega

Lic. Elizabeth del Rosario Morúa Corp

NUTRICIONISTA



sábado 16 de Junio de 2018

sábado 16 de Junio de 2018										
ALIMENTO	grapar (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	SIETE CEREALES CON LECHE,PAN,MANJAR									
Quinoa Harina	5.00	100.00	17.05	0.46	0.13	3.61	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.00	17.35	0.67	0.20	3.80	3	1.80	14.40	18.88
Harina de Hab	5.00	100.00	17.15	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	18.50	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Manjar blanco	7.00	100.00	41.30	1.80	3.57	1.18	8	32.13	4.73	44.45
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	337.07
									% DIST	26.45
REFRIGERIO	MANGO									
Mango	150	85.00	76.50	0.51	0.25	20.27	2	2.30	81.09	85.43
									VC DES	85.43
									% DIST R	6.70
ALMUERZO:	POLLO BROSTER,ENSALADA,ARROZ Y REFRESCO									
Carne de Pollo	120.0	85.00	122.40	21.01	3.67	0.00	84	33.05	0.00	117.10
Arroz Pilado c	60.00	79.00	170.17	3.89	0.24	36.89	16	2.13	147.51	165.19
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Lechuga redon	30.00	67.00	2.41	0.26	0.04	0.42	1	0.36	1.69	3.10
Limón	3.00	54.00	0.49	0.01	0.00	0.16	0	0.03	0.63	0.69
Mandioca	10.00	82.00	27.22	0.52	0.03	6.32	2	0.30	25.29	27.68
Tomate	20.00	99.00	3.75	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	20.00	80.00	141.44	0.00	16.00	0.00	0	144.00	0.00	144.00
Sal	8.00	100.00	2.88	0.10	0.04	0.68	0	0.36	2.62	3.37
Azúcar rubia	6.00	100.0	22.80	0.00	0.00	5.90	0	0.00	23.59	23.59
									VC ALM	499.18
									% DIST A	39.17
REFRIGERIO	GRANADILLA									
Granadilla	120.00	89.00	85.44	2.35	2.14	18.66	9	19.22	66.64	95.27
									VC DES	95.27
									% DIST R	7.48
CENA:	CREMA DE ESPINACA									
Espinaca neg	150.00	97.00	46.56	4.07	1.31	7.13	16	11.79	29.52	56.60
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa amarilla	70.00	76.00	54.80	1.06	0.21	12.40	4	1.92	49.58	55.75
Leche evapor	25.00	100.00	35.75	1.75	2.03	2.73	7	18.23	10.80	36.13
Harina de trigo	10.00	100.00	35.90	1.05	0.20	7.48	4	1.80	29.92	35.92
Margarina veg	5.00	100.00	36.00	0.03	4.10	0.00	0	36.90	0.00	37.02
Cebolla de ca	11.00	67.00	3.61	0.10	0.01	0.83	0	0.13	3.33	3.88
Margarina veg	4.00	100.00	28.80	0.02	3.28	0.00	0	29.52	0.00	29.62
									VC CEN	257.33
									%DIST C	20.19
		VCT GR.		50.59	44.66	167.49				
		VCT KCAL		202.37	401.94	669.96			VCT ME	1274.27
		VCT %		15.88	31.5428	52.58				
						100.00				

Lider N. Cepaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abasco Cagua
NUTRICIONISTA

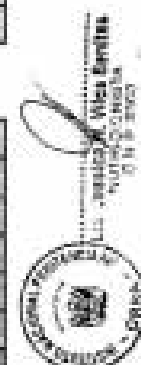


domingo 17 de Junio de 2018

domingo 17 de Junio de 2018										
ALIMENTO	gr/per (g)	comestible %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON VAINILLA,PAN,MORTADELA									
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Vainilla	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Mortadela	20.00	100.00	51.40	1.96	3.94	1.88	8	35.46	7.52	50.82
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	316.84
									% DIST I	23.33
REFRIGERIO	GELATINA									
Gelatina Con	35.00	89.00	118.37	3.43	0.00	27.04	14	0.00	108.15	121.86
									VC DES	121.86
									% DIST R	8.97
ALMUERZO:	CAU-CAU DE POLLO,ARROZ Y REFRESCO									
Carne de Pollo	120.00	100.00	144.00	24.72	4.32	0.00	99	38.88	0.00	137.76
Arroz Pilado c	80.00	79.00	226.89	5.18	0.32	49.17	21	2.84	196.68	220.25
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Aji verde (2)	8.00	67.00	3.06	0.13	0.04	0.66	1	0.39	2.66	3.58
Arvejas fresca	15.00	54.00	8.59	0.58	0.06	1.52	2	0.44	6.09	8.83
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Papa blanca	60.00	82.00	47.72	1.03	0.05	10.97	4	0.44	43.89	48.46
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	38.00	0.00	38.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	497.09
									% DIST I	36.80
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	30.00	96.00	15.55	0.09	0.03	4.20	0	0.26	16.82	17.42
									VC ALM	143.37
									%DIST R	10.56
CENA:	VASO DE LECHE									
Azúcar rubia	25.00	100.00	96.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Leche evapor	125.0	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
									VC CEN	278.93
									%DIST C	20.54
		VCT GR		57.86	32.16	209.30				
		VCT KCAL		231.43	289.45	837.20				
		VCT %		17.04	21.31	61.65			VCT MEI	1358.08
					100.00					

Lider N. Canaza Vega

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA



lunes 18 de Junio de 2018

ALIMENTO	g/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	AVENA ,PAN,PALTA									
Avena, hojuel	30.00	100.00	104.10	3.99	1.20	21.60	16	10.80	86.40	113.16
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Palta	20.0	92.00	24	0.31	2.3	1.0	1	20.70	4.12	26.07
Azúcar rubia	15.00	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	278.94
									% DIST	20.69
REFRIGERIO	MANZANA									
Manzana	170.00	93.00	85.37	0.47	0.16	23.1	2	1.42	92.33	95.65
									VC .ALM	95.65
									%DIST R	7.68
ALMUERZO:	GUISO DE ARJEJAS PARTIDAS, ENSALADA, ARROZ Y REFRESCO									
Arveja partida	50.00	100.00	173.00	10.80	0.55	32.20	43	4.95	128.80	176.95
Carne de res p	30.00	79.00	24.89	5.05	0.38	0.00	20	3.41	0.00	23.61
Pepinillo o Pe	20.00	100.00	2.20	0.10	0.02	0.52	0	0.18	2.08	2.66
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Papa blanca	30.0	82.00	23.86	0.52	0.02	5.49	2	0.22	21.94	24.23
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Aceite vegeta	3.00	80.00	21.22	0.00	2.40	0.00	0	21.80	0.00	21.60
Limon	2.00	50.00	0.30	0.01	0.00	0.10	0	0.02	0.39	0.43
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	507.48
									% DIST	37.64
REFRIGERIO	PAPAYA									
Papaya	160.00	85.00	43.52	0.54	0.14	11.15	2	1.22	44.61	48.01
Azúcar rubia	10.00	70.00	26.60	0.00	0.00	6.9	0	0.00	27.52	27.52
									VC .ALM	75.53
									%DIST R	5.60
CENA:	POLLO ESTOFADO, ARROZ + INFUSION									
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	16.27	0.00	72.03
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegetal	2.00	100.00	17.68	0.00	2.00	0.00	0	18.00	0.00	18.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Papa blanca	60.0	82.00	47.72	1.03	0.05	10.97	4	0.44	43.89	48.46
Cebolla de cal	15.50	67.00	5.09	0.15	0.02	1.17	1	0.19	4.69	5.46
Tomate	8.60	99.00	1.62	0.07	0.02	0.37	0	0.15	1.46	1.89
Arvejas frescas	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.83
Zanahoria	15.00	79.00	4.86	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	390.66
									% DIST	28.98
		VCT GR		50.11	12.98	257.76				
		VCT KCAL		200.43	116.80	1031.04			VCT ME	1348.26
		VCT %		14.87	8.66289	76.47				
						100.00				

Lider N. Conaza Vega
ADMINISTRADOR

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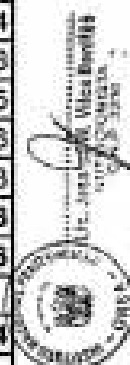


martes, 19 de Junio de 2018

ALIMENTO	gríper (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: HARINA DE HABAS CON LECHE,PAN,SALCHICHA										
Harina de Hab	5.00	100.00	17.15	1.22	0.10	2.98	5	0.86	11.92	17.54
Leche evapora	70.00	100.00	100.10	4.90	5.87	7.63	20	51.03	30.52	101.15
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Salchicha "hor	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.63
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	284.80
									% DIST I	22.08
REFRIGERIO MANDARINA										
Mandarina	160.00	96.00	53.76	0.92	0.46	13.2	4	4.15	86.00	93.83
									VC ALM	93.83
									%DIST F	7.28
ALMUERZO: ESTOFADO DE RES,ARROZ Y REFRESCO										
Carne de res	70.0	100.00	73.50	14.91	1.12	0.00	60	10.08	0.00	69.72
Arroz Pilado d	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegetal	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Papa blanca	100.0	82.00	79.54	1.72	0.08	18.29	7	0.74	73.14	80.77
Cebolla de cal	15.50	67.00	5.09	0.15	0.02	1.17	1	0.19	4.69	5.46
Tomate	8.60	99.00	1.62	0.07	0.02	0.37	0	0.15	1.46	1.89
Arvejas frescas	32.70	54.00	18.72	1.25	0.11	3.32	5	0.95	13.28	19.25
Zanahoria	23.30	79.00	7.55	0.11	0.09	1.69	0	0.83	6.77	8.04
Azúcar rubia	21.00	100.0	79.80	0.00	0.00	20.64	0	0.00	82.57	82.57
									VC ALM	523.86
									% DIST J	40.62
REFRIGERIO PLATANO										
Plátano de sev	140.00	95.00	110.39	2.00	0.40	27.9	8	3.59	111.72	123.29
									VC DES	123.29
									% DIST R	9.56
CENA: SOPA DE CASA										
Carne de Pollo	100.00	70.00	75.80	13.44	2.03	0.00	54	18.27	0.00	72.03
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	3.00	75.00	0.47	0.02	0.00	0.11	0	0.04	0.43	0.54
Poro	3.00	66.00	0.79	0.05	0.02	0.15	0	0.14	0.60	0.96
Nabo	2.00	66.00	0.21	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
									VC CEN	263.86
									%DIST C	20.46
		VCT GR		55.54	22.88	207.09				
		VCT KCAL		222.17	205.94	828.37			VCT ME	1289.64
		VCT %		17.23	15.969	64.23				

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 nutricionista dietista

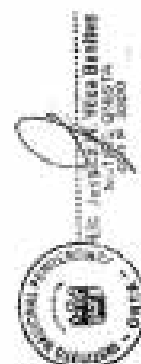
Lider N. Canazo Vega
 nutricionista dietista



miércoles 20 de Junio de 2018										
ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	COCOA CON LECHE, PAN, MERMELADA									
Cocoa	1.00	100.00	4.04	0.19	0.17	0.48	1	1.54	1.91	4.21
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapori	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	12.00	100.00	45.60	0.00	0.00	11.80	0	0.00	47.18	47.18
Mermelada De	12.00	100.00	34.32	0.05	0.02	8.77	0	0.22	35.09	35.50
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.64	80.10
									VC DES	312.11
									% DIST	20.36
REFRIGERIO	HUEVO DURO									
Huevo de gall	80.00	98.00	110.54	10.58	6.59	1.41	42	59.27	5.64	107.25
									VC DES	107.25
									% DIST R	7.00
ALMUERZO:	ARROZ CON POLLO,ARROZ Y REFRESCO									
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Carne de Pollo	120.0	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Arvejas fresca	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.63
Espinaca negr	15.00	85.00	4.08	0.38	0.11	0.62	1	1.03	2.50	4.96
Cilantro	20.00	57.00	5.02	0.38	0.15	0.80	2	1.33	3.19	6.03
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.61	6.90
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.85	2.42
Aceite vegetal	20.00	100.00	178.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	4.32	0.14	0.06	0.98	1	0.54	3.94	5.05
Pimiento	3.00	50.00	0.53	0.02	0.01	0.12	0	0.07	0.46	0.62
Cebolla de ca	15.00	100.00	7.35	0.21	0.03	1.70	1	0.27	6.78	7.89
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	567.56
									% DIST A	37.03
REFRIGERIO	ARROZ CON LECHE									
Leche evapori	20.00	100.00	28.60	1.40	1.62	2.18	6	14.58	8.72	28.90
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Arroz Pilado c	25.00	100.00	89.75	2.05	0.13	19.45	8	1.13	77.80	87.13
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
									VC ALM	137.91
									%DIST R	9.00
CENA:	REVUELTO DE ZANAHORIA, ARROZ + INFUSION									
Leche evapori	10.0	100.00	14.30	0.70	0.81	1.09	3	7.29	4.36	14.45
Queso fresco	5.0	100.00	11.50	0.79	0.88	0.11	3	7.88	0.44	11.48
Aroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	40.00	60.00	19.40	0.42	0.02	4.46	2	0.18	17.84	19.70
Sal	2.00	97.00	0.70	0.02	0.01	0.16	0	0.09	0.64	0.82
Zanahoria	60.00	72.00	17.712	0.26	0.22	3.97	1	1.94	15.90	18.86
Huevo de gall	5.00	57.00	4.02	0.38	0.24	4.75	2	2.15	19.02	22.50
Cebolla de ca	5.00	54.00	1.32	0.04	0.01	0.31	0	0.05	1.22	1.42
Aceite vegetal	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
									VC ALM	408.00
									% DIST A	26.62
		VCT GR		55.71	53.83	206.42				
		VCT KCAL		222.84	484.50	825.69				
		VCT %		14.54	31.6079	53.87			VCT ME	1532.83

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA

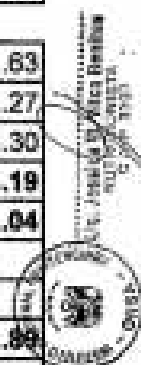


jueves 21 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON LECHE, PAN, QUESO										
Quinoa Cruda	25.00	100.00	93.50	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Queso paria	20.00	100.00	79.20	5.80	6.00	0.66	22	54.00	2.64	79.04
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	373.52
									% DIST	27.07
REFRIGERIO PIÑA										
Piña	150.00	89.00	50.73	0.53	0.27	13.08	2	2.40	52.33	56.87
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	96.19
									%DIST R	6.97
ALMUERZO: HIGADO APANADO, ENSALADA, ARROZ Y REFRESCO										
Higado de res	100.0	92.00	116.84	18.40	4.23	0.92	74	38.09	3.68	115.37
Arroz Pilado o	62.0	100.00	222.58	5.08	0.31	48.24	20	2.79	192.94	216.07
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	8.00	70.00	49.50	0.00	5.60	0.00	0	50.40	0.00	50.40
Pepinillo o Pe	30.0	82.00	2.71	0.12	0.02	0.64	0	0.22	2.56	3.27
Limón	3.00	52.00	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Pan seco mol	20.00	100.00	81.20	2.20	0.56	16.50	9	5.04	66.00	79.84
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC .ALM	507.25
									% DIST	36.76
REFRIGERIO MANZANA										
Manzana	170.00	96.00	88.13	0.49	0.16	23.8	2	1.47	95.31	98.74
									VC .ALM	98.74
									%DIST R	7.16
CENA: VASO DE LECHE										
Leche evapor	125.00	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
Cocoa	6.00	100.00	24.24	1.14	1.03	2.87	5	9.23	11.47	25.27
Azúcar rubia	25.00	100.0	95.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									VC CEN	304.19
									%DIST C	22.04
		VCT GR		53.77	36.42	209.25				
		VCT KCAL		215.07	327.82	837.00				
		VCT %		15.59	23.76	60.66			VCT ME	1379.89
					100.00					

Lider N. Canaza Vega
ADMINISTRADOR

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C.N.P. 3979

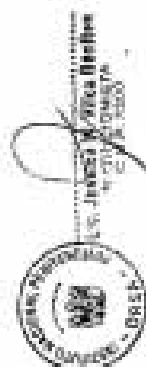


viernes 22 de Junio de 2018

ALIMENTO	grper	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal	Am (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO: HARINA DE HABAS CON LECHE, PAN, HUEVO SANCOCHADO										
Harina de Hab	20.00	100.00	68.60	4.86	0.38	11.92	19	3.42	47.68	70.54
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	20.00	100.00	28.60	1.40	1.62	2.18	6	14.58	9.72	28.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Huevo de gall	60.00	100.00	84.60	8.10	5.04	1.08	32	45.36	4.32	82.08
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	281.90
									% DIST	20.94
REFRIGERIO YOGURT										
Yogurt	250.00	100.00	115.00	10.25	2.50	13.0	41	22.50	52.00	115.50
									VC .ALM	115.50
									%DIST	8.58
ALMUERZO: PESCADO FRITO, ENSALADA, ARROZ Y REFRESCO										
Pescado jurel	100.0	68.0	85.14	14.28	2.57	0.20	57	23.17	0.79	80.96
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	48.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	20.00	100.00	178.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trigo	15.00	100.0	53.85	1.58	0.30	11.22	6	2.70	44.88	53.88
Pepinillo o Pe	30.00	72.00	2.38	0.11	0.02	0.96	0	0.19	2.25	2.87
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	559.11
									% DIST	41.63
REFRIGERIO MAZAMORRA DE PIÑA										
Mandioca	20.0	100.00	88.40	1.28	0.08	15.42	5	0.72	61.68	87.52
Piña	30.00	65.00	7.41	0.08	0.04	1.91	0	0.35	7.64	8.31
azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.68	0	0.00	31.46	31.46
Canela entera	0.50	54.00	0.95	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.22	0.00	0.00	0.06	0	0.00	0.23	0.25
									VC CEN	108.49
									%DIST	8.06
GENA: ASADO DE POLLO, ARROZ										
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.08	7.05
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	40.00	82.00	117.75	2.69	0.16	25.52	11	1.48	102.07	114.31
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	80.00	52.0	30.28	0.66	0.03	6.96	3	0.28	27.83	30.73
									VC .ALM	281.26
									% DIST	20.89
		VCT GR		67.59	40.30	178.40				
		VCT KCAL		269.99	362.68	713.60			VCT ME	1346.27
		VCT %		20.08	26.94	53.01				
						100.00				

Lider M. Canaza Vega
ADMINISTRADOR

Lt. Elizabeth del Puerto Sierra Corp

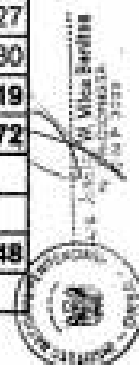


sábado 23 de Junio de 2018

sábado 23 de Junio de 2018										
ALIMENTO	gr/per (g)	comestible le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	SEMOLA CON LECHE,PAN,MANJAR									
Sémola de Tri	20.00	100.00	72.40	1.58	0.22	15.68	6	1.98	62.72	70.94
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Manjar blanco	7.00	100.00	41.30	1.90	3.57	1.18	8	32.13	4.73	44.45
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	316.92
									% DIST DES	24.71
REFRIGERIO	GRANADILLA									
Granadilla	140.00	85.00	95.20	2.62	2.38	18.56	10	21.42	74.26	106.15
									VC DES	106.15
									% DIST REFR	8.28
ALMUERZO:	ALMENDRADO DE POLLO,ARROZ Y REFRESCO									
Carne de Pollo	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Mani crudo. c	1.00	71.00	3.97	0.17	0.34	0.13	1	3.08	0.50	4.27
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.09	5	0.57	56.37	62.25
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cal	30.00	67.00	9.85	0.28	0.04	2.27	1	0.38	9.09	10.57
Zanahoria	15.00	79.00	4.86	0.07	0.06	1.09	0	0.53	4.36	5.18
Arvejas frescas	25.00	54.00	14.31	0.96	0.08	2.54	4	0.73	10.15	14.72
Ajos	2.00	80.00	2.06	0.08	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	470.86
									% DIST ALM	36.71
REFRIGERIO	PLATANO									
Plátano de se	130.00	70.00	75.53	1.37	0.27	19.1	5	2.46	76.44	84.36
									VC .ALM	84.36
									%DIST REFR	6.58
CENA:	VASO DE LECHE									
Leche evaporada	125.00	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
Cocoa	6.00	100.00	24.24	1.14	1.03	2.87	5	9.23	11.47	25.27
Azúcar rubia	25.00	100.0	95.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									VC CEN	304.19
									%DIST CEN	23.72
		VCT GR		50.18	33.10	195.95				
		VCT KCAL		200.73	297.93	783.82				
		VCT %		15.65	23.23	61.12			VCT ME	1282.48
					100.00					

Lider N. Pango Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Olvera Cepa
NUTRICIONISTA
C.R.P. 3979



domingo, 24 de Junio de 2018

ALIMENTO	gríper (g)	comestible le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO: VAINILLA CON LECHE, PAN, MARGARINA										
Vainilla	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	15.00	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Margarina vegetal	10.00	100.00	72.00	0.06	8.20	0.00	0	73.80	0.00	74.04
Pan francés (2)	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	359.72
									% DIST	25.53
REFRIGERIO HUEVO DURO										
Huevo de gallina	80.00	98.00	110.54	10.58	6.59	1.4	42	59.27	5.64	107.25
									VC ALM	107.25
									%DIST F	7.61
ALMUERZO: ATOMATADA DE RES,ARROZ Y REFRESCO										
Carne de res g	70.0	66.0	48.51	9.84	0.74	0.00	39	6.65	0.00	46.02
Arroz Pilado c	70.00	100.00	251.30	5.74	0.35	54.46	23	3.15	217.84	243.95
Cebolla de ca	60.00	67.00	19.70	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	99.00	5.64	0.24	0.08	1.28	1	0.53	5.11	6.59
Aceite vegetal	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	15.00	100.00	5.40	0.18	0.08	1.23	1	0.68	4.92	6.32
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	100.00	52.0	50.44	1.09	0.05	11.60	4	0.47	46.38	51.22
Azúcar rubia	15.0	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
									VC ALM	527.85
									% DIST	37.47
REFRIGERIO GELATINA										
Gelatina Con	32.00	85.00	103.36	2.99	0.00	23.61	12	0.00	94.44	106.41
									VC ALM	106.41
									%DIST F	7.55
CENA: ARROZ CHAUFA CON POLLO ,INFUSION										
Carne de Pollo	40.00	70.00	30.24	5.38	0.81	0.00	22	7.31	0.00	28.81
Huevo de gall	15.00	98.00	20.73	1.98	1.23	0.26	8	11.11	1.06	20.11
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegetal	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla china	10.00	71.00	2.77	0.16	0.03	0.53	1	0.26	2.13	3.04
Pimienta	8.00	83.00	2.32	0.10	0.03	0.51	0	0.30	2.05	2.74
Sillao	2.00	100.00	2.70	0.23	0.19	0.02	1	1.73	0.08	2.71
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	307.68
									%DIST C	21.84
		VCT GR		52.40	47.67	192.56				
		VCT KCAL		209.61	429.04	770.26			VCT ME	1408.91
		VCT %		14.88	30.452	54.67				
						100.00				

Lider N. Carrazo Vega

Lic. Elizabeth del Rosario Navarro Cordero

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lunes, 25 de Junio de 2018

ALIMENTO	gr/per (g)	comestib le %	E Kcal.	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	QUINUA CON MANZANA,PAN,ATUN									
Quinoa Cruda	25.00	100.00	93.60	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.67	0.00	0.00	0.14	0	0.01	0.55	0.57
Manzana	30.00	100.00	16.20	0.09	0.03	4.38	0	0.27	17.52	18.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Grated de Sar	23.00	100.00	40.71	5.15	2.07	0.23	21	18.63	0.92	40.16
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	251.64
									% DIST I	20.65
REFRIGERIO	PLATANO									
Plátano de ses	140.00	70.00	81.34	1.47	0.29	20.6	6	2.65	82.32	90.85
									VC DES	90.85
									% DIST R	7.45
ALMUERZO:	GUIZO DE LENTEJITAS,ENSALADA,ARROZ Y REFRESCO									
Lentejas	50.00	91.00	154.25	10.28	0.46	27.76	41	4.10	111.02	166.25
Carne de res p	40.00	79.00	33.18	6.73	0.51	0.00	27	4.55	0.00	31.47
Papinillo o Pe	15.00	100.00	1.65	0.08	0.02	0.39	0	0.14	1.66	2.00
Cebolla de cal	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	60.00	1.14	0.05	0.01	0.26	0	0.11	1.03	1.33
Papa blanca	30.0	82.00	23.86	0.52	0.02	5.49	2	0.22	21.94	24.23
Arroz Pilado d	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	106.72	209.10
Ajos	2.0	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Limón	2.00	50.00	0.30	0.01	0.00	0.10	0	0.02	0.39	0.43
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	490.28
									% DIST J	40.23
REFRIGERIO	MANDARINA									
Mandarina	160.00	96.00	53.76	0.92	0.46	13.2	4	4.15	86.00	93.83
									VC ALM	93.83
									%DIST R	7.70
CENA:	CAZUELA DE POLLO									
Carne de Pollo	70.00	98.00	82.32	14.13	2.47	0.00	57	22.23	0.00	78.75
Zapallo macre	47.00	47.00	5.74	0.15	0.04	1.41	1	0.40	5.66	6.67
Apio	4.10	75.00	0.65	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	68.00	0.53	0.04	0.01	0.10	0	0.10	0.40	0.64
Zanahoria	25.50	79.00	8.26	0.12	0.10	1.85	0	0.91	7.41	8.80
Fideos	36.50	100.00	131.40	3.43	0.07	28.64	14	0.66	114.17	128.55
Papa blanca	64.70	82.00	51.46	1.11	0.05	11.83	4	0.48	47.32	62.26
Sal	4.40	100.00	1.56	0.05	0.02	0.36	0	0.20	1.44	1.85
Habas frescas	25.50	35.00	13.48	1.01	0.07	2.31	4	0.84	9.26	13.92
									VC CEN	292.18
									%DIST C	23.97
		VCT GR		56.77	13.43	209.42				
		VCT KCAL		227.07	120.86	837.69			VCT MEI	1218.78
		VCT %		18.63	9.92	68.73				

Lider N. Canaza Vega

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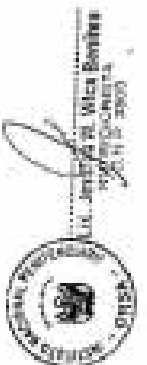


miércoles, 27 de Junio de 2018

ALIMENTO	griper (g)	comestib le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	COCOA CON LECHE,PAN,ACEITUNA									
Cocoa	2.00	100.00	8.08	0.38	0.34	0.95	2	3.08	3.82	8.42
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapori	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Aceitunas de	25.00	92.00	68.54	0.18	7.38	1.68	1	66.45	6.72	73.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	327.20
									% DIST	27.33
REFRIGERIO	GRANADILLA									
Granadilla	140.00	85.00	95.20	2.62	2.38	18.56	10	21.42	74.26	106.15
									VC DES	106.15
									% DIST R	8.86
ALMUERZO:	TALLARINES ROJOS CON POLLO + REFresco									
Carne de Pollo	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Fideos tallarin	80.00	100.00	259.20	7.60	0.08	55.68	30	0.72	222.72	253.84
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla de cal	10.00	67.00	3.28	0.09	0.01	0.76	0	0.12	3.03	3.52
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Hongos	0.50	54.00	0.14	0.01	0.00	0.03	0	0.01	0.10	0.17
Laurel	0.50	54.00	0.41	0.01	0.02	0.06	0	0.17	0.24	0.47
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	431.88
									% DIST A	36.07
REFRIGERIO	PLATANO									
Plátano de sei	130.00	70.00	75.53	1.37	0.27	19.1	5	2.46	76.44	84.36
									VC .ALM	84.36
									%DIST R	7.06
CENA:	SOPA DE FIDEOS CON CARNE									
Carne de res p	50.00	100.00	52.50	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos	35.00	100.00	126.00	3.29	0.07	27.37	13	0.63	109.48	123.27
Apio	2.00	75.00	0.32	0.01	0.00	0.07	0	0.03	0.29	0.36
Poro	1.00	66.00	0.28	0.02	0.01	0.06	0	0.05	0.20	0.32
Nabo	1.00	66.00	0.11	0.00	0.00	0.02	0	0.01	0.10	0.12
Papa blanca	50.0	82.00	39.77	0.96	0.04	9.14	3	0.37	36.57	40.39
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC GEN	247.82
									%DIST C	20.7
		VCT GR.		54.66	28.69	180.47				
		VCT KCAL		218.23	257.31	721.86			VCT ME	1197.40
		VCT %		18.23	21.49	60.29				
						100.00				

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jueves, 28 de Junio de 2018

ALIMENTO	gruper (g)	comestible le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	SOYA CON LECHE, PAN, SALCHICHA									
Harina de soya	20.00	100.00	76.20	1.74	1.30	14.24	7	11.70	56.96	75.62
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.87	7.63	20	51.03	30.52	101.15
Salchicha "hor	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.63
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	342.79
									% DIST	22.07
REFRIGERIO	GELATINA									
Gelatina Con	35.00	85.00	113.05	3.27	0.00	25.82	13	0.00	103.29	116.38
									VC .ALM	116.38
									%DIST F	7.49
ALMUERZO:	HIGADO FRITO, ENSALADA, ARROZ Y REFRESCO									
Higado de res	80.00	70.00	71.12	11.20	2.58	0.56	45	23.18	2.24	70.22
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Pepinillo o Pe	60.00	79.00	5.21	0.24	0.05	1.23	1	0.43	4.93	6.30
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.06
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	25.00	100.00	221.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	10.00	100.00	3.60	0.12	0.05	0.82	0	0.45	3.28	4.21
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	565.82
									% DIST	36.43
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.80	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	60.00	96.00	31.10	0.17	0.06	8.41	1	0.52	33.64	34.85
									VC .ALM	160.80
									%DIST F	10.35
CENA:	POLLO FRITO, ARROZ, INFUSION									
Carne de Pollo	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Aceite vegeta	15.00	100.00	132.60	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	367.35
									%DIST C	23.65
		VCT GR.		50.11	59.62	204.02				
		VCT KCAL		200.43	536.61	816.09			VCT ME	1553.14
		VCT %		12.90	34.55	52.54				
						100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elisaveth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

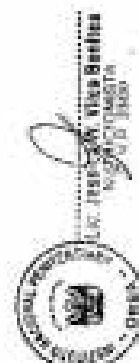


viernes, 29 de Junio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
							PROT	GRASAS	CHO	
DESAYUNO:	CEBADA CON LECHE,PAN,MERMELADA									
Cebada harina	20.00	100.00	74.00	3.78	0.46	13.48	15	4.14	53.92	73.10
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Mermelada Di	0.70	92.00	1.84	0.00	0.00	0.47	0	0.01	1.88	1.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	276.54
									% DIST	22.75
REFRIGERIO	PAPAYA									
Papaya	160.00	98.00	49.16	0.61	0.15	12.60	2	1.38	50.38	54.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC DES	93.64
									% DIST R	7.69
ALMUERZO:	CHICHARRON DE PESCADO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	80.0	66.0	68.11	11.40	2.06	0.16	46	18.53	0.63	64.79
Arroz Pilado d	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Pepinillo o Pe	50.00	79.00	4.35	0.20	0.04	1.03	1	0.36	4.11	5.25
Tomate	10.00	99.00	1.88	0.06	0.02	0.43	0	0.18	1.70	2.20
Limón	3.00	52.00	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Cebolla de cal	10.00	67.00	3.28	0.09	0.01	0.76	0	0.12	3.03	3.52
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Mandioca	10.00	82.00	27.22	0.52	0.03	6.32	2	0.30	25.29	27.68
Aceite vegetal	15.00	100.00	132.60	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	471.55
									% DIST A	38.78
REFRIGERIO	DURAZNO									
du	140.0	85.00	76.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	7.02
CENA:	SOPA DE SEMOLA									
Sémola de Tri	35.00	70.00	88.69	1.91	0.27	19.21	8	2.43	76.83	88.90
Papa blanca	50.00	98.00	47.53	1.03	0.05	10.93	4	0.44	43.71	48.27
Apio	2.00	75.00	0.32	0.01	0.00	0.07	0	0.03	0.29	0.36
Poro	2.00	66.00	0.53	0.04	0.01	0.10	0	0.10	0.40	0.64
Nabo	1.00	66.00	0.11	0.00	0.00	0.02	0	0.01	0.10	0.12
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Aceite vegetal	10.00	100.00	89.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Carne de res g	50.00	100.00	52.50	10.65	0.80	0.00	43	7.20	0.00	49.80
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
									VC CEN	288.86
									%DIST C	23.76
		VCT GR.		44.01	36.07	178.80				
		VCT KCAL		176.04	324.59	715.18			VCT MEI	1215.81
		VCT %		14.48	26.70	58.82				
						100.00				

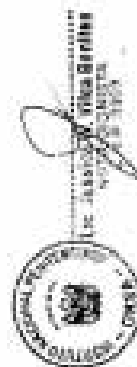
Lider N. Canaza Vega
 ALIMENTACIÓN Y NUTRICIÓN

Lic. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA



sábado, 30 de Junio de 2018

ALIMENTO	gr/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	SIETE CERALES CON LECHE,PAN,HUEVO SANCOCHADO									
Quinoa Harina	5.00	100.00	17.05	0.48	0.13	3.81	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.00	17.35	0.67	0.20	3.60	3	1.80	14.40	18.66
Harina de Hab	5.00	100.00	17.15	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	18.50	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo de gall	55.00	100.00	77.55	7.43	4.62	0.99	30	41.58	3.96	75.24
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	80.84	80.10
									VC DES	367.86
									% DIST	20.98
REFRIGERIO	MANZANA									
Manzana	185.00	100.00	99.90	0.56	0.19	27.0	2	1.87	108.04	111.93
									VC DES	111.93
									% DIST R	6.38
ALMUERZO:	QUINUA BATIDA,ARROZ Y REFRESCO									
Leche evapor	25.0	100.00	36.75	1.75	2.03	2.73	7	18.23	10.80	36.13
Queso fresco	30.0	100.00	69.00	4.74	5.25	0.66	19	47.25	2.64	68.85
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	188.72	209.10
Papa blanca	60.00	70.00	54.32	1.18	0.06	12.49	5	0.50	49.95	55.16
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Quinoa Cruda	40.00	100.00	149.60	5.44	2.32	28.52	22	20.88	106.08	149.72
Huacatay	4.10	54.00	1.04	0.11	0.02	0.18	0	0.16	0.71	1.31
Habas frescas	10.00	35.00	5.29	0.40	0.03	0.91	2	0.25	3.63	5.46
Ajca	2.00	54.00	0.62	0.03	0.01	0.13	0	0.08	0.54	0.72
Aceite vegetal	12.00	100.00	108.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	676.14
									% DIST	38.56
REFRIGERIO	PUDIN									
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Canela entera	0.50	79.00	1.39	0.01	0.00	0.33	0	0.03	1.33	1.40
Pudín de choc	25.0	100.00	98.26	1.33	0.50	22.10	5	4.50	68.40	98.20
Leche evapor	25.00	57.00	20.38	1.00	1.15	1.55	4	10.39	6.21	20.59
									VC CEN	120.65
									%DIST C	6.88
CENA:	GUISO DE FIDEOS CON POLLO,INFUSION									
Fideos	40.0	100.00	144.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Carne de Pollo	70.00	70.00	52.92	9.41	1.42	0.00	36	12.79	0.00	50.42
Papa blanca	60.00	100.00	58.20	1.26	0.06	13.38	5	0.54	53.52	59.10
Arroz Pilado c	55.00	100.00	197.45	4.51	0.28	42.79	18	2.48	171.16	191.68
Zanahoria	15.00	35.00	2.15	0.03	0.03	0.48	0	0.24	1.93	2.29
Arvejas frescas	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	8.08	8.63
Cebolla de ca	15.00	54.00	3.97	0.11	0.02	0.92	0	0.15	3.66	4.26
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	477.12
									%DIST C	27.21
		VCT GR		60.03	37.87	293.17				
		VCT KCAL		240.13	340.85	1172.70				
		VCT %		13.69	19.436	88.871			VCT ME	1753.68
						100.00				



Lider N. Canaza Vega

Lic. Eusebio del Encanto Alvarado Cordero
AUTENTICADA

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

viernes, 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 VASITAS,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	HIJO 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 + MARGARINA	LOGRO 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
viernes, 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	CAJUA RELENA, 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	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBÓ A LA TACÑERA DE CURIDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
viernes, 22 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRJOL A LA CHELENA 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 LIMERA, 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 ALMONDADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
viernes, 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


Lidia Elizabeth del Rosario Alvarez Crespo
NUTRICIONISTA
C.M.R. 3979


Lidia N. Canaza Vega
ADMINISTRADOR




Lidia N. Canaza Vega
NUTRICIONISTA
M.C. 3908

DIETA: HIPERTENSION ARTERIAL

123

viernes, 01 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: Semola con vainilla , 02 panes , mermelada									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	158.80
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
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	198.98
Mermelada De	20.00	100.00	0.06	0.04	14.62	0	0.36	58.48	59.16

552.04

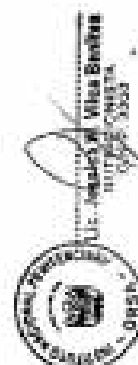
23.12

Almuerzo:	Caldo de gallina + refresco y fruta								
Carna 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	0.94	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
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.98	0.29	63.56	23.94	2.585	254.22	280.73
Apio	18.00	75.00	0.69	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	0.6538	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	0.96	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	1.66	0.28	15.04	6.62	2.484	60.17	68.20
								VC Alm	1170.18
								% Dist	48.01

CENA	Matasquita de pollo , arroz , infusion								
Carna de Poli	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	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anejas 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	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.58
Cebolla de ca	80.0	67.00	0.58	0.06	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	0.90	1	0.98	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		2367.78

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elisbeth de Rosario Alamo Orpa
NUTRICIONISTA
C.N.R. 3979



DIETA: HIPERTENSION ARTERIAL

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sábado, 02 de junio de 2018

ALIMENTO	gr/per (g)	domestib le %	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 soy	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 labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									580.55
									22.71
Almuerzo:	Guiso de arvejita con chanco, arroz, ensalada, fruta y refresco								
Cerdo de Cer	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado a	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	622.75
Aceite 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	2.58	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 redo	80.00	80.00	0.62	0.10	1.01	3	0.86	4.03	7.36
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	8.73	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	0.90	24.23	36.36
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 evapora	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	80.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Zapallo macra	50.00	47.00	0.18	0.05	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	68.00	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	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				
			282.10	554.68	1719.65				
			11.83	21.79	67.27				
					100.00			VGT MENU	2556.42

Lider M. Camacho Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarez Corpa
NUTRICIONISTA
C.N.P. 39.79



DIETA: HIPERTENSION ARTERIAL

21

domingo, 03 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 + 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	101.16
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	0.08
Huevo de gall	80.00	98.00	7.94	4.94	1.08	32	44.46	4.23	80.44
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.82	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									
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	158.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite 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	1.66	164.13	181.24
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.68	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 ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6496	64.18	73.89
								VC ALMU	1478.26
									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
Canola 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	21.83	0	0.64	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
			78.41	48.44	439.30				
			313.62	435.98	1757.19				
			12.51	17.39	70.10				
					100.00			VCT	2506.80



Lider N. Pantoja Vega
NUTRICIONISTA
C.N.P. 3379

Lic. Elizabeth del Rosario Adams Carpio
NUTRICIONISTA
C.N.P. 3379

DIETA: HIPERTENSION ARTERIAL

120

lunes, 04 de junio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			D-ST.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 morado	150.0	96.00	2.02	0.43	37.01	8	3.89	146.03	159.86
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 libran	65.00	100.00	6.24	0.20	46.87	25	1.78	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
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	0.59	0.15	3.18	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
Aceite 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	3.83	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	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.18
Naranja	160.00	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
Carné de Pollo	100.00	85.00	17.51	3.06	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	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
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
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	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07



Lider N. Amaza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarez Coqui
NUTRICIONISTA
C.N.P. 3979

martes, 05 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:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.83
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	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	663.65
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	56.83	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	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.88
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	66.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	60.00	87.00	0.97	0.14	7.66	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	0.36	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	1.75	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	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	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12



Lider N. Canaza Vega
Nutricionista y Fisioterapeuta

Luz Elizabeth del Rosario Alvarez Coipa
NUTRICIONISTA
C.N.P. 3970

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:	Infusion + 02 panes + fruta								
Hierbas	10.00	54.00	0.17	0.05	0.36	1	0.49	1.51	2.67
Canola 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	158.58
Pan de labran	68.00	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	3	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO:	Hiro 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 c	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 madre	300.0	70.00	1.47	0.42	13.44	6	3.76	53.76	63.42
Maíz Fresco	40.00	80.00	1.06	0.28	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.88	2.56	4.74
Habas frescas	30.00	88.00	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	7.68
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.48
							VC DES.		1348.74
							% DIS ALM.		50.66
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Anchoas frescas	25.00	54.00	0.86	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.62	0	0.89	7.27	8.63
Cebolla de cal	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		32.37
			70.74	45.99	478.56				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00	V.C.T. MENU			2603.09

Lider N. Canaza Vega
Administración

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.M.R. 8979



DIETA: HIPERTENSION ARTERIAL

167

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	100.60	132.02
Leche evapor	75.00	100.00	5.25	6.06	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	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.58
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajo	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado d	160.0	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
Aj verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagro	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aj colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	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 ca	80.00	67.00	2.80	0.11	6.08	11	0.98	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	64.09	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	20.50	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.
									440.29
									%DIST. D
									17.47
			81.42	61.73	408.01				
			325.70	555.61	1638.43				
			12.9	22.1	68.0				
					100.00				VCT
									2519.74



Lider N. Canaza Vega
ADMINISTRADOR

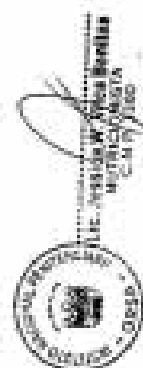
Lic. Elizabeth del Rosario Abreu Caza
NUTRICIONISTA
C.N.P. 3979

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									
Semola 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	0.03	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 libran	80.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.68
								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	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	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	85.00	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	6.89
Cilantro	2.80	57.00	0.06	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	4.83
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	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	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	48	8.97	300.67	342.86
Zanahoria	30.0	69.00	0.12	0.10	1.80	0	0.83	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.28	3.75	3.55
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
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
								VC DES.	632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.02	579.38	1707.39				
			11.29	22.48	96.23				
					100.00				
								VCT	2577.78

Lider N. Canaza Vega
 Nutricionista y Dietista
 C.N.P. 3079

Lic. Elizabeth del Rosario Alvarado Caza
 Nutricionista
 C.N.P. 3079

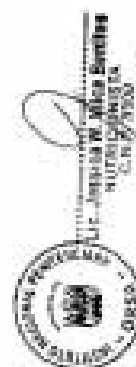


sábado, 09 de junio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	64.00	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 lebran	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 chanco + ensalada + arroz + fruta y refresco								
Arroz Pilado d	150.00	100.00	12.90	0.75	116.70	49	6.75	466.80	622.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de cañ	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
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	0.35	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	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
									1513.69
								% DIS ALM.	60.16
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
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	0.08	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
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.98
								%DIST. D	20.38
			74.90	48.83	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70

Lider N. Canaza Vega
Alimentista y Nutricionista

Luz Elizabeth del Rosario Alarza Cueva
NUTRICIONISTA
C.N.P. 3579

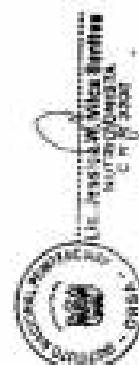


DIETA: HIPERTENSION ARTERIAL

144

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	190.50
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.95
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	26.67
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 o	200.0	100.00	18.40	1.00	186.60	56	9.00	622.40	897.00
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	0.88	2	1.33	3.19	6.03
Espínaca 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
Ancejas 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	0.16	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
Lefuga rido	60.00	58.00	0.39	0.05	0.63	2	0.54	2.52	4.82
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
Plátano de sa	160.0	86.00	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	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	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.90
								%DIST. D	12.35
			84.85	68.69	392.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99



Lider M. Canaza Vega
NUTRICIONISTA

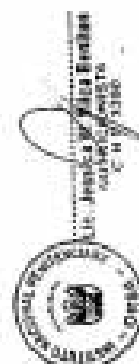
Lic. Elizabeth del Rosario Alvarez Correa
NUTRICIONISTA
C.N.P. 3975

lunes, 11 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote frito								
Herbaja	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote moras	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	136.00	0.00	136.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									555.44
									21.40
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.88	0.00	98.73
Papa blanca	200.0	82.00	3.88	0.18	41.03	15	1.68	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.78	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.28	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	60.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Arvejas frescas	35.00	84.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Naranja	150.00	88.00	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
					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
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	84.00	0.38	0.03	1.02	2	0.29	4.06	5.85
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
									697.68
									26.88
			78.37	49.48	459.06				
			313.48	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2586.03

Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 3979



DIETA: HIPERTENSION ARTERIAL

102

martes, 12 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 + fruta								
Harina de Hab	40.00	100.00	9.72	0.70	23.94	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.89
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	0.28	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								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	165	56.83	2.28	233.62
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	80.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Acolla 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 a	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	38.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Orégano fresco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.95
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	160.00	88.00	1.66	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.	1528.03
								%DIST. D	61.02
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
			83.00	49.27	432.20				
			332.00	443.39	1726.76				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17

Dr. José María Vega Brindley
Médico Nutricionista
C.R.P. 1303



Lider M. Canaza Vega
Nutricionista
C.R.P. 1303

Lic. Elisaveth del Rosario Alvarado Chapa
NUTRICIONISTA
C.R.P. 3874

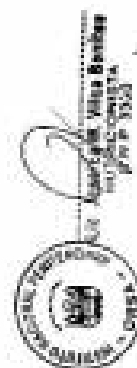
DIETA: HIPERTENSION ARTERIAL

miércoles, 13 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:	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	36.00	100.0	0.00	0.00	36.39	0.00	0	141.55	141.55
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	1.00	32	44.45	4.23	80.44
									538.82
									20.55
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.81	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	8.58	0.14	54.74	26	1.28	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 c	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	5.28
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	0.58	0.08	4.54	2	0.72	18.17	21.15
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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.97	0	0.00	59.45	59.46
									VC DES. 1324.81
									%DIST. D 50.53
CENA:	Camote arrebocado,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	44.66	53.88
Arroz Pilado c	90.00	100.00	7.38	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
Guiso perla	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapora	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	0.80
									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		V.C.T. MENU		2622.03
					100.00				

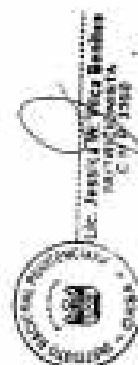
Lider N. Conaza Vega
 Presidente FUNDOR

Lic. Elizabeth del Rosario Abasco Caza
 N. T. FUNDADORA
 N. P. 33079



Jueves, 14 de junio de 2018

ALIMENTO	grifer (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, Hojuelo	35.00	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	61.03	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	43.08	23	1.82	172.32	196.98
									687.07
									27.04
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	622.73
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	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 col	80.00	89.00	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	1.66	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Ají colorado si	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.08	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
									57.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.80
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	0.85	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.66	53.25	437.79				
			318.65	479.24	1751.18				
			12.2	18.9	68.9				
					100.00			VCT	2541.05



Lider N. Canaza Vega
Dietista DOR

Lic. Flaminia J. A. Riquelme Albornoz
Dietista

104

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	18.63	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
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	34.69	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	106.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546.74

21 20

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	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.87	14	1.48	146.29	161.54
Arroz Pilado e	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	1.85	1	0.46	7.78	9.68
Aceto 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	0.75	0.11	8.08	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	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74

VC DEF 1294.00

%DIST. D 50.36

CENA:	Pollo dorado, arroz + infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.06	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.69
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	1.85	0.42	12.30	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	19.66	0.00	0	78.64	78.64

VC DES	734.38
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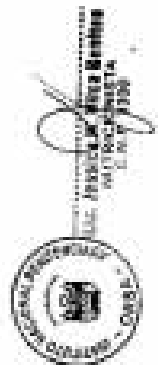
% DIS ALM.	38.52
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MCT	2576.12
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[Signature]
Fidel M. Canaza Vega

123
Lic. Elizabeth del Rosario Alvarado Crespo
NUTRICIONISTA
C.N.P. 33270



DIETA: HIPERTENSION ARTERIAL

108

sábado, 16 de junio de 2018

ALIMENTO	gr/per (g)	comestible le %	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	14.63	71.20	94.53
Piña	25.00	64.00	0.08	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	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	1.82	172.32	198.98
									584.64
									22.21
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	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	5.78	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
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Po	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	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 se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.18
									1506.15
								% DES ALM.	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
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	0.08	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	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	4.36	6.05
Acetia 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	2632.81

[Firma]
Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3979

[Firma]
Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3979

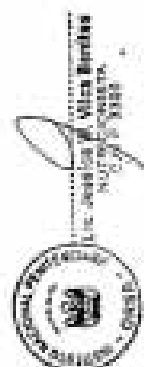


domingo, 17 de junio de 2018

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 panas + huevo sancochado									
Cebada lvarina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.87	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	24.60
ALMUERZO: Pollo dorado, arroz papa, ensalada, refresco y fruta									
Carn de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Plado d	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acito vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga redo	55.00	90.0	0.38	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	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 ca	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.	58.26
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 labran	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	22.67	64.03				
					100.00			VCT	2519.66

Lider N. Canaza Vega
Agente de COK

Lic. Elizabeth del Rosario Alana Coja
NUTRICIONISTA
C.M.P. 3579



DIETA: HIPERTENSION ARTERIAL

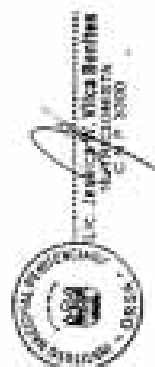
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lunes, 18 de junio de 2018

ALIMENTO	g/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.84	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	0.08
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	2.85	100.74	108.88
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.90
								VC DES.	449.56
								%DIST. D	18.29
ALMUERZO:	Caigua 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 d	150.0	100.00	12.30	0.76	116.79	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	60.00	89.00	1.00	0.14	8.05	4	1.25	32.18	37.45
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Semar	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
Aji colorado s	4.00	68.00	0.19	0.21	1.60	3	1.91	6.39	9.06
Acetite 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
Anajas 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	0.15	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	16.0	7	2.85	64.09	73.79
						V.C. ALMUERZO			1285.35
						% DISTR. ALMUERZO			62.30
CENA	Arroz amarillo 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	0.64	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.81	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	0.36	9.09	10.57
Anajas 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	10.36
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
									722.86
									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

Lider N. Canaza Vega
Nutricionista
C.N.P. 33079

Lic. Elizabeth del Rosario Alarcon Cappa
NUTRICIONISTA
C.N.P. 33079



martes, 19 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:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.88	20.22	23	6.21	80.88	109.65
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	100.0	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 labran	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	20.92	7.21	0.55	160	84.88	2.22	226.75
Arroz Pilado o	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
Aceite 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 s	4.00	88.00	0.19	0.21	1.60	1	1.81	6.39	8.08
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 cal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapori	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Mandoca	30.00	100.00	1.82	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	64.00	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1851.45
								%DIST. D	62.08
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.86	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
Canola 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	35.00	100.00	3.38	0.11	25.13	13.44	0.945	100.82	114.91
Leche evapori	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				

Uder N. Canaza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Coja
NUTRICIONISTA
C.N.P. 3979



miércoles, 20 de junio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
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	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	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	198.98
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 para	20.00	100.00	5.60	6.00	0.68	22	54.00	2.64	78.04
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	60.88	23	2.46	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	0.06	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	0.56	0	0.13	3.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceto vegetal	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de cal	60.00	67.00	0.56	0.08	4.54	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	19.62	0	0.00	79.28	79.28
							VC DES.		1266.50
							% DIS ALM		51.36
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	260.08	313.85
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
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	10.68	1.134	112.39	124.11
Cebolla de cal	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.38	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
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
			70.58	21.12	498.38				
			282.25	190.06	1993.51				
			11.4	7.7	80.8				
					100.00		V.C.T. MENU		2485.82

Leizaola
Lic. Lidia M. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

AB
Lic. Elizabeth del Rosario Alvarado Cepa
NUTRICIONISTA
C.N.P. 3979



DIETA: HIPERTENSION ARTERIAL

103

jueves, 21 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: Avena con leche, pan, queso									
Avena, hojuel	25.00	100.00	3.33	1.00	15.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	8.08	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	5.76	0.18	43.08	23	1.82	172.32	196.98
									656.48
									26.11
ALMUERZO: Adobo a la tacha de cerdo, arroz, papa + refresco y fruta									
Carne de Cerdo	150.00	88.00	19.01	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
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 c	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	3.98	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	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	88.00	1.75	0.29	16.0	7	2.65	64.00	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	0.82	2.08	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	114.81
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				
			256.23	749.22	1508.70				
			10.2	29.8	60.6				
					100.00			VCT	2514.15

Lider N. Conaza Vega
NUTRICIONISTA

Lic. Rosalva del Rosario Abanto Cuyas
NUTRICIONISTA
C.N.R. 3879



DIETA: HIPERTENSION ARTERIAL

62

viernes, 22 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: 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
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 isbran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								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
Arroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.98
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	89.00	0.21	0.18	3.28	1	1.80	13.10	15.56
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	264.13
Arvejas fresca	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.58	3	2.80	6.23	11.77
Espinaca negr	35.00	97.00	0.95	0.31	1.06	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
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	898.96
								%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	0.08	1.72	1	0.72	6.38	8.88
Cebolla de cal	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	6.05
Acetate 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
Ajı 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	117.95	117.95
									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			
					100.00				
							VCT	2157.74	



Carola
Lic. Jessica M. Vega Bustos
Nutricionista
C.A.B. 1958

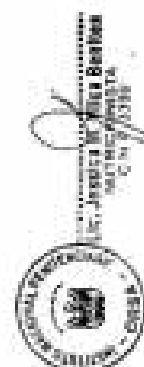
AB
Lic. Elizabeth del Rosario Albornoz Caza
Nutricionista
C.A.B. 1979

DIETA: HIPERTENSION ARTERIAL

101

sábado, 23 de junio de 2018

ALIMENTO	gr/per (g)	comestib la %	PROT Am (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	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.43	10.22
Canela entera	0.30	85.00	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 lebran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo:	Frejol a la chilena con chanchito, 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 caballeri	120.0	100.00	27.48	1.80	60.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
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 redol	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 maon	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.81	4.25
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 cal	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.	1507.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	80.00	88.00	9.83	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	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	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
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
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	80.00
								VC DES.	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27



[Signature]
Lider N. González Vega
 ADMINISTRADOR

[Signature]
Lic. Elizabeth del Rosario Alarcón Crego
 NUTRICIONISTA
 C.N.P. 3979

DIETA: HIPERTENSION ARTERIAL

100

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	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
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	5.75	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.	736.82
								%DIST. D	28.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Cama de Pollo	100.00	85.00	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
Ajl verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Acetate 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
Ajl 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 cas	60.00	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 sej	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.63
									1424.17
								% DIS ALM	54.99
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	190.50
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	16.57
			82.00	69.31	409.54				
			328.01	623.80	1838.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97



[Handwritten Signature]
Lider M. Canaza Vega
ADMINISTRADOR

[Handwritten Signature]
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.M.R. 3979

DIETA: HIPERTENSION ARTERIAL

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: Infusion + 82 panes + camote frito									
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	2.48	94.58	102.21
Aceite 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	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO: Revuelto de zanahoria ,arroz + refresco + fruta									
Zanahoria	80.0	85.00	0.41	0.34	8.26	2	3.08	25.02	29.72
Arroz Pilado d	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
Aceite 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	2.15	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.90	3.00	0.53	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	38.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
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
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	34.41	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	2.92	3.63
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.06	187.68	211.32
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.08	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
salillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.58	62.51	450.73				
			266.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

Lider N. Canaza Vega
ADMINISTRADOR

Dr. Florentino del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979



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	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Hab	35.00	100.00	8.51	0.67	20.86	34	5.89	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
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
Plátano de sa	180.0	92.00	2.21	0.44	90.91	9	3.97	123.65	136.45
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	595.12
								%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	68.83	2.28	233.62
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	80.00	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	1.06
Aceite vegetal	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Aji colorado s	3.00	88.00	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	0.60	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1505.98
								%DIST. D	59.34
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 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
									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

Lic. Jessica Wilya Berdies
NUTRICOLOGA
C.N.R. 2009

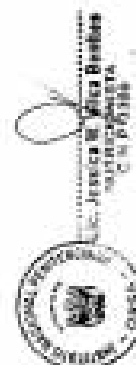



Lidier N. Canaza Vega
NUTRICOLOGO
C.N.R. 2009


Lidier N. Canaza Vega
NUTRICOLOGO
C.N.R. 2009

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	0.05	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 lebrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.95
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:	Matesquita 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	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	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 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 ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	38.61
Anejas frescas	35.00	54.00	1.34	0.11	3.85	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	2.65	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				1395.57
					% DISTR. ALMUERZO				53.84
CENA:	Camote arrebozado,arroz,infusion								
Camote moro	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 paria	20.00	100.00	5.80	6.00	0.68	22	54.00	2.64	79.04
Leche evapor	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	6	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
					% DIST.CENA				30.03
	VCT (Gr.)		73.86	54.96	450.48				
	VCT (kcal.)		295.43	494.62	1801.91				
	VCT (%)		11	19	70	V.C.T. MENU			2501.07
					100.00				



Lider N. Canaza Vega
NUTRICIONISTA

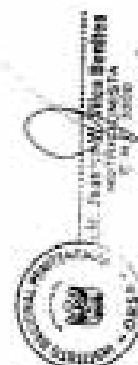
Lic. Elizabeth del Rosario Alvarado Coya
NUTRICIONISTA
C.N.P. 3579

jueves, 28 de junio de 2018

ALIMENTO	gr/por (g)	comestible 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, hojuela	30.00	100.00	3.99	1.20	21.00	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.00	30.62	101.15
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	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
									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 d	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 a	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
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.66	201.93
Ajos	8.00	80.00	0.38	0.06	1.95	1	0.48	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, 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	1486.15
								% Dist	59.78
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.28	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 labranza	35.00	100.00	3.28	0.11	25.13	13	0.95	100.53	114.91
								VC DES.	331.76
								%DIST, D	13.35
			79.09	45.49	440.96				
			316.34	409.40	1760.25				
			12.72	16.47	70.81				
					100.00			VCT	2486.00

Lider N. Canaza Vega
AUTORIZADOR

Lic. Elizabeth del Rosario Alarcón Choza
NUTRICIONISTA
C.N.P. 3979



DIETA: HIPERTENSION ARTERIAL

95

viernes, 29 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									
Semola de Tri	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
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	14.82	0	0.36	58.48	58.18
Pan de labran	60.00	100.00	6.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	20.28
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.00	7.52	0.16	62.58	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 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	0.05	1.02	1	0.43	4.08	5.26
Ajos	0.00	80.00	0.36	0.05	1.95	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
Arvejas frescas	10.00	54.00	0.38	0.03	1.03	2	0.29	4.05	5.88
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.35	5.18
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.81	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 c	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
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	471.46				
			292.01	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarcón Caza
NUTRICIONISTA
C.N.P. 3979

sábado, 30 de junio de 2018

ALIMENTO	grper (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 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	0.35	7.53	8.18
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	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo:	Guiso de arvejita partida con choncho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de ca	60.00	85.00	0.71	0.10	5.76	3	0.82	23.05	26.83
Aji colorado s	2.00	66.00	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
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pa	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	89.00	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.		59.26
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	26.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.66
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
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	17.77
			58.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2944.21

Lider M. Canaza Vega
Administradora

Lic. Elizabeth del Rosario Alarcón Caza
NUTRICIONISTA
C.R.P. 3879



DIETA GASTRÓNOMICA Y CARNER PARA POBLACION PENAL - MES DE JUNIO 2018

viernes, 01 de junio de 2018	SEMOJA CON VAINILLA + 02 PANES + MARGARITA	CALDO DE GALLO + REFRESCO Y FRUTA	MARGARITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	CALDO DE AGUO, ARROZ + REFRESCO + FRUTA	CALDO DE HERBOS
domingo, 03 de junio de 2018	CEBOLLA CON LECHUE + 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAPA + MARGARITA
lunes, 04 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	QUESO DE VAINILLA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 05 de junio de 2018	MARGARITA DE CEBOLLA + 02 PANES + VAINILLA	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MARGARITA DE MARGARITA CON POLLO + 01 PAPA
miércoles, 06 de junio de 2018	INFUSION + 02 PANES + JAMONCADO	LECHO DE PAVILLO, ARROZ + REFRESCO Y FRUTA	QUESO DE FIDEOS CON POLLO, ARROZ + INFUSION
jueves, 07 de junio de 2018	AVENA CON LECHUE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
viernes, 08 de junio de 2018	CEBOLLA CON VAINILLA + 02 PANES + MARGARITA	MARGARITA DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARINES POLLOS CON CARNE MOLIDA + INFUSION
sábado, 09 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	QUESO DE VAINILLA CON POLLO, ARROZ + REFRESCO + FRUTA	SOJA DE FIDEOS CON POLLO
domingo, 10 de junio de 2018	CEBOLLA CON LECHUE + 02 PANES + VAINILLA	ARROZ CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAPA 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 JARAGUERA CON POLLO + INFUSION
martes, 12 de junio de 2018	MARGARITA DE JUDIAS + 02 PANES + JAMONCADO	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MARGARITA DE MARGARITA CON POLLO + 01 PAPA
miércoles, 13 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUABANO, ARROZ + INFUSION
jueves, 14 de junio de 2018	AVENA CON VAINILLA + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
viernes, 15 de junio de 2018	CEBOLLA CON VAINILLA + 02 PANES + MARGARITA	MARGARITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ + INFUSION
sábado, 16 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	QUESO DE AGUO, ARROZ + REFRESCO + FRUTA	SOJA DE ARROZ CON POLLO
domingo, 17 de junio de 2018	CEBOLLA CON LECHUE + 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
lunes, 18 de junio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	QUESO DE VAINILLA CON POLLO, ARROZ + REFRESCO + FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
martes, 19 de junio de 2018	MARGARITA DE CEBOLLA + 02 PANES + VAINILLA	GUARDA BELLEZA, ARROZ + REFRESCO Y FRUTA	MARGARITA DE MARGARITA CON POLLO + 01 PAPA
miércoles, 20 de junio de 2018	INFUSION + 02 PANES + MARGARITA	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MARGARITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHUE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
viernes, 22 de junio de 2018	CEBOLLA CON VAINILLA + 02 PANES + MARGARITA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES POLLOS CON CARNE MOLIDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	QUESO DE VAINILLA CON POLLO, ARROZ + REFRESCO + FRUTA	SOJA DE FIDEOS CON POLLO
domingo, 24 de junio de 2018	CEBOLLA CON LECHUE + 02 PANES + MARGARITA	ESTOFADO DE POLLO A LA LINDIA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
lunes, 25 de junio de 2018	CARNE + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZANAHORIA, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARAGUERA CON POLLO + INFUSION
martes, 26 de junio de 2018	INFUSION + 02 PANES + MARGARITA	POLLO SANCOCHADO, ARROZ, PAPA, REFRESCO + FRUTA	MARGARITA DE MARGARITA CON LEO + 01 PAPA
miércoles, 27 de junio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MARGARITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUABANO, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHUE + 02 PANES + QUESO	CARNE DE RES ALMOCHADA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAPA CON MARGARITA
viernes, 29 de junio de 2018	CEBOLLA CON VAINILLA + 02 PANES + MARGARITA	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO, INFUSION
sábado, 30 de junio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	QUESO DE AGUO, ARROZ + REFRESCO + FRUTA	SOJA DE SEMOLA CON POLLO

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Ericka del Valle Flores Vega
NUTRICIONISTA
C.N.P. 3979



Lic. Jhonny Flores Dávila
NUTRICIONISTA
C.N.P. 3980

DIETA: GASTRITIS CRONICA Y CANCER

92

viernes, 01 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: Semola con vainilla, 82 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
Clevo 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	43.06	23	1.62	172.32	196.98
Mermelada De	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	59.16

552.04

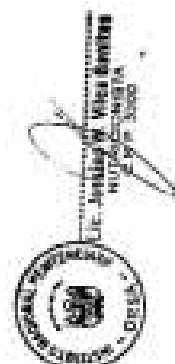
23.10

Almuerzo:	Caldo de gallina + refresco y fruta								
Came de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.85
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	362.20
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
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	0.85	0.38	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	3.97	123.65	136.45

VC Alm 1203.04

% Dist 50.34

CENA	Matasquita de pollo, arroz, infusion								
Came de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	80.0	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 fresco	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
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
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.	634.74
								%DIST, D	26.56
			77.71	30.90	450.21				
			310.06	278.11	1800.85				
			13.0	11.6	76.4				
					100.00			V.C.T. MENU	2389.81



Lid N. Canaza Vega
NUTRICIONISTA
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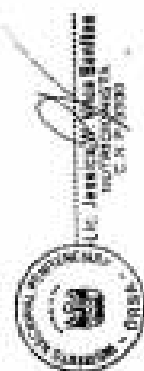
Lidia N. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

sábado, 02 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:	Soya con piña + 02 panes + margarina								
Harina de soy	30.00	100.00	2.61	1.95	21.38	10	17.55	85.44	113.43
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
Leche evapora	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 labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									628.36
									24.76
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	3.88	6	1.98	15.52	23.94
Arroz Pilado o	180.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Acelta 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	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	50.08
CENA:	Caldillo de huevos								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	7.12	40.22
Leche evapora	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	250.24	281.76
Zapallo macra	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
Acelta vegetal	18.00	100.00	0.00	15.00	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	431.61				
			265.84	547.43	1724.63				
			10.48	21.58	67.95				
					100.00			VCT MENU	2537.30

Lider N. Cañaza Vega
Alimentación y Nutrición

El Centro del Desarrollo Humano
C.A. 1997



domingo, 03 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 + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	61.03	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	0.06
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	5.76	0.19	43.08	23	1.62	172.32	196.96
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 Filado 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	3.86	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	13.19
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	2.65	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
Canola 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.	352.41
								%DIST. D	15.71
			74.87	48.05	425.72				
			298.70	432.41	1702.89				
			12.27	17.77	69.96				
					100.00			VCT	2434.00


 Lic. Lidia N. Canaza Vega
 NUTRICIONISTA
 C.R. 15.000



 Lidia N. Canaza Vega
 NUTRICIONISTA


 Lic. Lidia N. Canaza Vega
 NUTRICIONISTA
 C.R. 15.000

lunes, 04 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:	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 morado	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 lebrón	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	\$12.74
								%DIST. D	20.65
ALMUERZO:	Guiso de vainitas , arroz ,papa + 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 o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	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
Aceite 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	3.4388	41.28	56.85
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	0.50	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	3.06	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	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
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
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	1.25
									748.80
									30.16
			73.43	47.55	440.30				
			293.72	427.96	1761.20				
			11.83	17.24	70.83				
					100.00			VCT MEN	2482.88



Lidier N. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

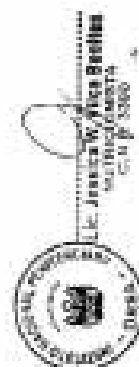
Lidier N. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

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	26.95	30	8.28	107.84	146.20
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	100.66	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.	769.33
								%DIST. D	32.52
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Polv	160.00	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	13.64	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	3.83
Apio	15.00	76.00	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	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	0.85	0	0.22	2.21	2.75
Platano	160.00	92.00	0.58	0.29	14.43	2	2.85	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.	1135.86
								%DIST. D	48.01
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	0.0158	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

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Orjeda
NUTRICIONISTA
C.N.P. 3979



miércoles, 06 de junio de 2018

ALIMENTO	gr/per (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
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	0.88	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.84	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
Jamonada	30.00	100.00	4.71	6.65	0.30	19	79.65	1.20	99.85
									478.77
									18.21
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 o	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco	40.00	80.00	1.08	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	0.82	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	1.06	26.58	30.93
Plátano	100.00	92.00	0.59	0.29	14.43	2	2.85	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									
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	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
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
Arvejas fresca	25.00	54.00	0.96	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	1.29	1	0.53	5.11	6.69
Hierbas	2.00	54.00	0.03	0.01	0.68	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.05
			73.69	54.54	460.83				
			294.78	490.89	1843.34				
			11.2	18.7	70.1				
					100.00		V.C.T. MENU		2628.99

Lider N. Canaza Vega
ADMINISTRADOR

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C.N.P. 3879

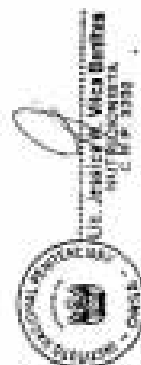


jueves, 07 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: 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	54.68	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	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carne de Polv	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	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	160.0	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	0.06	0.85	1.05
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	92.00	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	6.06	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
Plátano	160.00	92.00	0.59	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	0.07	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. 440.29
									%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

Lider R. Canaza Vega
FARMACIA Y DOR

Lic. Elizabeth del Rosario Alvarado Crego
NUTRICIONISTA
C.N.P. 3979

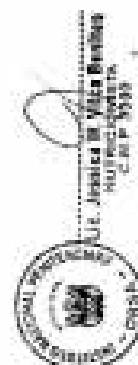


viernes, 08 de junio de 2018

ALIMENTO	gríper	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 , 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
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	5.78	0.18	43.08	23	1.82	172.32	186.98
								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	0.75	466.80	522.75
Ajos	4.00	80.00	0.18	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 frescas	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	89.00	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
Plátano	180.00	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	34.41	0	0.00	138	137.62
								VC DES.	1346.00
								% DIS ALM	51.83
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	342.88
Zanahoria	30.0	69.00	0.12	0.10	1.80	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
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	86.10	428.52				
			289.71	594.88	1714.08				
			11.15	22.89	65.96				
					100.00				
								VCT	2598.66

Sergio
Elder N. Canaza Vega
ALIMENTADOR

AB
Lic. Elizabeth del Rosario Alarcos Cordero
NUTRICIONISTA
C.R.P. 1979

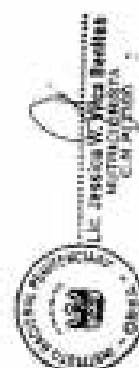


sábado, 09 de junio de 2018

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	14.63	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	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									481.63
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado o	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	3.68	6.44	1.98	15.52	23.84
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	0.08	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	34.00	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	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	160.00	82.00	0.59	0.29	14.43	2	2.66	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
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
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	0.08	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
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

Lider N. Canaza Vega
Nutricionista y RACOR

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C.N.P. 3679

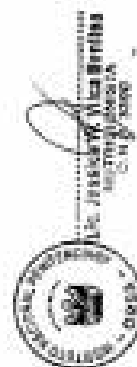


domingo, 10 de junio de 2018

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	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	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	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 Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.12
Arroz Pilado o	200.0	100.00	18.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Espinaca neg	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
Anejas fresca	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.85
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	87.00	0.86	0.09	5.30	3	0.84	21.20	24.87
Lechuga redo	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	10.86
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	127.56
								VC DES.	1530.06
								%DIST. D	60.30
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.30	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	0.95	100.52	114.91
								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

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alarcos Caza
NUTRICIONISTA
C. N. P. 3979



lunes, 11 de junio de 2018

ALIMENTO	gr/per	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	54.00	0.17	0.05	0.38	0.87	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
Clavo 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	2.06	0.44	37.78	8	3.97	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									
Carné de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.88	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	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.69
Acetate 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 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			51.48
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	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	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



Lider N. Canaza Vega
NUTRICIONISTA DOR

Lic. Elizabeth del Rosario Alvarado Corpa
NUTRICIONISTA
C.N.P. 3974

martes, 12 de junio de 2018

ALIMENTO	gríper	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	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.88
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.82
Jamonada	30.00	100.00	4.71	8.85	0.30	19	78.65	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	262.64
								VC DES.	641.77
								%DIST. D	28.65
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Cama de Polv	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	124.40	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	94.00	3.95	0.19	41.92	16	1.69	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	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.	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	0.0158	0.65	0.88
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	10.49	440.94				
			301.12	175.37	1763.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25


 Lc. JESSICA W. ALVA BUSTOS
 NUTRICIONISTA
 C.N.P. 3188

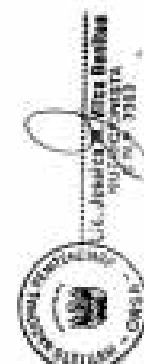


 Lidia M. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3188


 Lc. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA
 C.N.P. 3188

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 sancocado								
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	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
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
									423.92
									17.34
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.05	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	2.88	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	1.95	1	0.46	7.78	9.66
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
Plátano	180.00	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								
Cama de Pollo	100.00	85.00	17.51	3.05	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
Acaso 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	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	1	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
									V.C. CENA 727.84
									% DIST. CENA 29.78
	VCT (Gr.)		85.72	38.84	437.99				
	VCT (kcal.)		342.88	349.52	1751.94				
	VCT (%)		14	14	72		V.C.T. MENU		2444.34
					100.00				

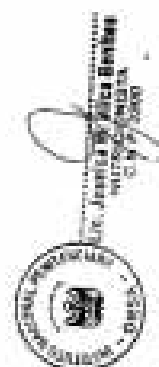


Lider N. Chazara Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarez Coapa
NUTRICIONISTA
C.M.P. 3579

jueves, 14 de junio de 2018

ALIMENTO	gr/per (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	4.66	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	3.56	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	5.75	0.18	43.08	23	1.82	172.32	198.98
									687.07
									27.58
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Polv	160.0	86.00	28.02	4.80	0.00	112	44.08	0.00	156.13
Aceto 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	1.68	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	2.85	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC ALMU	1422.65
									57.11
CENA:	Infusion + 01 pan + mermelada								
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
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	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

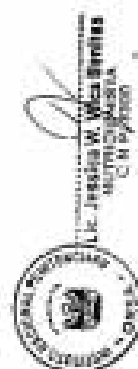


Lider M. Canaza Vega
NUTRICIONISTA
C.N.P. 3975

Luz Elizabeth del Rosario Alarco Coipo
NUTRICIONISTA
C.N.P. 3975

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 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
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
									650.30
									26.40
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	1.61	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	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	87.00	2.80	0.11	6.06	11.20	0.96	24.23	35.39
Plátano	160.00	94.00	0.80	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.59
CENA:	Sopa de arroz con pollo								
Carne de Pollo	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	86.00	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 vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	22.01
			74.34	62.02	401.85				
			297.35	558.20	1607.39				
			12.07	22.86	65.26				
					100.00			VCT	2462.95



Lider N. Canaza Vega
AUTORIZADO

Luz Elizabeth del Rosario Alarcos Cordero
NUTRICIONISTA
C.N.P. 3979

DIETA: GASTRITIS CRONICA Y CANCER

74

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 + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	100.85
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	0.08
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									
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	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 vegetal	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	32.81	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
Poro	15.00	88.00	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
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	0.09	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 labran	30.00	100.00	2.88	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				
			327.62	387.95	1581.87				
			14.27	18.88	68.85				
					100.00			VCT	2297.64

Lider N. Canazán Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.R.P. 3979

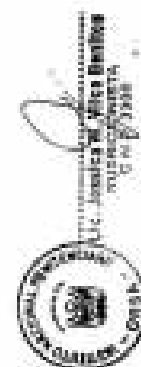


lunes, 18 de junio de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 82 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
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	25.00	100.00	0.00	0.00	34.68	0	0.00	138.74	139.74
Camote morado	100.0	98.00	1.37	0.29	25.18	5	2.85	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								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	6.79
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
Acetite 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	4.08	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
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	2.85	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	2.82	3.63
Carne de Pollo	100.00	85.00	17.51	3.08	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	67.00	0.28	0.04	2.27	1.13	0.38	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.86
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
									29.65
			67.57	47.08	435.96				
			270.27	423.51	1743.83				
			11.08	17.37	71.54				
					100.00			VCT MEN	2437.61

Lider M. Canaza Vega
Nutricionista DOR

Luz Elizabeth del Rosario Alvarez Corpa
NUTRICIONISTA
C.N.P. 3879



martes, 19 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:	Harina de cebada + 02 panes + manjar								
Cebada harin	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	91.80	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.	637.63
								%DIST. D	26.15
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pol	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	1.91	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
Apio	15.00	75.00	0.08	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
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	0.09	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.	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	2438.62
					100.00				



Lider M. Canaza Vega
Nutricionista
C.N.P. 3979

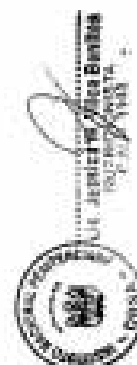
Lidia M. Wica Berrios
Nutricionista
C.N.P. 3979

miércoles, 20 de junio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (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	0.06
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	38.13
Queso para	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	0.06	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.34	2.78
Tomate	35.00	89.00	0.38	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 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	137.52	137.62
Arvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
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	1.85	1.43	0.4808	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		30.26
			71.08	27.35	485.78				
			284.33	246.19	1943.13				
			11.5	16.0	78.6				
					100.00		V.C.T. MENU		2473.65

Lider M. Canaza Vega
 NUTRICIONISTA
 C.M.P. 33079

Dr. Elizabeth del Rosario Alvarado Cego
 NUTRICIONISTA
 C.M.P. 33079



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	FOR 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	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela enter	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	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
									722.12
									29.09
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carné de Pol	160.00	85.00	29.02	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	150.0	100.00	12.30	0.75	116.70	49	8.75	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	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
									1301.50
								% DIS ALM.	52.42
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.82	2.86	5.04
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 libran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.88
								%DIST. D	18.40
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78



Lider N. Canaza Vega
ADMINISTRATIVO

Lic. Elisbeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979

viernes, 22 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, 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	8.76	0.18	43.08	23	1.62	172.32	196.68
								VC DES.	619.75
								%DIST. D	27.32
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Polv	100.00	86.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz 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
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	3.28	1	1.00	13.10	15.58
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	80.00	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	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	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									
Carne 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	89.00	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	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
Aceite vegeta	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	19.88	0.00	0	78.64	78.64
								VC DES.	670.00
								%DIST. D	29.53

71.60 60.79 358.75

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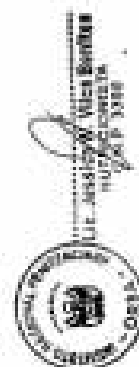
12.63 24.12 63.26 100

100.00

VCT 2268.56

Lider M. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3879

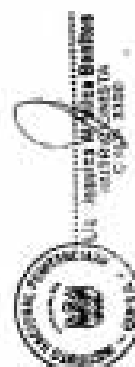


sábado, 23 de junio de 2018

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	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	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	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de lebrán	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									594.50
									25.02
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
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	86.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	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
Ajos	2.00	80.00	0.09	0.01	0.49	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	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1099.18
								% DIS ALM.	48.26
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	7.52	0.16	62.56	30	1.44	250.34	281.76
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	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
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.	682.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			295.57	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32

Lider M. Canaza Vega
Nutricionista

Escuela del Buen Alimento
Nutricionista
C. A. P. 2019



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	5.04	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
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	106.98
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	28.58
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado o	150.00	100.00	12.90	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	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Acetate 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 moro	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
Piñano 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	190.50
Pan de lebran	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	89.05	407.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.84

Lider N. Conaza Vega
NUTRICIONISTA
C.N.P. 3979

Lider N. Conaza Vega
NUTRICIONISTA
C.N.P. 3979



DIETA: GASTRITIS CRONICA Y CANCER

68

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 moras	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								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	3.08	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	0.86	0.306	5.17	6.43
Aceite 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 cal	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.68	1.85	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.68	2.56	4.74
Platano	180.00	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	34.41	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	0.50	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	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	0.58	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	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
			85.29	37.49	448.07				
			261.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82

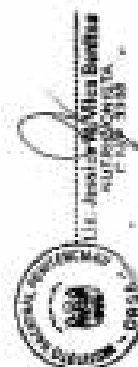
Lider M. Canaza Vega
MATERIA INDIADOR

Elizabeth del Rosario Alvarado Ortega
MATERIA INDIADOR
N. P. 24.75



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	5.90	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	6.90	3.29	14	62.06	13.16	88.94
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 sancochado , papa , arroz , refresco y fruta								
Carno de Polv	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	1.91	13.64	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
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	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	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.	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.69	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	3.38	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
									18.22
			77.55	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.53				
					100.00			VCT MEN	2397.34



Lider N. Canaza Vega
Nutricionista DGR

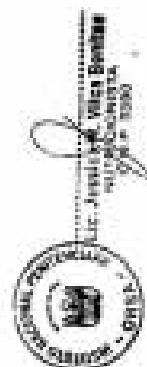
Dr. Elizabeth del Rosario Alvarez Cepa
NUTRICIONISTA
F.P. 3579

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 + 82 panes + huevo sancochado								
Hierbas	10.00	84.00	0.17	0.05	0.38	0.87	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
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 labran	60.00	100.0	5.78	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
									418.12
									16.62
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	97.58
Papa blanca	300.0	93.00	5.88	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	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	0.69	11.67	14.52
Aceite 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 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
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								
Carné 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
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	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	84.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			727.84
						% DIST.CENA			28.84
	VCT (Gr.)		83.70	44.84	445.99				
	VCT (kcal.)		334.79	396.37	1783.97				
	VCT (%)		13	18	71	V.C.T. MENU			2515.13
					100.00				

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Cajas
NUTRICIONISTA
C.N.P. 3879



DIETA: GASTRITIS CRONICA Y CANCER

65

jueves, 28 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	30.00	100.00	3.90	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 para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									27.88
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 d	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	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	1.86	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	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	94.00	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	47.93
								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	73.96
Pan de lebran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.78
								%DIST. D	13.84
			76.00	40.56	431.84				
			303.98	368.06	1727.37				
			12.68	15.23	72.08				
					100.00			VCT	2396.43

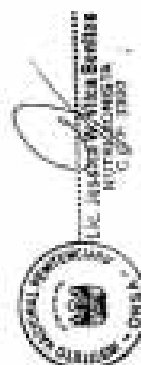
Lider N. Canaza Vega
 ALIMENTISTA

Luz Elizabeth del Rosario Alvarado Coqui
 NUTRICIONISTA
 C.N.P. 3979



viernes, 29 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 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
Mermelada de	20.00	100.00	0.08	0.04	14.62	0	0.36	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.	530.83
								%DIST. D	21.53
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	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 d	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	0.48	7.78	9.68
Aceto 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
Arvejas fresc	10.00	84.00	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 d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.60
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.	586.26
								%DIST. D	23.78
			71.63	28.82	479.63				
			287.31	259.39	1918.51				
			11.65	10.52	77.82				
					100.00			VCT	2465.21



Lider M. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Chorro Cojo
NUTRICIONISTA
C.N.P. 5579

sábado, 30 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	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canola entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	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	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	180.86
									588.01
									25.38
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.08	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	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	64.00	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	0.96	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	55.04
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tré	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	0.08	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	0.31	0.30
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	59.91	367.87				
			298.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.68

Lider M. Canaza Vega
Nutricionista D.M.

Luz. Elizabeth del Rosario Alvarado Coya
NUTRICIONISTA
C.N.P. 3575



DATA: VI Y VII - POBLACION PENAL - MES DE JUNIO 2018

FECHA	DESAYUNO	REPERENO	ALMUERZO	REPERENO	CENA
viernes, 01 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	CAJUDO DE GALLINA + REFRESCO Y FRUTA	WASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 02 de junio de 2018	SOYA CON PIRA + 02 PANES + MARGARINA	HUEVO DURO	GUSO DE ARVEJITA PARTIDA CON CHANCHAL,ARROZ + ENSALADA + REFRESCO + FRUTA	WASO 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	WASO DE LECHE	INFUSION + 01 PAN + MERMEZADA
lunes, 04 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	HIGADO ENDOBILLADO,ARROZ,PAPA + REFRESCO Y FRUTA	WASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJARI	HUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	WASO DE LECHE	MAZAMORRA DE MAIZONA CON LECHE+ 01 PAN
miércoles, 06 de junio de 2018	TÉ + 02 PANES + JAMONADA	HUEVO DURO	PIRRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	GUSO 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	WASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
viernes, 08 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	MOCHO DE PAPA, ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
sábado, 09 de junio de 2018	SOYA CON PIRA + 02 PANES + MERMEZADA	HUEVO DURO	GUSO DE FRIJOLES CON CHANCHAL,ARROZ + ENSALADA + REFRESCO + FRUTA	WASO DE LECHE	SOPA DE FIDEOS CON CABBETA
domingo, 10 de junio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	HUEVO DURO	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	WASO DE LECHE	INFUSION + 01 PAN CON MANJARI
lunes, 11 de junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	CAJICAO DE POLLO, ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
martes, 12 de junio de 2018	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	WASO DE LECHE	MAZAMORRA DE MAIZONA CON LECHE+ 01 PAN
miércoles, 13 de junio de 2018	TÉ + 02 PANES + HUEVO SANCODADO	HUEVO DURO	GUSO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	WASO 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	WASO DE LECHE	INFUSION + 01 PAN CON MERMEZADA
viernes, 15 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	HIGADO FRITO, ARROZ + INFUSION
sábado, 16 de junio de 2018	SOYA CON PIRA + 02 PANES + MARGARINA	HUEVO DURO	GUSO DE ARVEJITA PARTIDA CON CHANCHAL,ARROZ,ENSALADA + REFRESCO Y FRUTA	WASO 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	WASO DE LECHE	INFUSION + 01 PAN CON MANJARI
lunes, 18 de junio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	GUANAMITA,ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	ARROZ AMARILLO CON POLLO + INFUSION
martes, 19 de junio de 2018	HARINA DE CEBADA + 02 PANES + MANJARI	HUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	WASO DE LECHE	MAZAMORRA DE MAIZONA CON LECHE+ 01 PAN
miércoles, 20 de junio de 2018	TÉ + 02 PANES + JAMONADA	HUEVO DURO	AS DE CALABAZA,ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	AGUACITO A LA TACUÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	WASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
viernes, 22 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	AGUACITO CON MENUDENCIA+ REFRESCO Y FRUTA	WASO DE LECHE	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
sábado, 23 de junio de 2018	SOYA CON PIRA + 02 PANES + MERMEZADA	HUEVO DURO	FRUOL A LA CHILENA CON CHANCHAL,ARROZ + ENSALADA + REFRESCO + FRUTA	WASO DE LECHE	SOPA DE FIDEOS CON CABBETA
domingo, 24 de junio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	HUEVO DURO	ESCARBONE DE POLLO A LA LIMENA, ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	INFUSION + 01 PAN CON MANJARI
lunes, 25 de junio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	HIGADO ENDOBILLADO,ARROZ,PAPA + REFRESCO Y FRUTA	WASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
martes, 26 de junio de 2018	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	WASO DE LECHE	MAZAMORRA DE MAIZONA CON LECHE+ 01 PAN
miércoles, 27 de junio de 2018	TÉ + 02 PANES + HUEVO SANCODADO	HUEVO DURO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	CAMOTE ARROZADO, ARROZ + INFUSION
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	WASO DE LECHE	INFUSION + 01 PAN CON MERMEZADA
viernes, 29 de junio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	GUSO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	WASO DE LECHE	ARROZ CON HUEVO FRITO + INFUSION
sábado, 30 de junio de 2018	SOYA CON PIRA + 02 PANES + MARGARINA	HUEVO DURO	GUSO DE ARVEJITA PARTIDA CON CHANCHAL,ENSALADA,ARROZ,REFRESCO Y FRUTA	WASO DE LECHE	SOPA DE SEMOLA CON MENUDENCIA DE POLLO


Elide N. Canaza Vega
ADMINISTRADOR


Lic. Ricardo del Rosario Arce Cuyas
NUTRICIONISTA
C.N.P. 3578




Lic. Jenny M. Ycaza Santos
NUTRICIONISTA
C.N.P. 3528

ALIMENTO	grises	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	4.38	21.52	31	38.52	86.08	166.80
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
Azúcar rubia	36.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Pan de labraños	60.00	100.00	5.78	0.18	43.08	23	1.02	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.62	11.78	63.19	11.28	76.23

569.11

21.82

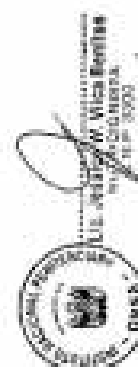
REFRIGERIO: Huevo sancochado									
Huevo de gallina	58.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

Almuerzo: Caldo de gallina + refresco y fruta									
Carne de gallina	100.00	87.50	18.53	1.38	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.02	2.15	0.9912	11.87	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	362.20
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	1.48	0.88	0.81	5.90	7.58
Cebolla china (2	10.00	85.00	0.20	0.03	0.84	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.90	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
Chuflo blanco	80.00	98.00	0.38	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
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	10.00	85.00	0.12	0.02	0.95	0.48	0.153	3.84	4.47
Plimonta entera	0.30	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kión	5.00	43.00	0.00	0.00	0.03	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.05	0.15	0.13338	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.60	0.28	18.04	6.62	2.484	60.17	69.28

VC Alm 1181.22
% Dist 45.28

REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	21	68.32	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	97.58
Arroz Pilado n p	90.0	100.00	7.38	0.45	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
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	75.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.88	0.13	28.43	10.71	1.1475	113.73	125.50
Cebolla de cabe	60.0	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	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	3.46
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.	669.02
								%DIST. D	25.65
			95.33	48.29	448.39				
			381.34	433.77	1793.58				
			14.6	16.5	68.8				
					100.00			V.C.T. MENU	2609.69

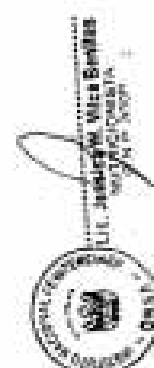


Lidier N. Cerna Vega
NUTRICIONISTA
C.N.P. 3979

Lidier N. Cerna Vega
NUTRICIONISTA
C.N.P. 3979

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 pifia + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.63
Pifia	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canola entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	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 evaporac	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.68
									609.45
									21.91
REFRIGERIO: Huevo sacochado									
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 chancha, arroz ,ensalada, fruta y refresco								
Carna de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	63.24
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	466.60	522.70
Acetate vegetal	15.00	100.00	0.00	18.00	0.00	0.00	138.00	0.00	138.00
Tomate	60.00	99.00	0.48	0.12	2.85	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 redond	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.46	0.06	2.45	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 cabe	80.00	67.00	2.60	0.11	6.08	11.20	0.86	34.23	38.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.86	5.19
Naranja	150.00	80.00	1.44	0.24	13.98	5.76	2.16	52.32	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	21	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Caldillo de huevos								
Huevo de gallin	20.00	98.00	2.80	1.66	0.35	11	14.82	1.41	28.81
Leche evaporac	15.00	100.00	1.08	1.22	1.84	4	10.94	5.54	21.68
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	0.05	1.50	1	0.42	5.02	7.10
Ajo	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	18.00	0.00	0	144.00	0.00	144.00
Papa blanca	100.0	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
Sel	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	545.64
								%DIST CENA	19.62
			34.96	74.40	443.06				
			338.85	609.80	1772.24				
			12.22	24.07	63.71				
					100.00			VCT MENU	2781.70



Josselyn M. Vela Berrios
Lic. Josselyn M. Vela Berrios
NUTRICIONISTA
C.N.P. 15979

Josselyn M. Vela Berrios
Lic. Josselyn M. Vela Berrios
NUTRICIONISTA
C.N.P. 15979

domingo, 03 de junio de 2018

ALIMENTO	g/por (g)	coment lo %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						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	6.21	80.88	109.65
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.18
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	0.08
Queso de chanc	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de lebranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	190.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	637.71
								%DIST. D	23.83
REFRIGERIO:	Huevo sancochado								
Huevo de galli	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo al horno, arroz, 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 o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	657.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.01	5.90	7.58
Acido vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Pimiento molid	0.3	100	0.03	0.02	0.19	0	0.23	0.76	1.08
Lechuga redond	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.30
Peperillo o Papi	80.00	92.00	0.25	0.05	1.26	1	0.44	5.12	6.54
Ajo	2.00	80.00	0.09	0.01	0.40	0	0.12	1.95	2.42
Cebolla de cabe	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.296	88.58	64.01
								VC ALMU	1465.19
									54.80
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:	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 l	30.00	100.00	0.12	0.05	21.93	0	0.54	87.71	88.74
Pan de lebranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	14.29
			88.84	59.68	445.78				
			355.38	837.15	1783.12				
			13.28	29.08	66.64				
					100.00			VCT	2675.66

Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Abanto Cappa
NUTRICIONISTA
C.N.P. 3979



lunes, 04 de junio de 2018

ALIMENTO	g por (g)	comestible %	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	5.00	100.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Camote morado	150.0	98.00	2.02	0.43	37.01	8	3.88	148.03	159.95
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 libranza	65.00	100.00	6.34	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	511.67
								%DISTR. D	18.92
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:	Hígado emboollado ,arroz ,papa + refresco y fruta								
Hígado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.66	145.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	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	0.308	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	0.88	0.61	5.90	7.58
Pan seco molido	15.00	100.00	1.85	0.42	12.38	6.80	3.78	40.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.00
Cebolla de cabe	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.16
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.88	0.00	0	78.64	78.64
						V.C. ALMUERZO			1257.33
						% DISTR. ALMUERZO			48.50
REFRIGERIO:	Vaso de leche								
Leche evaporada	60.00	100.00	5.60	8.48	5.72	22	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	2.08	0.44	13	18.52	1.76	33.52
Salchicha "hot d	25.00	100.00	2.75	8.58	0.26	11	77.18	1.00	89.18
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.62	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	0.08	0.98	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
Pimiento	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	0.08	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.	745.38
								%DISTR. D	27.57
			79.21	73.93	438.38				
			316.85	665.33	1721.53				
			11.72	24.61	63.67				
					100.00			VCT	2763.71

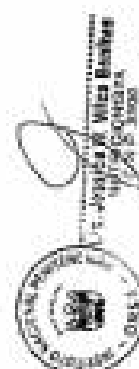
Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cagua
NUTRICIONISTA
C.N.P. 3974



martes, 05 de junio de 2018

ALIMENTO	grupos	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	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
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	36.00	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 lebreros	60.00	100.00	5.76	0.18	43.00	23	1.62	172.32	190.98
								VC DES.	571.87
								%DIST. D	20.58
REFRIGERIO: Huevo sancochado									
Huevo de gallina	56.00	95.00	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	65.00	41.13	7.43	0.57	165	68.83	2.28	233.60
Arroz Pilado o p	150.00	100.00	12.30	0.75	110.70	49	6.76	466.80	522.76
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.90
Papirillo o Pepi	80.00	72.00	0.29	0.06	1.60	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.06
Mandioca	40.00	100.00	2.56	0.16	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	65.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajex	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	0.80	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.06
Vinagre	7.00	100.00	0.06	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.00	73.79
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 evaporar	80.00	100.00	5.60	6.48	8.72	27	58.32	34.88	115.60
								VC DES.	115.60
GENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.36	0.84	0.63	121.38	122.86
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 lebreros	30.00	100.00	2.68	0.09	21.54	11.52	0.61	66.16	98.49
Leche evaporar	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.83
									14.56
			98.15	72.72	432.80				
			382.61	654.56	1731.57				
			14.1	23.6	82.3				
					100.00				2776.68



Lic. Lidia M. Canaza Vega
 AUTORIZADA
 C.N.P. 3879

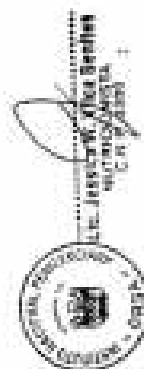
Lic. Elizabeth M. Vilca Renteria
 AUTORIZADA
 C.N.P. 3879

miércoles, 06 de junio de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Canela entera	1.00	100.00	0.02	0.01	0.84	0.06	0.051	3.37	3.54
Claro de color	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Cebolla de cabe	55.00	82.00	1.09	0.15	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	13.18
Sal	15.00	100.00	0.22	0.00	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.00	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
Acetate vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labreros	55.00	100.00	6.24	0.20	45.67	24.96	1.755	156.68	213.40
Jamonada	20.00	100.00	3.14	5.90	0.20	27	34.30	1.20	62.38
									527.43
									18.70
REFRIGERIO:	Huevo sancuchado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.87	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.03	3.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.50	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.00	85.00	4.46	0.31	47.39	18	1.91	189.55	208.31
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Zapallo macra	300.00	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Malt Fresco. Cl	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	0.15	5.28	9	1.47	21.13	31.82
Ajos	3.30	80.00	0.10	0.01	0.50	0	0.13	2.24	2.78
Tomate	35.00	89.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	89.00	0.82	0.12	6.64	3	1.06	26.58	30.83
Naranja	150.00	98.00	1.76	0.29	16.00	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	69.46
								VC DES.	1323.79
								% DIS ALM.	46.94
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Guiso de fideca con pollo, arroz , infusion								
Carné de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideca	60.00	100.00	5.64	0.12	45.82	23	1.08	187.68	211.32
Arroz Pilado o p	90.00	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	68.98
Acetate vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Avejas frescas	25.00	54.00	0.06	0.08	2.54	4	6.73	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	20.00	87.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	89.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Harbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	779.57
								%DIST. D	27.64
			87.95	69.03	485.53				
			366.11	511.50	1942.51				
			13.5	18.1	68.9				
					100.00			V.C.T. MENU	2820.12

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Roso de Arana Coya
NUTRICIONISTA
C.N.P. 3079



jueves, 07 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: Avena con leche + 02 panes + queso									
Avena, hojuelas	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.53	20	51.03	30.62	101.15
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
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	36.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranz	60.00	100.00	0.76	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	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res, arroz, refresco y fruta									
Carné de res pe	150.00	67.00	27.80	2.00	0.00	111.78	18.79	0.00	129.98
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
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 a p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.63	151.64	167.45
Sal	18.00	100.00	0.22	0.08	1.48	1	0.81	5.90	7.55
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
Pinionta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.75	1.05
Aj verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.45	3.32	4.48
Arvejas frescas	35.00	74.00	1.34	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	60.00	62.00	0.39	0.53	8.04	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	67.00	2.80	0.11	6.06	11	0.96	24.23	30.39
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	2.66	64.09	73.79
								VC Alm	1302.88
								% Diet	81.72
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	23	58.32	34.88	115.80
								VC DES.	115.80
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.81	2.67
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	30.00	100.00	2.86	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	423.88
								%DIST. D	15.74
			93.51	77.28	417.11				
			374.06	659.93	1688.46				
			13.9	24.2	62.0				
					100.00			VCT	2693.05



Lidia Anaya Vega
NUTRICIONISTA
C.R.P. 3979

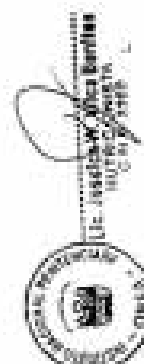
Lidia Anaya Vega
NUTRICIONISTA
C.R.P. 3979

sábado, 09 de junio de 2018

ALIMENTO	gr/por (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DST.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	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
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	58.16
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									481.63
								%DST. D	24.14
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 frijol con chancha + ensalada + arroz + fruta y refresco								
Arroz Pilado a p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	69.66	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	83.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cabe	80.00	85.00	0.95	0.14	7.88	4	1.22	30.74	35.77
Aji colorado sec	3.00	65.00	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	3.00	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	0.63
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papirillo o Papi	80.00	85.00	0.36	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	60.00	89.00	0.48	0.12	2.55	2	1.07	10.72	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	28.78	8	3.44	107.10	118.19
									1524.02
								% 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	115.00
								VC DES.	115.00
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.62	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.84	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.64	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
Papa blanca	100.0	85.00	1.79	0.09	18.86	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
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	618.04
								%DST. D	19.02
			88.18	59.99	457.60				
			352.72	539.99	1830.41				
			12.95	19.83	67.22				
					100.00			VCT	2723.02

Lider
Lider
Mauricio MANDOR

Lic. Elisavinda del Rosario Alvarado Cordero
Lc. Elisavinda del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979



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:	Cebado con leche + 02 panes + jamonada								
Cebada harina	28.00	100.00	4.70	0.55	15.55	15	5.18	67.40	81.38
Leche evaporac	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canola entera	0.20	54.00	0.00	0.00	0.14	0	0.01	0.55	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	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	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.	898.12
								%DIST. D	21.65
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:	Aroz con pollo, ensalada + fruta y refresco								
Carné de Pollo	180.00	85.00	26.02	4.90	0.00	112	44.08	0.00	158.15
Aroz Pilado o p	200.0	100.00	16.40	1.00	155.80	60	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	9.19	6.03
Espinaca negra	30.00	87.00	0.61	0.26	1.43	3	2.38	5.70	11.32
Pimienta molida	0.3	100	0.03	0.03	0.19	0	0.22	0.76	1.08
Ajete	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.08
Anchetas frescas	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	1.45	12.07	14.33
Cebolla de cabe	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga redond	60.00	50.00	0.39	0.08	0.83	2	0.54	2.52	4.82
Tomate	50.00	89.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	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	127.50
								VC DES.	1542.22
								%DIST. D	58.77
REFRIGERIO:	Vaso de leche								
Leche evaporac	60.00	100.00	5.60	6.48	5.72	22	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	0.36	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanca	25.00	100.00	8.78	12.70	4.23	27	114.75	16.90	158.75
Pan de labranza	30.00	100.00	2.88	0.03	21.54	12	0.61	86.16	98.49
								VC DES.	398.99
								%DIST. D	14.81
			93.88	81.55	401.70				
			375.93	733.94	1606.79				
			13.8	27.0	59.1				
					100.00			VCT	2718.68



Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Abanto Cayo
NUTRICIONISTA
C. N. P. 3879

lunes, 11 de junio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.00	0.30	0.16
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	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de lebranco	80.00	100.00	5.76	0.18	43.08	23	1.82	173.32	190.98
									552.93
									19.82
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	88.00	7.28	4.53	0.97	29	40.73	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Cau cau de pollo ,arroz, fruta y refresco								
Carné 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	41.00	15	1.66	164.19	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.75	9.88
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	36.61
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
Naranja	150.00	88.00	1.78	0.39	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	54.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1337.24
						% DISTR. ALMUERZO			47.93
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	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	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha Tostad	90.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.86	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.00	187.68	211.32
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.66	0.18	4.54	5.29
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	4.40	0	0.00	19.66	19.66
patillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									25.46
			78.94	87.51	468.67				
			307.74	607.55	1874.68				
			11	22	67				
					100.00			VCT MEN	2789.97



Lider M. Canaza Vega
Lider M. Canaza Vega
 ALIMENTADOR

Lider M. Canaza Vega
Lider M. Canaza Vega
 NUTRICIONISTA
 T.N.P. 3579

martes, 12 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 chancho								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	84.00	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 chanc	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	513.05
								%DIST. D	18.82
REFRIGERIO:	Huevo sancochado								
Huevo de galin	55.00	95.00	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	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.28	0.07	1.55	1	0.65	5.19	7.99
Pepinito o Pepi	80.00	72.00	0.29	0.05	1.50	1	0.62	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceto vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandoca	35.00	100.00	2.24	0.14	28.99	9	1.28	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	7.96	4	1.25	31.46	36.61
Ajo	3.00	50.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.66	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	190.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	136.74	136.74
								VC DES.	1602.60
								%DIST. D	58.80
REFRIGERIO:	Vaso de leche								
Leche evaporad	60.00	100.00	5.60	6.48	8.72	22	56.32	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	0.06	0.72	136.72	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	84.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	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			VCT MEN	2725.48

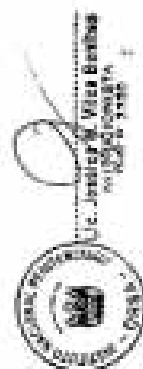


Lidia C. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alarcos Crego
NUTRICIONISTA
C. N.º 3579

miércoles, 13 de junio de 2018

ALIMENTO	g/litro	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	0.35
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	141.55	141.55
Sal	12.00	100.00	0.14	0.08	0.90	1	0.54	3.94	5.05
Pan de latrancia	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	195.98
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									424.46
									15.72
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 fideos con pollo, arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.28	218.96	245.54
Papa blanca	150.0	85.00	2.88	0.13	25.43	11	1.15	113.73	125.59
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	0.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
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
Aceite 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	1	0.72	18.17	21.15
Anchoas 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	10.94
Naranja	150.00	98.00	1.76	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	58.45	58.45
								VC DES.	1328.18
								%DIST. D	49.19
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.50	6.45	8.72	12	58.32	34.38	115.60
								VC DES.	115.60
CENA:	Camote asado, arroz, infusión								
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	11.22	6.30	2.7	44.88	53.68
Arroz Pilado o p	90.00	100.00	7.26	0.45	70.02	30	4.59	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	25.00	100.00	7.00	7.50	0.63	28	67.50	3.30	98.80
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	26.13
Huevo de gallina	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	0.19	0.45	0.80
								V.C. CENA	758.39
								% DIST. CENA	28.68
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (kcal.)		368.52	588.65	1765.19				
	VCT (%)		14	21	65			V.C.T. MENU	2700.36
					100.00				



Jairo Vega
Nutricionista

Lic. Elizabeth del Rosario Alamo Caza
Nutricionista
C.N.P. 3979

jueves, 14 de junio de 2018

ALIMENTO	g/por (g)	cantidad le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. 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	132.62
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	0.99	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 lebranz	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.88
									687.07
									25.20
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	39	40.76	3.68	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	118.70	49	6.75	466.80	622.75
Cama de Pollo	160.0	85.00	26.02	4.80	0.00	112	44.06	0.00	156.15
Aceite vegetal	30.0	100.00	0.06	30.00	0.00	0	270.00	0.00	270.00
Ajo	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	86.00	5.04	0.24	63.52	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 cabe	80.00	86.00	1.00	0.14	8.06	4	1.28	32.18	37.45
Echuga radonc	80.00	92.00	0.96	0.15	1.56	4	1.32	6.18	11.33
Tomato	80.00	99.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Aj 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	0.29	16.0	7	2.65	64.08	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
									53.66
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.80	6.48	8.72	22	55.32	34.68	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	89.00	0.31	0.10	0.69	1.23	0.09	2.77	4.69
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	26.59	1	0.63	102.34	103.53
Pan de lebranz	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DISTR. D	13.69
			90.21	64.22	446.80				
			365.83	577.88	1787.20				
			13.2	21.2	65.6				
					100.00			VCT	2726.01



[Signature]
Lic. Johanna Vega Benítez
Nutricionista
C.N.P. 3576

[Signature]
Lic. Elizabeth del Socorro Abreu Céspedes
Nutricionista
C.N.P. 3576

viernes, 15 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								
Semola de Trigo	35.00	100.00	0.83	3.75	18.83	27	33.71	75.33	138.83
Vainilla	0.14	100.00	0.00	0.00	0.03	0	0.00	0.33	0.13
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	34.69	0	0.00	138.74	138.74
Pan de habranas	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23

548.02

19.97

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

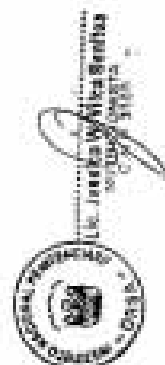
AL MUEZZO:	Matesquita de pollo, arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.01	3.05	0.00	70	27.54	0.00	97.58
Papa blanca	200.00	82.00	3.44	0.16	36.57	34	1.48	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.70
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acidita vegetal	28.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de casa	80.00	87.00	0.75	0.11	6.00	3	0.98	24.23	28.19
Anejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	40.00	79.00	0.70	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	86.00	1.78	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 DES.	1298.06
								%DIST. D	47.25

REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.50	0.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60

CENA:	Higado frito, arroz + infusion								
Higado de res	80.00	70.00	11.20	2.58	0.56	44.80	23.164	2.24	70.22
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	380.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acidita 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	0.00	0.41	0.24	0.225	1.64	2.11
Pan seco molid	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Pimienta molid	0.5	100	0.04	0.04	0.32	0.17	0.38	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.00	0.00	0.00	19.86	0.00	0	78.64	78.64
								VC DES.	711.71
								% DIS ALM.	25.89
			86.71	74.16	433.70				
			346.83	667.48	1734.32				
			12.6	24.3	63.1				
					100.00				
								VCT	2749.12

Canaza
 Lic. Canaza Vega
 Nutricionista

AB
 Lic. Elizabeth del Rosario Alvarado Caza
 NUTRICIONISTA
 M.P. 20179



sábado, 16 de junio de 2018

ALIMENTO	gr por (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 82 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	54.53
Piña	25.00	64.00	0.06	0.03	1.67	0	0.29	6.27	0.62
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
Asucar 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	147.60	0.00	148.08
Pan de lebranz	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.93
									564.64
									20.87
REFRIGERIO:	Huevo sancuchado								
Huevo de gallin	55.00	88.00	7.28	4.63	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.36	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	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
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.06
Cebolla de cabe	60.00	88.00	0.71	0.10	5.76	3	0.92	23.05	26.83
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	0.00	3.18	3.58
Hierba buena	2.00	84.00	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
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Papi	60.00	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	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
Platano de sedr	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	54.07
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.30	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de	60.00	86.00	10.10	2.40	0.00	40	21.57	0.00	81.97
Arroz Pilado o p	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	0.76	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	96.63
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	4.85	6.05
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								NDIST. O	18.30
			84.46	80.52	434.68				
			337.83	724.68	1738.74				
			12.06	25.87	62.07				
					100.00			VCT	2801.26

Lic. Jasson Wika Berthel
Nutricionista
C.N.P. 3379



Lider M. Canzaga Vega
Nutricionista
C.N.P. 3379

Lic. Elizabeth del Puerto Alvarado
Nutricionista
C.N.P. 3379

domingo, 17 de junio de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	0.04	0.09	20.23	23	8.21	80.88	109.85
Leche evaporad	70.00	100.00	4.90	5.67	7.62	20	51.00	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
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de lebranco	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.90
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	23.00
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	86.00	7.28	4.53	0.97	23	40.75	3.68	73.74
								VC DES.	73.74
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Carne 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	10.28	0.30	13	92.61	1.20	107.01
Arroz Pilado o p	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acolla 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	2.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.80	2	0.77	5.39	6.12
Pimienta	35.00	83.00	0.44	0.18	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	9.12	5	10.37	0.48	16.27
Cebolla de cabe	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	36.24
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	2.66	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1448.52
								% DIS ALM.	63.89
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.63	2.58	4.54
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
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 lebranco	30.00	100.00	2.88	0.09	21.54	12	0.61	86.16	98.49
								VC DES.	421.80
								%DIST. D	16.67
			97.67	86.16	380.45				
			390.70	775.44	1521.86				
			14.54	28.86	56.62				
					100.00			VC1	2687.94

Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alarcos Caza
NUTRICIONISTA
C.M.P. 3377



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:	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	100.00	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Camote molido	100.0	88.00	1.37	0.28	25.19	5	2.85	100.74	108.83
Pan de lebranca	60.00	100.00	9.76	0.18	43.08	23	1.62	172.32	196.80
								VC DES.	543.71
								%DIST. D	19.77
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Charfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.84	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o p	150.0	100.00	12.36	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	187.45
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	0.06	0.88	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.28	4.86	6.05
Aji colorado sec	4.00	58.00	0.19	0.21	1.80	1	1.91	6.39	9.08
Acidito vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Silao	8.00	100.00	0.50	0.77	0.08	4	8.91	0.32	10.88
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	84.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	100.00	88.00	1.76	0.28	16.00	7	2.85	64.09	73.79
						V.C. ALMUERZO			1289.86
						% DISTR. ALMUERZO			48.89
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	8.48	8.72	21	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	0.04	0.1728	2.92	3.63
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.88	0.58	0.54	3.94	5.05
Acidito 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	1.18	0.36	9.09	10.57
Anajas 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	8.73	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
salita	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									727.90
									26.48
			91.51	59.38	462.49				
			366.46	534.40	1849.94				
			13.32	19.43	67.25				
					100.00			VCT MEN	2750.80

Lic. Jorgelina W. Mica Beetha
NUTRICIONISTA
C.N.P. 2979

Lider *Canaza Vega*
NUTRICIONISTA
C.N.P. 2979

Lic. Elizabeth del Rosario Alamo Caza
NUTRICIONISTA
C.N.P. 2979

martes, 19 de junio de 2018

ALIMENTO	graber	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	5.84	0.69	20.22	23	0.21	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	38.00	100.0	0.00	0.00	34.61	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	23	91.80	13.52	127.00
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
								VC DES.	571.87
								%DIST. D	20.66
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	88.00	39.83	7.21	0.56	150	64.86	2.22	226.75
Arroz Pilado o p	150.00	100.00	12.36	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	95.00	0.68	0.14	3.10	2	1.30	12.38	15.98
Papinito o Pepi	90.00	72.00	0.32	0.05	1.68	1	0.58	6.74	8.63
Sal	12.00	100.00	0.14	0.08	0.80	1	0.54	3.94	5.05
Acetate vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aji colorado sec	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabe	80.00	75.0	0.84	0.12	6.79	3	1.08	27.12	31.68
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	6.40	89.76	107.76
Mandioca	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	2.66	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.	1585.94
								%DIST. D	57.30
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	5.48	8.72	21	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	0.06	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.61	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 lebranz	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evaporad	90.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.19
			96.18	76.35	423.91				
			384.74	687.28	1695.64				
			13.99	24.83	61.27			VCT MEN	2767.63
					100.00				

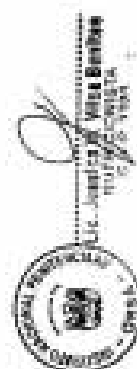


Israel
Lider N. Canaza Vega
NUTRICIONISTA

Bo
Lider N. Canaza Vega
NUTRICIONISTA
C.N.P. 3979

mércoles, 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	FOR MENU
DESAYUNO:	Té + 02 panes + jamonada								
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	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.96
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									399.39
									14.95
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:	Aji de calabaza, arroz, fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso parmesano	20.00	100.00	5.60	6.00	0.68	22	54.00	2.64	79.04
Arroz Pilado o p	155.0	100.00	12.34	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	300.0	92.00	5.60	0.28	61.53	23	2.48	245.19	271.86
Sal	12.0	100.00	0.14	0.06	0.08	1	0.04	3.94	5.05
Calabaza	350.00	47.00	0.99	0.18	9.21	4	1.48	35.85	42.28
Maíz Fresco, Cl	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.65	0.19	8.16	13	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.68	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.89
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	85.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1490.51
								% DIS ALM	52.47
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	0.48	8.72	22	58.32	34.88	115.60
								VC DES	115.60
GENA	Matasquita de pollo, arroz, infusion								
Carne de Pollo	100.00	85.00	17.01	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o g	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aveces frescas	40.00	54.00	1.53	0.13	4.06	5	1.17	16.24	23.54
Zanahoria	45.00	78.00	0.21	0.18	3.27	1	1.60	13.08	15.54
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	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.06	1.95	1.43	0.4808	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	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.90	1	0.29	1.21	2.13
								VC DES.	680.09
								%DIST. D	25.48
			85.85	51.53	488.94				
			357.71	435.48	1076.16				
			13.4	16.3	76.3				
					100.00			V.C.T. MENU	2689.32

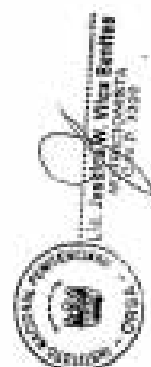


Lider M. Canazo Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N. 19.10

jueves, 21 de junio de 2018

ALIMENTO	g/por	comestib	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, hojuelas	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporada	75.00	100.00	5.25	6.00	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 para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.58
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	173.32	195.95
									656.46
									24.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.55	0.97	19	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	255.42
Ajos	4.00	80.00	0.18	0.03	0.87	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
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
Aj colorado sec	1.00	62.00	0.04	0.04	0.31	0	0.37	1.32	1.73
Arroz Pilado o p	150.0	100.00	12.30	0.78	118.70	49	6.75	466.80	522.75
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	1.68	164.13	181.24
Aj verde (2)	2.00	100.00	0.05	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	98.00	1.76	0.29	16.0	7	2.66	64.00	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	60.00	100.00	0.00	0.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
GENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.82	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	0.16	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	0.86	100.52	114.91
								VC OPS.	442.66
								%DIST. D	16.35
			77.64	94.30	387.60				
			308.17	848.68	1558.41				
			11.4	31.3	57.3				
					100.00			VCT	2797.27



Edgar M. Canaza Vega
COORDINADOR

Lic. Elizabeth del Rosario Abreu Cordero
NUTRICIONISTA
C.N.P. 9979

sábado, 23 de junio de 2018

ALIMENTO	gr/por (g)	comestibi le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (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	84.53
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	79.10	79.98
Pan de lebranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									514.05
									18.95
REFRIGERIO:	Huevo sancocinado								
Huevo de gallin	55.00	85.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frijol a la chilena con chanchito, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	65.00	6.12	8.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	496.80	532.75
sal	10.00	100.00	0.12	0.00	0.62	0.48	0.45	3.28	4.21
Acetate vegetal	22.00	80.00	0.00	17.60	0.00	0.00	156.40	0.00	156.40
Tomate	30.00	99.00	0.24	0.08	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
Lachuga redond	80.00	50.00	0.62	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.58	9.40	0.45	78.20	88.05
Zapallo maiz	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.26	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	38.38
Aj 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	16.0	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	5.80	6.48	0.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.03	1.82	0.53	40	16.34	2.14	58.21
Fideos	90.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	79.00	0.05	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	98.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	89.00	0.26	0.21	3.91	1	1.91	15.54	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	173.10	186.93
Sal	12.00	100.00	0.14	0.08	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	0.18	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.	497.35
								%DIST. D	18.33
			83.71	52.78	465.74				
			374.84	475.08	1862.97				
			13.82	17.51	68.67				
					100.00			VCT	2712.87

Elder N. Canaza Vega
Nutricionista - M. AGR

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3976



domingo, 24 de junio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	As. (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 82 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.23	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	6.67	7.63	20	51.00	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	95.69
Pan de lebranza	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.95
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 sancuchado									
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: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	0.75	465.80	522.75
Carné de Pollo	160.00	85.00	28.02	4.60	0.00	112	44.06	0.00	156.13
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	6.81	8.47
Aj verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.45
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	0.00
Aj colorado sec	5.00	52.00	0.18	0.20	1.53	1	1.53	6.10	8.66
Camote morado	200.00	92.00	2.58	0.58	47.29	10	4.97	189.15	204.42
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.86	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	92.00	2.67	0.41	28.96	8	3.73	115.92	127.93
Caminos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	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	58.32	34.88	115.60
								VC DES.	115.60
GENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	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	16.30	5.07	33	137.70	20.28	190.50
Pan de lebranza	30.00	100.00	2.85	0.09	21.54	12	0.61	86.16	98.49
								VC DES.	429.28
								%DIST. D	15.80
			91.62	79.27	415.89				
			366.48	638.45	1663.29				
			13.5	25.3	61.2				
					100.00			VCT	2716.13

Lider
Lider N. Canaza Vega
NUTRICIONISTA

Al
Lic. Elizabeth del Rosario Alvarado Cuyo
NUTRICIONISTA
+ 51 987 100 000



ALIMENTO	grifer	comestib le	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	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	0.06
Camote morado	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de latreros	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	524.81
								%DIST. D	18.79
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:	Higado encebollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.36	1.18	93.12	48.1896	4.88	145.97
Arroz Pilado a p	150.0	100.00	12.30	0.70	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.57	0.09	1.98	1	0.83	7.91	10.21
Ajón	5.00	85.00	0.24	0.03	1.29	0.96	0.306	5.17	6.43
Aceite 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 molak	25.00	100.00	2.76	0.70	20.63	11.00	6.30	82.80	99.80
Cebolla de cabe	80.00	87.00	0.97	0.14	7.88	4	1.26	31.46	36.61
Pimientos molit	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.80	0.14	30.77	12	1.24	123.10	135.93
Cominos	0.3	100	0.01	0.00	0.34	0.06	0.0054	0.96	1.01
Naranja	150.00	86.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	36.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1401.96
						% DISTR. ALMUERZO			50.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	5.72	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	86.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha Hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado a p	100.00	100.00	8.20	0.50	77.80	33	4.60	311.20	348.50
Aceite 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	1.60	2	0.77	6.39	8.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.76	5.11	6.86
Silao	12.00	100.00	1.36	1.16	0.12	5	10.37	0.48	18.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	24.38
			81.82	91.98	419.80				
			327.28	827.78	1643.19				
			11.70	29.58	58.72				
					100.00			VCT	2798.25



Eider N. Canaza Vega
NUTRICIONISTA

Dr. Ricardo del Rosario Alvarado Cordero

martes, 26 de junio de 2012

ALIMENTO	gripa	comestible	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 Haba	30.00	100.00	7.29	0.57	17.89	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	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.90	24.12	46.71	1.20	72.03
Pan de lebranz	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	513.06
								%DIST. D	18.67
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.20	4.63	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	66.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomato	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pepi	80.00	72.00	0.29	0.06	1.80	1	0.52	5.99	7.69
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Mandioca	35.00	100.00	2.24	0.14	26.88	9	1.26	107.54	118.18
Aji colorado sec	3.00	65.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabo	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Maizena	20.00	100.00	0.13	0.04	17.34	0.48	0.36	69.36	70.20
Ajo	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.66	0.70	26.18	15	6.30	104.72	126.72
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	95.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138.74	138.74
								VC DES.	1625.55
								%DIST. D	58.14
REFRIGERIO:	Vaso de leche								
Leche evaporada	60.00	100.00	5.60	8.48	8.72	21	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	0.96	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	0.00007	0.05	0.05
Pan de lebranz	30.00	100.00	2.88	0.08	21.54	11.52	0.81	86.16	98.49
Leche evaporada	30.00	100.00	2.10	2.43	3.27	5	21.87	13.08	43.35
									420.48
									15.30
			100.63	59.29	453.19				
			402.10	533.59	1812.74				
			14.63	19.41	65.96				
					100.00			VCT MEN	2748.43



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Puente Alvarado Caza
NUTRICIONISTA
1.1.12/12

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	PCR MENU
DESAYUNO:	Té + 92 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.00	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 leonero	60.00	100.0	5.76	0.16	43.00	23.04	1.62	172.32	196.95
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.55
Huevo de gallin	60.00	96.00	7.94	4.94	1.00	32	44.45	4.23	60.44
									654.39
									18.97
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	96.00	7.28	4.53	0.97	29	40.75	3.84	73.74
								VC DES.	73.74
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	97.58
Papa blanca	300.0	93.00	5.86	0.28	82.22	23	2.61	248.87	274.82
Arroz Pilado a 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	8.06
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	0.68	11.67	14.52
Aji colorado sec	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	16.32
Acidita vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	67.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anejas 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
Naranja	160.00	98.00	1.76	0.29	16.0	7	2.86	64.00	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.80	0	0.00	136.74	136.74
						V.C. ALMUERZO			1400.63
						% DISTR. ALMUERZO			47.82
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.80	6.48	8.72	22	55.32	34.88	115.80
								VC DES.	115.80
CENA:	Camote amebocado,arroz,infusion								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	3.27	86.35	93.32
Harina de trigo	15.00	100.00	1.66	0.30	11.22	6.90	2.7	44.88	53.68
Arroz Pilado a p	80.00	100.00	7.36	0.45	70.02	30	4.05	280.08	313.65
Acidita vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	30.00	100.00	5.80	6.00	0.66	22	54.00	2.64	79.04
Leche evaporad	15.00	100.00	1.05	1.22	1.84	4	10.84	6.54	21.68
Huevo de gallin	15.00	96.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.67	0	0.00	59.46	60.46
Herbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			778.27
						% DISTR. CENA			26.63
	VCT (Gr.)		90.77	66.18	490.98				
	VCT (kcal)		363.08	395.63	1963.91				
	VCT (%)		12	29	67	V.C.T. MENU			2922.62
					100.00				

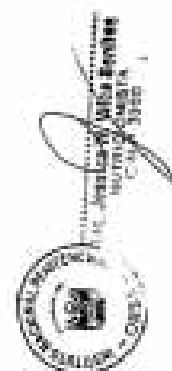
Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3079



Jueves, 28 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:	Avena con leche , pan , queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.00	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.03	20	51.03	30.53	101.10
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.03	0.05
Queso parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.06	118.50
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libranza	60.00	100.00	5.76	0.18	43.08	29	1.62	172.32	196.98
									668.00
									24.93
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:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res picada	150.00	85.00	27.16	2.04	0.00	106.63	18.36	0.00	120.99
Arroz Pilado o pilado	160.00	100.00	13.12	0.80	124.48	53	7.20	487.92	657.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabeza	60.00	87.00	0.75	0.11	6.06	3	0.06	24.33	28.19
Aji colorado seco	5	88.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco melado	30.00	100.00	3.30	0.64	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.00	82.00	4.31	0.21	45.72	17	1.86	382.86	201.90
Ajaca	8.00	85.00	0.38	0.06	1.85	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.89	1	0.54	3.94	5.05
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
Morrión crudo, con	10.00	86.00	2.26	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	58.00	0.44	0.22	10.82	2	1.99	43.26	47.03
								VC Alm	1491.20
								% Dist.	55.63
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:	Infusión + 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	0.66	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 fresa	25.00	100.00	0.10	0.06	18.28	0	0.48	73.10	73.96
Pan de libranza	35.00	100.00	3.30	0.11	25.13	13	0.96	100.52	114.91
								VC DES.	331.76
								%DIST, 0	12.38
			92.11	56.56	450.74				
			368.42	509.01	1802.95				
			13.75	18.89	67.26				
					100.00			VCT	2689.38

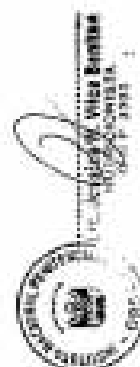


Ulides
Ulides N. Conaza Vega
 ADMINISTRADORA

LB
Lic. Elizabeth del Rosario Alarcón Daga
 NUTRICIONISTA
 C.R.P. 3879

viernes, 29 de junio de 2018

ALIMENTO	grajer	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Samola con vainilla, pan, mortadela								
Samola de Trigo	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	0.06
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	5.01	2.82	11.78	53.19	11.28	75.23
Pan de lebreros	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	647.90
								%DIST. D	18.25
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								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Fideos	80.00	100.00	7.52	0.16	82.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	38.57	14	1.48	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Ajos	8.00	60.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ancejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.28	4.06	5.88
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.63	4.36	5.16
Naranja	150.00	68.00	1.78	0.29	16.0	7	2.66	64.00	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.81	0	0.00	39.54	39.54
								VC DES.	1362.58
								%DIST. D	47.87
REFRIGERIO:	Vaso de leche								
Leche evaporat	80.00	100.00	5.60	6.45	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz con huevo frito + infusion								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.30	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	0.86	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
Siliao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	18.37
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	28.23
			90.29	66.93	479.72				
			361.15	802.37	1802.87				
			12.69	21.16	66.15				
					100.00			VCT	2846.38



Lider N. Canaza Vega
 Administrativa General

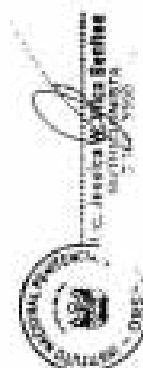
Lic. Elizabeth del Rosario Alvarado Ortega
 NUTRICIONISTA
 C. N. P. 3074

sábado, 30 de junio de 2018

ALIMENTO	gríper (g)	conestib 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	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 vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de blanco	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
									588.01
									21.62
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	99.00	7.28	4.53	0.87	29	40.70	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	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
Carné de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla de cabe	60.00	85.00	0.71	0.10	5.75	3	0.92	23.05	26.83
Aji colorado sec	2.00	88.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.56
Hierba buena	3.00	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
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Peperillo o Pepi	80.00	88.00	0.35	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	89.00	0.40	0.10	2.13	2	0.86	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 seda	180.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	55.88
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.80	6.48	8.72	22	58.32	34.38	115.60
								VC DES.	115.60
CENA:	Sopa de samola con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Samola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.66
Ajo	15.00	75.00	0.06	0.02	0.54	0	0.20	2.35	2.69
Peru	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
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	0.39
Ajos	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	15.62
			98.49	78.44	414.68				
			345.95	705.95	1658.64				
			12.8	28.0	61.2				
					100.00			VCT	2718.55

Lider N. Canaza Vega
Alimentación y Nutrición

Lic. Elizabeth del Rosario Alamo Cueva
NUTRICIONISTA
N.º 3478



DIETA: DIRECTES MILITUS - H&S Junio 2018

viernes, 01 de junio de 2018	SOPIA A CON VAINILLA + 02 PANES + MORTADELA	CALDO DE CULIMA + REPESCO Y FRUTA	MORTADELA DE POLLO, ARROZ + PURIFICON
sábado, 02 de junio de 2018	SOPIA CON PAPA + 02 PANES + MORTADELA	CURRO DE AMARILLO, ARROZ + REPESCO + FRUTA	CALDO DE HUAYOS
domingo, 03 de junio de 2018	CHUSPA CON LECHE + 02 PANES + QUESO DE CHIVARO	POLLO AL HORNO, ARROZ ENSALADA + REPESCO Y FRUTA	INTUSION + 01 PAN + HUEVO SACOCOCADO
lunes, 04 de junio de 2018	CARE + 02 PANES + CACIOTE AL HORNO	QUESO DE VAINITAS, ARROZ + REPESCO Y FRUTA	ARRIZO CHALUPA CON HUEVO Y HOT DOG + INTUSION
martes, 05 de junio de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
miércoles, 06 de junio de 2018	TE + 02 PANES + ATUN	HIGO DE ZAPALLO, ARROZ + REPESCO Y FRUTA	CALDO DE PANCOS CON POLLO, ARROZ + INTUSION
jueves, 07 de junio de 2018	AVENA CON LECHE + 03 PANES + QUESO	ESTOFADO DE RES, ARROZ + REPESCO Y FRUTA	INTUSION + 01 PAN CON MARGARITA
viernes, 08 de junio de 2018	SOPA CON PAPA + 03 PANES + MORTADELA	CURRO DE AGUJA, ARROZ + REPESCO Y FRUTA	TALLANES POLLOS CON CARNE PICADA + INTUSION
sábado, 09 de junio de 2018	SOPIA CON PAPA + 03 PANES + HUEVO SACOCOCADO	CAJUN PELLUS, ARROZ + REPESCO + FRUTA	SOPIA DE PANCOS CON CACIOTE
domingo, 10 de junio de 2018	CEBADA CON LECHE + 03 PANES + MARGARITA	ARROZ CON POLLO ENSALADA + REPESCO Y FRUTA	SOPIA DE PANCOS CON CACIOTE
lunes, 11 de junio de 2018	CARE + 02 PANES + CACIOTE SACOCOCADO	CAJUN DE POLLO, ARROZ + REPESCO Y FRUTA	SOPIA DE PANCOS CON CACIOTE
martes, 12 de junio de 2018	HARINA DE HAROS + 02 PANES + QUESO DE CHIVARO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	ARROZ A LA JARDINERA CON SALADITA + INTUSION
miércoles, 13 de junio de 2018	TE + 02 PANES + HUEVO SACOCOCADO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
jueves, 14 de junio de 2018	MAQUINA CON LECHE + 02 PANES + QUESO	CALDO DE PANCOS CON POLLO, ARROZ + REPESCO Y FRUTA	INTUSION + 01 PAN CON HUEVO SACOCOCADO
viernes, 15 de junio de 2018	SOPA CON VAINILLA + 02 PANES + MORTADELA	POLLO DONADO, ARROZ, ENSALADA + REPESCO Y FRUTA	ARROZ ALBAYALDO CON POLLO + INTUSION
sábado, 16 de junio de 2018	SOPIA CON PAPA + 02 PANES + MARGARITA	BATISOLITA DE POLLO, ARROZ + REPESCO Y FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
domingo, 17 de junio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHIVARO	CAROL PELLUS, ARROZ + REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
lunes, 18 de junio de 2018	CARE + 02 PANES + CACIOTE AL HORNO	QUINTANILLA, ARROZ + REPESCO Y FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
martes, 19 de junio de 2018	HARINA DE CEBADA + 03 PANES + FRUTA	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
miércoles, 20 de junio de 2018	TE + 02 PANES + ATUN	AL DE CALABAZA, ARROZ + REPESCO Y FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
jueves, 21 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	MAQUINA A LA TACOMA DE CEBADA, ARROZ, ENSALADA + REPESCO Y FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
viernes, 22 de junio de 2018	SOPA CON VAINILLA + 02 PANES + MORTADELA	ACUADITO CON MARGARITA + REPESCO Y FRUTA	TALLANES POLLOS CON CARNE PICADA + INTUSION
sábado, 23 de junio de 2018	SOPIA CON PAPA + 02 PANES + MARGARITA	MAQUINA PELLUS, ARROZ + REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
domingo, 24 de junio de 2018	CEBADA CON LECHE + 02 PANES + MARGARITA	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
lunes, 25 de junio de 2018	CARE + 02 PANES + CACIOTE SACOCOCADO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
martes, 26 de junio de 2018	HARINA DE HAROS + 02 PANES + QUESO DE CHIVARO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
miércoles, 27 de junio de 2018	TE + 02 PANES + HUEVO SACOCOCADO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
jueves, 28 de junio de 2018	AVENA CON LECHE + 02 PANES + QUESO	PECADO AL HORNO, ARROZ ENSALADA, REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
viernes, 29 de junio de 2018	SOPA CON VAINILLA + 02 PANES + MORTADELA	CALDO DE PANCOS CON POLLO, ARROZ + REPESCO Y FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN
sábado, 30 de junio de 2018	SOPIA CON PAPA + 02 PANES + MARGARITA	CAROL PELLUS, ARROZ + REPESCO + FRUTA	MAQUINERA DE MAQUINA CON LECHE + 01 PAN

Lider M. Canaza Vega
ADMINISTRADOR

Le Blandi de la Cruz
Asesoradora
C.A. 3579



Le Blandi de la Cruz
Asesoradora
C.A. 3579

viernes, 01 de junio de 2018

ALIMENTO	graber	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									
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
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 lócal	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
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	18.53	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	14.82
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	156.40	176.10
Acolla vegetal	15.00	100.00	0.00	15.00	0.00	0.00	1.35	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.308	2.55	3.64
Papa blanca	100.0	98.00	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
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
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cal	5.00	85.00	0.06	0.01	0.48	0.24	0.0765	1.92	2.24
Pimienta enta	0.30	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	8.62	2.484	60.17	69.28
								VC Alm	613.46
								% Dist	37.82

CENA	Matesquita 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 Pllado c	80.0	100.00	7.36	0.45	70.02	30	4.05	280.08	313.65
Arvejas fresca	50.00	54.00	1.92	0.18	5.08	8	1.46	20.30	29.43
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	0.66	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.55	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	98.00	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	0.38	1.21	2.13
								VC DES.	686.86
								%DIST. D	35.99
			73.68	31.99	262.01				
			294.71	287.93	1048.04				
			18.1	17.7	64.3				
					100.00		V.C.T. MENU		1630.68

Dr. Carlos Vega
Lic. Carlos Vega
Nutricionista
C.R.P. 3379

Lic. Elisaveth del Rosario Rivera Cuyá
Nutricionista
C.R.P. 3379

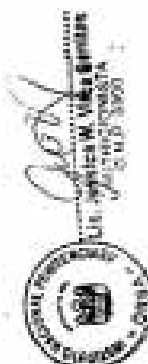


sábado, 02 de junio de 2018

ALIMENTO	griper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	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	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 labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									474.56
									21.87
Almuerzo:	Guiso de arvejita , arroz ,fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita perid	120.0	100.00	25.62	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite 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	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.08	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
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.95	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.62	0.44	1.10	3.66	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.78	2.16	52.32	60.24
								VC DES.	1299.65
								%DIST. D	59.90
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	21.68
Fideos	40.00	100.00	3.78	0.08	31.28	15	0.72	125.12	140.88
Zapallo macro	80.00	47.00	0.26	0.06	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
Porro	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	62.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Sel	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

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Conza
NUTRICIONISTA
C.N.P. 3979



domingo, 03 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: 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 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	0.53	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	8.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	199.98
								VC DES.	480.43
								%DIST. D	25.72
Almuerzo: Pollo al horno , arroz , ensalada , + fruta y refresco									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.05	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite 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
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado si	8.00	98.0	0.55	0.61	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
Lchuga roja	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pecinita o Pe	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	0.48	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	38.71
Tomate	80.00	98.00	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	55.59	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	80.00	98.00	7.94	4.94	1.06	32	44.45	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	491.87	1132.54				
			17.87	21.51	60.62				
					100.00			VCT	1868.27

Carla
Lic. Jeyssa W. Vilco Arellano
Nutricionista
C.R.P. 3979



Lider N. Canaza Vega
Nutricionista
C.R.P. 1172 OR

AB
Lic. Elizabeth del Rosario Sierra Cordero
Nutricionista
C.R.P. 3979

lunes, 04 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:	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	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	85.00	100.00	8.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.86
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 d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
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
Aceite 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	56.96
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 ca	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
					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	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	8.68	0.25	11	77.18	1.00	89.18
Arroz Pilado d	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	0.58	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	0.56	0.19	2.88	2	1.68	11.50	15.43
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	656.78
								%DIST. D	30.44
			62.94	60.85	338.55				
			251.78	547.66	1358.29				
			11.67	25.38	62.95				
					100.00			VCT	2157.64



Lidia N. Canaza Vega
ADMINISTRADOR

Lidia N. Canaza Vega
Nutricionista
C.N.P. 1475

martes, 05 de junio de 2018

ALIMENTO	graber	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	35.00	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	6.90	3.29	13.72	62.065	13.18	88.94
Pan de libran	60.00	100.00	5.76	0.16	43.08	23	1.62	172.32	186.98
								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	98.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Pepinito o Pe	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
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	0.06	0.98	1	0.54	3.94	5.05
Lechuga rodol	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	0.37	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
Cebolla de cal	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	60.00	68.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.00	7	2.65	64.08	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	0.06	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 libran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapora	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	262.94				
			319.10	186.82	1131.74				
			19.5	11.4	69.1				
					100.00				1637.66

Lic. Jessica W. Vilca Rueda
NUTRICIONISTA
C.N.P. 3975




Lidier N. Canaza Vega
ADMINISTRADOR

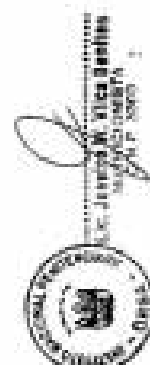

Lidia Elizabeth del Rosario Alarcón Caza
NUTRICIONISTA
C.N.P. 3975

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 + 62 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	0.22	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.08	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	7.58
Vinagre	5.00	100.00	0.00	0.06	0.25	0	0.45	1.00	1.45
Pimienta mol	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegeta	4.00	100.00	0.00	4.00	0.00	0	38.00	0.00	38.00
Pan de labran	65.00	100.0	6.24	0.20	46.87	24.98	1.755	188.68	213.40
Grated de Sa	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									376.15
									16.73
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapora	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	67.60	3.30	98.80
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	456.80	522.75
Papa blanca	100.0	85.00	1.79	0.09	18.98	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.95	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	1.06	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 vegeta	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	1.05	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		1093.74
							% DIS ALM.		49.45
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Arroz Pilado d	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Anchoas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.18	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	364.13				
			307.53	367.77	1536.53				
			13.9	16.6	68.5				
					100.00	V.C.T. MENU			2211.84

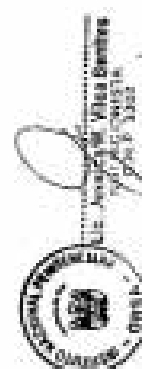
Lider N. Canaza Vega
Lider N. Canaza Vega
ADMINISTRATIVO

Lider N. Canaza Vega
Lider N. Canaza Vega
NUTRICIONISTA
C.N.P. 3879



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	PCR 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	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	0.58	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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									28.09
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	16.78	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	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 d	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	100.0	85.00	1.70	0.09	18.96	7	0.77	75.82	83.73
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
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
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.75	1.08
Ají 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	4.57	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.06	0.40	0	0.72	1.60	2.32
Ají colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.68
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.88	13.58	16.13
Acetia vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
									VC Alm
									1082.91
									% Dist
									55.38
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Margarina ves	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES.
									323.28
									%DIST, D
									16.53
			79.08	55.44	285.05				
			315.34	498.99	1148.19				
			18.2	25.5	58.3				
					100.00				
								VCT	1955.53



Lider N. Conaza Vega
ALIMENTISTA GRADUADO

Lic. Elizabeth de Rosario Alvarez Cuyas
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

viernes, 08 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: Semola con vainilla, pan , mortadela									
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.83
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 libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	410.28
								%DIST. D	18.36
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	1.61	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	80.00	88.00	0.63	0.18	3.41	2.83	1.43	13.82	17.88
Herba 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	38.25	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	0.86	24.23	36.39
Plátano	160.00	54.00	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	41	0.97	300.67	342.68
Zanahoria	30.0	68.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.88	1	0.28	2.75	3.85
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
Aji colorado si	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


 Lic. Lidia R. Canaza Vega
 Nutricionista
 C.N.P. 2009


Lidia R. Canaza Vega
 Nutricionista
 C.N.P. 2009


 Lic. Lidia R. Canaza Vega
 Nutricionista
 C.N.P. 2009

sábado, 09 de junio de 2018

ALIMENTO	grper (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 + huevo sancochado									
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	0.83	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
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Huevo de gall	60.00	88.00	7.94	4.94	1.08	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	198.98
									375.28
								%DIST. D	24.14
ALMUERZO: Calgua rellena, arroz , refresco y fruta									
Cama de res	80.00	85.00	14.48	1.08	0.00	58	9.79	0.00	67.73
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	180.0	85.00	2.68	0.13	28.43	11	1.16	113.79	126.89
Cebolla de ca	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 Sema	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.88
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	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	78.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas fresca	40.00	84.00	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	3.48	0.9828	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	1.78	0.29	16.0	7	2.65	84.09	73.79
									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	48.92	23	1.08	187.68	211.32
Apio	15.00	78.00	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	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.95	7	0.77	75.82	83.73
Sel	12.00	100.00	0.14	0.08	0.95	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.05	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 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	328.33				
			286.35	470.78	1313.33				
			13.63	22.74	63.43				
					100.00			VCT	2070.46

Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3279



DIETA: DIABETES MELLITUS

21

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 + jamonada								
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	0.08
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	98.68
Pan de libran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	489.82
								%DIST. D	23.11
Almuerzo:	Aroz con pollo, ensalada + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.80	0.00	112	44.08	0.00	158.13
Aroz Pilado o	200.00	100.00	15.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.05	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 negr	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.30	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
Aryojas fresc	40.00	62.00	1.76	0.15	4.86	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	13.58	18.13
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Lechuga red	100.00	50.00	0.85	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	98.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Platano de se	160.00	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1421.85
								%DIST. D	67.09
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 libran	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	1223.05				
			15.7	26.5	57.7				
					100.00			VCT	2119.39



Lider R. Canaza Vega
NUTRICIONISTA
C.R.M. 3919

Lider R. Canaza Vega
NUTRICIONISTA
C.R.M. 3919

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+ 02 panes + camote sancochado								
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
Camote moro	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Pan de lebrón	60.00	100.00	5.76	0.18	43.68	23	1.62	172.32	196.98
									299.97
									14.97
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	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	48.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresc	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.95	64.00	73.78
					V.C. ALMUERZO				989.87
					% DISTR. ALMUERZO				49.39
CENA	Arroz a la jardinera con salchicha + 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	0.75	0.54	0.1728	2.92	3.63
Salchicha "hor	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	46.82	23	1.08	187.68	211.32
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.58	0.18	4.54	5.29
Arvejas fresc	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
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									714.15
									35.64
			63.68	26.91	376.77				
			254.71	242.19	1507.09				
			13	12	75				
					100.00			VCT MEN	2003.99



Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Cagua
NUTRICIONISTA
11/06/2018

martes, 12 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	7.20	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 lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								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	0.36	0.09	1.94	1	0.81	7.74	9.90
Pepinito 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 redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.00	68.00	0.25	0.21	3.81	1	1.86	15.24	18.00
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
Persejil	5.15	50.00	0.12	0.02	0.17	0	0.18	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	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.83
CENA:	Mizamorra 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 lebran	30.00	100.00	2.85	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapori	30.00	100.00	2.10	2.43	3.27	8	21.67	13.08	43.35
									282.86
									17.69
			83.25	18.08	275.79				
			333.62	162.69	1103.16				
			29.83	10.18	69.00				
					100.00			VCT MEN	1598.87

Lider N. Canaza Vega
ADMINISTRADOR

Luz Elizabeth del Puerto Alvarado Coque
NUTRICIONISTA
C.N.P. 3979



miércoles, 13 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 MENÚ
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
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de lebrón	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
									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	6.58	0.14	54.74	26	1.28	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 c	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	0.38	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.38	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 ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
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	2.68	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 c	100.00	100.00	8.20	0.50	77.60	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
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	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.96	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	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.48	0.06	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	405.09				
	VCT (Kcal.)		363.08	310.05	1624.35				
	VCT (%)		16	13	71				
									V.C.T. MENU
									2297.48
					100.00				



Lidia R. Canaza Vega
ADMINISTRADOR

Lic. Lidia R. Canaza Vega
NUTRICIONISTA
C.R.P. 3979

DIETA: DIABETES MELLITUS

17

jueves, 14 de junio de 2018

ALIMENTO	g/por (g)	composi 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, hojues	35.00	100.00	4.66	1.40	25.20	19	12.60	100.60	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 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	1.62	172.32	196.98
									549.45
									28.41
ALMUERZO:	Pollo dorado, 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
Cama de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite 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	96.00	5.04	0.24	53.52	20	2.16	214.08	238.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de col	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redo	100.00	92.00	1.20	0.18	1.93	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	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALMU	1197.35
									61.92
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	98.00	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
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.46
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. Josselyn M. Vilca Berroa
NUTRICIONISTA
C.R.P. 3979



Lider N. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

16

viernes, 15 de junio de 2018

ALIMENTO	gr/per	comosible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mortadela								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	53.71	75.32	138.33
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
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23

410.28

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 o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Tomato	30.00	79.00	0.18	0.06	1.02	1	0.43	4.08	5.28
Ajo	5.00	80.00	0.36	0.06	1.95	1	0.48	7.78	9.68
Aceta vegetal	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	78.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	96.00	1.76	0.29	18.0	7	2.66	64.00	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 o	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajo	3.00	80.00	0.13	0.02	0.73	0.64	0.1728	2.92	3.63
Pepinillo o Pe	80.00	72.00	0.28	0.06	1.50	1	0.52	5.99	7.86
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	78.00	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
								VC DES.	443.80
								% DIS ALM.	24.57
			77.88	28.44	309.70				
			311.45	255.98	1238.80				
			17.2	14.2	68.6				
					100.00				
								VCT	1806.23

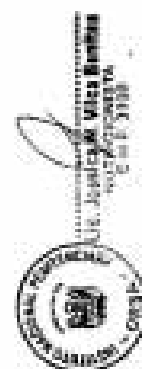
Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Socorro Canaza Vega
NUTRICIONISTA
F N 0 2815



sábado, 16 de junio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. 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	14.83	71.20	84.53
Piña	25.00	64.00	0.08	0.03	1.57	0	0.29	6.27	8.82
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	148.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									447.02
									19.91
ALMUERZO:	Caligua rufiana, 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	118.70	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 cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.22	0.08	1.70	1	0.71	6.81	8.79
Caligua 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
Ajl 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
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Herba 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	16.0	7	2.65	64.08	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	61.87
Arroz Pilado s	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	138.40
Apio	15.00	75.00	0.06	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	79.00	0.19	0.16	2.81	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
Sal	15.00	100.00	0.16	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
								%DISTR. D	22.84
			56.61	89.17	347.82				
			234.45	622.55	1388.09				
			10.44	27.73	61.83				
					100.00			VCT	2245.09



Schack
Lider N. Canaza Vega
ADMINISTRADOR

AB
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3879

DIETA: DIABETES MELLITUS

14

domingo, 17 de junio de 2018

ALIMENTO	g/litro	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FORMERU
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	109.65
Leche evapor	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 cha	30.00	100.00	8.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.58
								%DIST. D	24.32
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Cama de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Salchicha Thor	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado d	180.00	100.00	14.75	0.90	140.04	59	8.10	560.15	627.30
Aceto 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	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	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
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	1.76	0.29	18.0	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.	66.35
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	0.06
Huevo de gall	60.00	98.00	7.94	4.94	1.08	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	13	0.81	86.16	99.49
								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



Se acordó
Lic. N. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3379

LB
Lic. Elizabeth de Rosario Arana Cuyas
 NUTRICIONISTA
 C.N.P. 3379

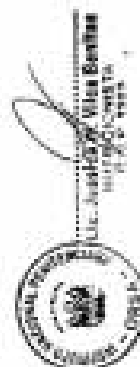
DIETA: DIABETES MELLITUS

lunes, 18 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:	Café + 02 panes + camote al horno								
Café sin azúca	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
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote mora	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	196.99
								VC DES.	306.48
								%DIST. D	14.54
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 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 ca	80.00	89.00	1.00	0.14	6.05	4	1.28	32.18	37.45
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	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
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
Sileo	8.00	100.00	0.80	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	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	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
Carne de Pollo	100.00	85.00	17.51	3.06	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 ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresco	30.00	64.00	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
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	1370.62				
			14.39	20.61	64.99				
					100.00			VCT MEN	2107.98

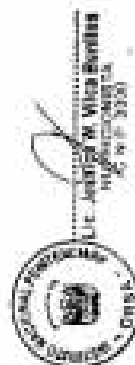
Lider N. Canaza Vega
ADMINISTRADOR

Lic. Ricardo del Rosario Alvarado Cagua
NUTRICIONISTA
C.N.P. 3475



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 + fruta								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
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
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	5.78	0.18	43.08	23	1.62	173.32	196.96
								VC DES.	381.05
								%DIST. D	23.75
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.26	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	0.36	0.00	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 redol	100.00	92.00	1.20	0.16	1.93	5	1.66	7.73	14.17
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.78
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
Perejil	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	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.83	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	0.98	0.72	138.72	140.40
Canola 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	0.00087	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapora	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				
			309.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1604.48
					100.00				



Lider R. Canaza
Lider R. Canaza Vega
 ADMINISTRADOR

Edoardo del Rosario Alarcon Cuyaj
Lic. Edoardo del Rosario Alarcon Cuyaj
 NUTRICIONISTA
 C.N.P. 3379

DIETA: DIABETES MELLITUS

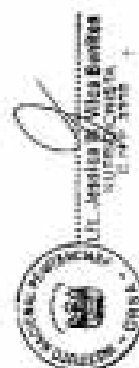
11

miércoles, 20 de junio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Té + 62 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	0.0001	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 labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.96
Grated de Ser	30.00	100.00	8.72	2.70	9.30	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	18.23	10.90	36.13
Queso para	20.00	100.00	5.80	6.00	0.66	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	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	0.99	0.16	9.21	4	1.48	36.85	42.25
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	3.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.95	28.18	42.43
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
Acolla 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	98.00	1.75	0.29	16.0	7	2.65	64.00	73.79
							VC DES.		1165.87
							% DIS ALM.		54.75
CENA	Matasquita de pollo , arroz , infusion								
Carne de Pol	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
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
Papa blanca	150.0	85.00	2.65	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 e	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	1.71	2.13
							VC DES.		621.11
							%DIST. D		30.75
			75.32	27.60	367.50				
			301.27	248.44	1470.01				
			14.9	12.3	72.8				
					100.00		V.C.T. MENU		2019.72

Lider R. Canaza Vega
ADMINISTRADOR

En. Elizabeth del Rosario Alamo Cruz
NUTRICIONISTA



Jueves, 21 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:	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	5.25	8.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.58	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	1.62	172.32	198.98
									518.84
									24.44
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta								
Cerdo de Cerdo	150.00	88.00	19.01	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
Acetate 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	0.03	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 d	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	3	0.59	6.82	8.72
Tomate	50.00	79.00	0.32	0.08	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
Aji verde (2)	3.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.76	0.29	18.0	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
									1298.69
								% DIS ALM.	61.18
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	88.00	0.32	0.10	0.71	1.28	0.92	2.86	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	25.13	13	0.95	100.52	114.91
								VC DES.	305.04
								%DIST. D	14.37
			64.81	83.44	278.10				
			259.24	750.93	1112.40				
			12.2	35.4	52.4				
					100.00			VCT	2122.57



Lider N. Canaza Vega
ADMINISTRADOR

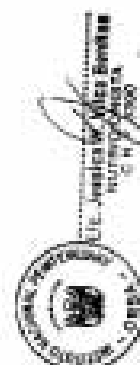
Lic. Elizabeth del Rosario Alvarado Ortega
AUTENTICADORA
C.N.R. 3979

DIETA: DIABETES MELLITUS

09

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 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
Clevo 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	196.98
								VC DES.	410.28
								%DIST. D	23.66
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	54.46	23	3.15	217.84	243.96
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
Anejas fresca	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 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	64.09	73.79
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.38
								%DIST. D	43.96
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 tallerin	100.0	100.00	9.50	0.10	89.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Tomate	80.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cai	80.00	87.00	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	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	128.00	0.00	128.00
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	2.33	7.98	11.32
									561.48
								%DIST. D	32.38
			65.78	60.76	263.54				
			263.11	456.84	1014.16				
			15.17	26.34	58.48	100			
					100.00			VCT	1734.11



[Signature]
Lc. N. Canales Vena
Nutricionista

[Signature]
Lc. Elio S. de la Cruz S. S. S. S. S.
Nutricionista
C. H. P. 2470

DIETA: DIABETES MELLITUS

sábado, 23 de junio de 2018

ALIMENTO	grapar (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	14.83	73.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	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
Margarina veg	25.00	100.00	0.15	20.50	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:	Caigua rellena, arroz , refresco y fruta								
Carna 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	65.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.26	32.18	37.45
Tomate	40.00	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua 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
Acetite 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	64.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	64.00	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	0.03	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	39.10	19	0.90	156.40	176.10
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	86.00	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	135.93
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	9.94	5.06
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.06	0.95	1.10
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetite 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
			59.39	62.47	362.58				
			237.56	562.25	1458.32				
			10.56	24.99	64.45				
					100.00			VCT	2250.13

Lider N. Canaza Vega
ADMINISTRADOR

Lic. Wilfredo A. Parro Velasco
NUTRICIONISTA
C.N.P. 3979



DIETA: DIABETES MELLITUS

07

domingo, 24 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: Cebada con leche + 02 panes + jamonada									
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	38.52	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	99.89
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	508.09
								%DIST. D	25.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado d	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	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.38	0.54	0	21.26	2.15	23.68
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aj 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	0.09	0.74	0	0.41	2.95	3.79
Acetia 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	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	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	6.08	3	0.96	24.23	28.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Cominas	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	4.53	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



Lider N. Canaza Vega
ADMINISTRADOR

[Signature]
NUTRICIONISTA
C.N.R. 3579

lunes, 25 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: 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	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moreno	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	299.81
								%DIST. D	14.50
ALMUERZO: Guiso de vainitas , arroz + refresco y fruta									
Carne de Pori	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	0.308	5.17	6.43
Aceite 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	90.00	87.00	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	2.65	57.70	62.71
								V.C. ALMUERZO	1164.13
								% DISTR. ALMUERZO	58.31
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha hot	25.00	100.00	2.75	5.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite 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	0.68	0	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES	603.51
								%DIST. D	29.19
			62.69	51.53	338.24				
			250.75	463.73	1352.96				
			12.13	22.43	65.44				
					100.00			VCT	2067.44



Lider N. Canosa Vega
ADMINISTRADOR

Lic. Elizabeth A. Barrios Alvarado
NUTRICIONISTA
C.N.P. 39175

DIETA: DIABETES MELLITUS

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 chandcho								
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
Clevo 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 libran	60.00	100.00	5.76	0.16	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	1.84	1	0.61	7.74	9.99
Peperillo o Pe	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	5.05
Lechuga redol	100.00	82.00	1.20	0.16	1.93	5	1.68	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	6.79
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
Penajil	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	0.98	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	1.88	0.31	17.1	8	2.82	88.36	78.71
								VC DES.	951.52
								%DIST. D	58.25
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.88	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
Clevo 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 evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									306.50
									18.76
			84.28	18.59	282.26				
			337.14	167.27	1129.08				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.45

Lider N. Canazo Vega
ADMINISTRADOR

Lic. Elizabeth del Socorro Alvarado Caza
NUTRICIONISTA
C.M.P. 5979



DIETA: DIABETES MELLITUS

04

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:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	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
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de lebrant	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 gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									285.45
									13.06
ALMUERZO:	Matequilla 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	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado o	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	0.88	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.58	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.82	2	0.69	11.67	14.52
Aji colorado si	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite 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	7.86	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	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	2.65	64.09	73.79
						V.C. ALMUERZO			1124.48
						% DISTR. ALMUERZO			51.45
CENA:	Guiso de pollo con verduras ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.60	77.80	33	4.50	311.20	348.50
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	10.36
Acelgas, hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	19.96
Cebolla de cal	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	0.06	2.43	2	0.68	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			775.80
						% DIST. CENA			35.49
	VCT (Gr.)		85.19	44.75	360.64				
	VCT (kcal.)		340.38	402.79	1442.56				
	VCT (%)		16	18	66	V.C.T. MENU			2185.73
					100.00				


 Lic. Lidia N. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3979



 Lidia N. Canaza Vega
 ADMINISTRADOR


 Lic. Lidia N. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3979

jueves, 28 de junio de 2018

ALIMENTO	gr/per (n)	comestib 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	30.00	100.00	3.99	1.20	21.80	16	10.80	86.40	113.16
Leche evapori	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	0.06	0.06
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	43.06	23	1.62	172.32	196.98
									530.47
									30.48
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.83	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 cal	80.00	67.00	0.75	0.11	6.06	3	0.86	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.38	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 redo	40.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.48	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.08	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	1.58	9	41.21	6.73	57.10
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	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	54.00	0.00	0.00	0.16	0	0.02	0.65	0.88
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	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

Lider N. Canaza Vega
ADMINISTRADOR

Dr. Elisbeth del Socorro Alamo Caza
NUTRICIONISTA
C.N.R. 3379



DIETA: DIABETES MELLITUS

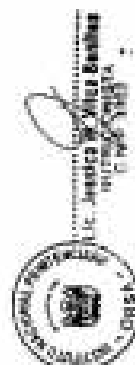
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viernes, 29 de junio de 2018

ALIMENTO	grper (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								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
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	0.03	0.03
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	196.68
								VC DES.	410.28
								%DIST. D	18.04
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	82.58	30	1.44	250.24	281.78
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado o	150.00	100.00	12.30	0.75	118.70	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	1.25	1	0.48	7.78	9.58
Acido 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
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
Naranja	150.00	98.00	1.78	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 + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.67	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
Acido 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 redo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de ca	80.00	67.00	0.75	0.11	6.08	3	0.96	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	5	10.37	0.48	16.27
								VC DES.	666.54
								%DIST. D	29.31
			76.65	51.00	377.10				
			306.61	458.99	1506.36				
			13.48	20.18	66.33				
					100.00			VCT	2273.98

Canal
Lider N. Canaza Vega
Nutricionista

As
Lic. Elizabeth A. Dávila García
NUTRICIONISTA
C.N.P. 3879



DIETA: DIABETES MELLITUS

sábado, 30 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:	Soya con piña + 62 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	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	0.03	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.96
									448.39
									20.81
ALMUERZO:	Caligua 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 d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	34	1.53	151.64	167.45
Cebolla de ca	80.00	88.00	1.00	0.14	6.05	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 Sema	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
Aji colorado s	4.00	68.00	0.18	0.21	1.60	1	1.91	6.39	9.08
Acete 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 fresco	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	29.46	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	64.06	73.79
					V.C. ALMUERZO				1286.36
					% 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	21.67	0.00	61.97
Semola 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
Poro	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	16.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.62	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acete 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	67.69	327.00				
			242.67	603.82	1307.99				
			11.3	28.0	66.7				
					100.00			VCT	2154.38



Lider N. Canaza Vega
ADMINISTRATIVO

Lic. Elizabeth del Socorro Guerra Crego
NUTRICIONISTA
C.N.P. 3978